



# *Cyber Aware*

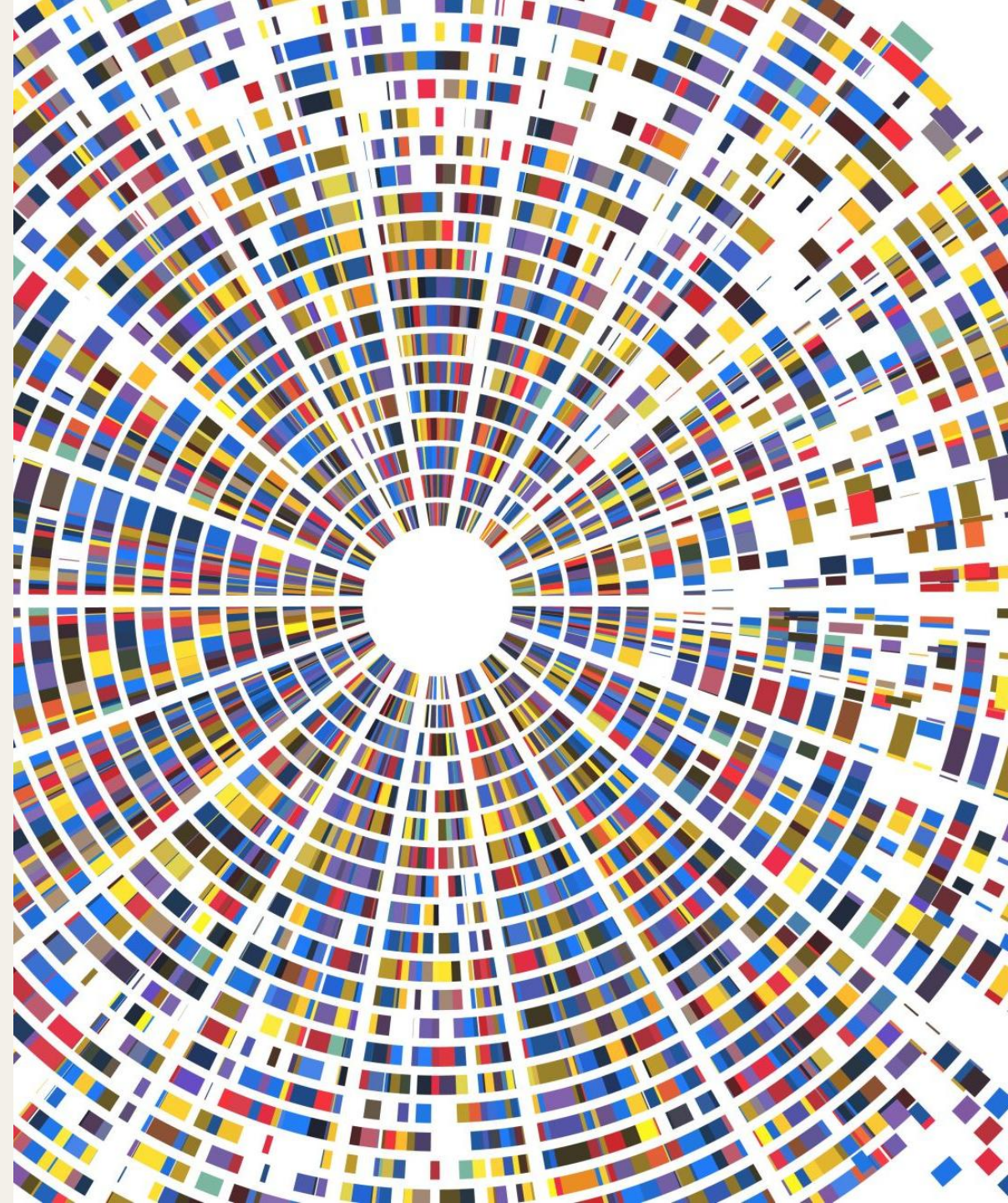
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How to Protect Yourself from Internet  
Threats

