

SECOND Newsletter

HEALING DIGITAL WOUNDS

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APRIL 2025



Healing Digital Wounds: Progress Update

We're excited to share the continued progress of our groundbreaking initiative, funded by the European Union under Erasmus+ (**project no. 2023-3-NL02-KA210-YOU-000184111**).

Our mission remains strong: to provide youth and youth workers with the psychosocial support needed to navigate the digital world safely, promote mindful media consumption, implement digital detox strategies, and heal from digital wounds. With focus groups now completed and our first project outputs taking shape, we're entering a crucial phase in addressing the real-life challenges of our increasingly digital lives.

Our project began in May 2024 and will run for 16 months, giving us a valuable window to create lasting impact. As we move forward, we continue to foster a healthier relationship with digital technology through meaningful activities and targeted resources. With insights from our recently completed focus groups, we are developing strategies to address the emotional and psychological impact of harmful digital interactions on youth.

Stay connected with us through this newsletter as we bring you updates, early looks at our outputs, and opportunities to get involved.

In this newsletter you can expect:

Highlights from the completed focus groups

A first look at the draft version of our outputs

What's coming next in the project



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HEALING DIGITAL WOUNDS

A PSYCHOSOCIAL SUPPORT GUIDE FOR YOUTH



Highlights from the Completed Focus Groups

- From August to December, our partners actively conducted focus groups across all partner countries, engaging both youth workers and young people. These sessions provided deep and meaningful insights into the challenges, concerns, and psychosocial needs related to digital wounds.
- Participants openly shared experiences involving cyberbullying, online harassment, digital fatigue, and the broader impact of digital life on emotional well-being. Some powerful real-life stories from youth were documented, shedding light on the realities they face in digital spaces.
- Youth workers contributed by sharing their current support practices, challenges in addressing digital wounds, and their expectations for practical tools and resources.
- The voices and perspectives gathered during this period have directly shaped the development of our guidebook and interactive platform, ensuring that our outputs are relevant, empathetic, and grounded in real experiences.



A First Look at the Draft Version of Our Outputs

We're excited to share that the pre-release version of our **pocket-sized guidebook is now complete!**

The guide is structured into five main chapters:

1. Digital Wounds
2. Digital Empathy
3. Healing with a Focus on Minorities
4. Healing Online Interactions
5. Digital Well-being

Each chapter offers practical insights, real-life reflections, and psychosocial strategies to support both youth and youth workers in navigating and healing from the challenges of digital life.

In addition, our **interactive online platform** is taking shape and includes an e-guide for mindful media consumption, along with tools for digital minimalism practices and digital detox challenges. The platform places a strong emphasis on self-care and emotional resilience, making it a holistic support space for users.



What's Coming Next?

REVIEW, TRANSLATIONS & DESIGNING OF THE HANDBOOK AND PLATFORM

The draft versions of our guidebook and platform will undergo thorough reviews, followed by translations into partner languages and final design work to ensure accessibility and impact.



YOUTH WORKER TRAINING IN THE NETHERLANDS – JULY 2025

A dedicated training session will be held in the Netherlands in July, where youth workers will explore and engage with the handbook and platform. They will gain practical skills, provide valuable feedback for refinement, and help pilot the tools in real-world settings.

PILOTING THE TOOLS

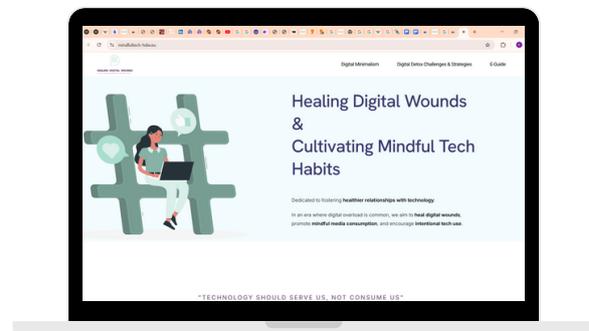
Following the training, the tools will be tested with youth workers and young people across partner countries to ensure they are relevant, effective, and easy to use.



CHECK OUR REPORTS

- Read the Focus Group Reports

Explore the key findings, insights, and real stories gathered from youth and youth workers across partner countries.



GET EARLY ACCESS TO PLATFORM AT <https://mindfultech-hdw.eu/>

VISIT OUR FACEBOOK PAGE



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