24.05.2025-04.06.2025

Project numer: ***2024-1-PL01-KA151-YOU-000216323***

Project funded by the European Union



# *Description*

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Cyber Awareness: How to Protect Yourself from Internet Threats" is an educational initiative aimed at empowering young people with knowledge and skills to navigate online dangers safely. The project combines expert-led workshops with law enforcement, psychologists, and digital rights specialists to address issues such as cyberstalking, trolling, and FOMO. Participants will develop a "Social Media Conscious User Code," engage with local government initiatives in Łódź, and create their own anti-cyberbullying social campaigns. Through these activities, the project seeks to build digital resilience among youth while fostering community awareness and providing practical tools for maintaining online safety.

# *Edu4You*

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The Edu4You Foundation is a non-profit organization focused on education in sustainable development and the development of local communities. Our mission includes:



Educational and cultural activities, particularly supporting, promoting, and providing assistance in the career development of children, youth, and adult education.



Initiating and supporting innovative solutions in various areas of social life, with a focus on respecting human dignity, rights, and freedoms, protecting family life, and social prevention.



Supporting the development of non-formal education for children, youth, and adults, including through educational reforms, sharing best practices, and educational mobility in line with the concept of lifelong learning.



-Promoting and protecting human rights and civil liberties, as well as supporting actions to promote democracy

# *Who can participate?*

INDIVIDUALS AGED 15-25 YEARS OLD

PROFICIENCY IN ENGLISH AT A COMMUNICATIVE LEVEL

REPRESENTATION FROM EACH COUNTRY WITH A GROUP OF NINE INDIVIDUALS  
(8 PARTICIPANTS AND 1 LEADER WHO'S 18+)

Project is directed to people with obstacles (geographical, economical, cultural, learning disabilities). All participants need to declare one of the obstacle.

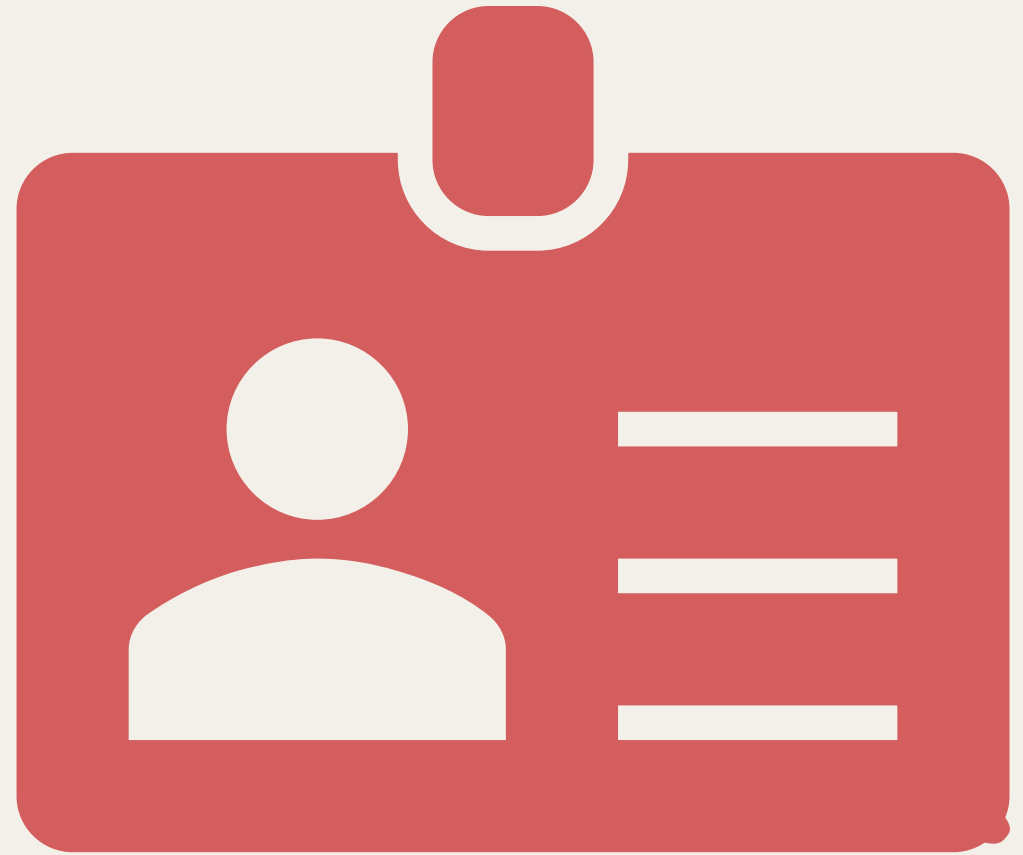
# *Documents*

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Please remember to bring:

- EKUZ card (health insurance)
- ISIC card (public transport discounts)
- Passport or other relevant document

Individuals who do not bring the specified documents will be required to cover all costs resulting from their absence.



# COSTS

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The project is co-funded through the European Union. The accommodation, food and the travel costs (up to the maximum allowed amount) are fully covered. Conditions of the reimbursement: -According to the rules of the Erasmus+ program, you can get your travel costs reimbursement for up to the limit. If your travel costs are higher than the maximum reimbursable amount, the difference is covered by you. -To be eligible for reimbursement, we ask you to keep all your tickets, boarding passes, and invoices (originals). Only if you have it, we can reimburse your travel costs. -We will only reimburse your travel costs if you participate in the whole training, the follow-up and the evaluation after the project.

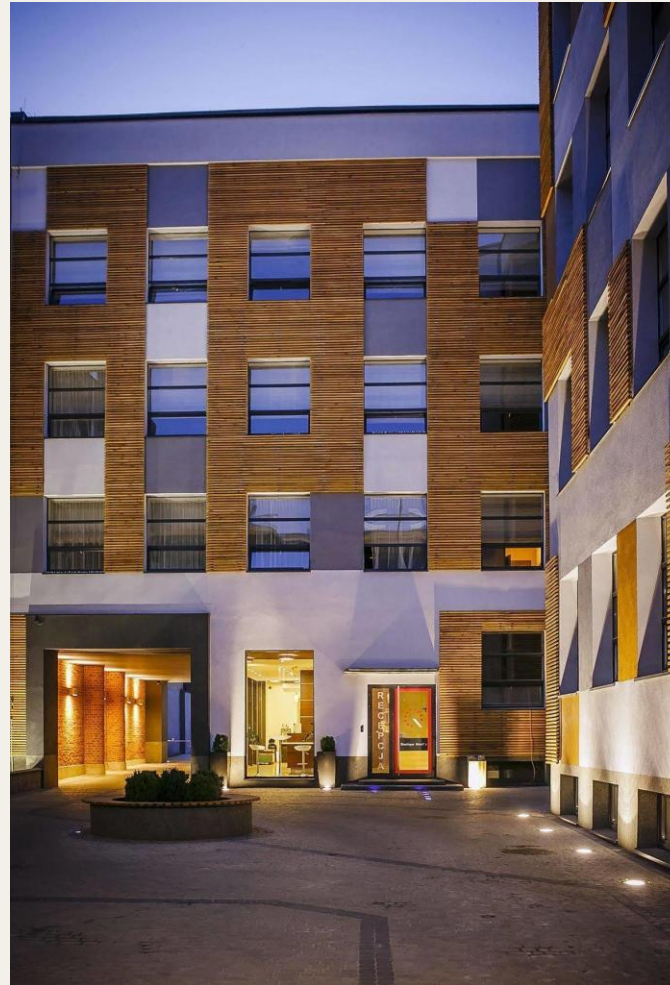
**The partner organization is responsible for buying tickets for participants or coordinating participants during buying tickets for themselves, the leader of the project from coordinating organization will do the reimbursement during 14 days after receiving invoices or/and travel documents**



# *ACCOMODATION*

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Boutique Hotel's II Rewolucji  
1905 roku 8, 90 -273 Lodz



*Place of meetings  
pl. Wolności  
12/201, Łódź*

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# *Language and Cultural Immersion*

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Before diving into project activities, we'll engage in language and cultural workshops. These sessions will equip you with essential phrases, cultural insights, and communication skills. They're designed to break down barriers, build rapport, and ensure effective collaboration throughout our project. We will learn to respect and appreciate different cultural norms.



# *Activities*

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Expert Cybersecurity Session

Human Rights Organization Visit

Psychology of Social Media

Social Media Conscious User Code

Łódź City Hall Visit

High School Exchange

Self-Esteem Building Workshop

Social Campaign Development

Campaign Promotion Planning

Campaign Launch & Monitoring

# *Content*

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# *Common Cyber Threats for Youth*

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01

Cyberstalking:  
Persistent  
unwanted online  
attention

02

Trolling:  
Deliberate  
provocation to  
cause distress

03

Troll parenting:  
Sharing  
embarrassing  
content about  
children

04

Flaming: Hostile  
online interactions

05

Child grooming:  
Building trust to  
exploit minors

# *Cybersecurity Discussion with Law Enforcement*

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KEY QUESTIONS TO  
CONSIDER WHEN  
BROWSING THE INTERNET



WARNING SIGNS OF  
POTENTIAL DANGERS



HOW TO REPORT  
SUSPICIOUS ACTIVITIES



RESOURCES AVAILABLE  
THROUGH LOCAL POLICE

# *Human Rights and Data Protection*

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Role of civic organizations in protecting online rights

Examples of youth support projects

Youth participation in local decision-making

Practical workshop outcomes

# *FOMO and Social Pressure*

FOMO (Fear of Missing Out): Anxiety about missing important online content

Impact of excessive social media on mental health and self-esteem

"Curated Reality": How influencers create unrealistic lifestyles

Psychological perspectives on healthy media consumption



# *Social Media Conscious User Code*

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Group collaboration on digital tools



Creating guidelines for responsible social media use



Sharing findings with high school students



Impact of implementing the code in daily life

# *Łódź - City of Human Rights Initiative*



City's commitment beginning  
September 2024



Agreement signed by Mayor Hanna  
Zdanowska on September 4, 2024



Digital transformation and education  
initiatives



Community engagement  
opportunities

# *Municipal Efforts in Digital Protectio*

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01

Meeting with digitalization, education, or social affairs representatives

02

City initiatives for data protection

03

Youth participation in combating cyberbullying

04

Q&A session highlights

# ***Cyberbullying in Europe – Scale and Solutions***

Comparative analysis of cyberbullying across European countries

Statistics and trends

Notable prevention initiatives from different countries

Presentation of "Social Media Conscious User Code"

# *Building Self-Esteem and Resilience*

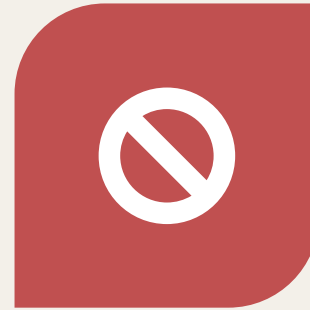
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STRESS REDUCTION  
TECHNIQUES



ASSERTIVENESS  
TRAINING



SAYING "NO"  
EFFECTIVELY



BUILDING DIGITAL  
CONFIDENCE

# *Task*

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Participants are tasked with preparing a multimedia presentation about their countries. Additionally, they should be ready for a multicultural evening, where they can showcase their regional cuisines, beverages, dances, music and more.

