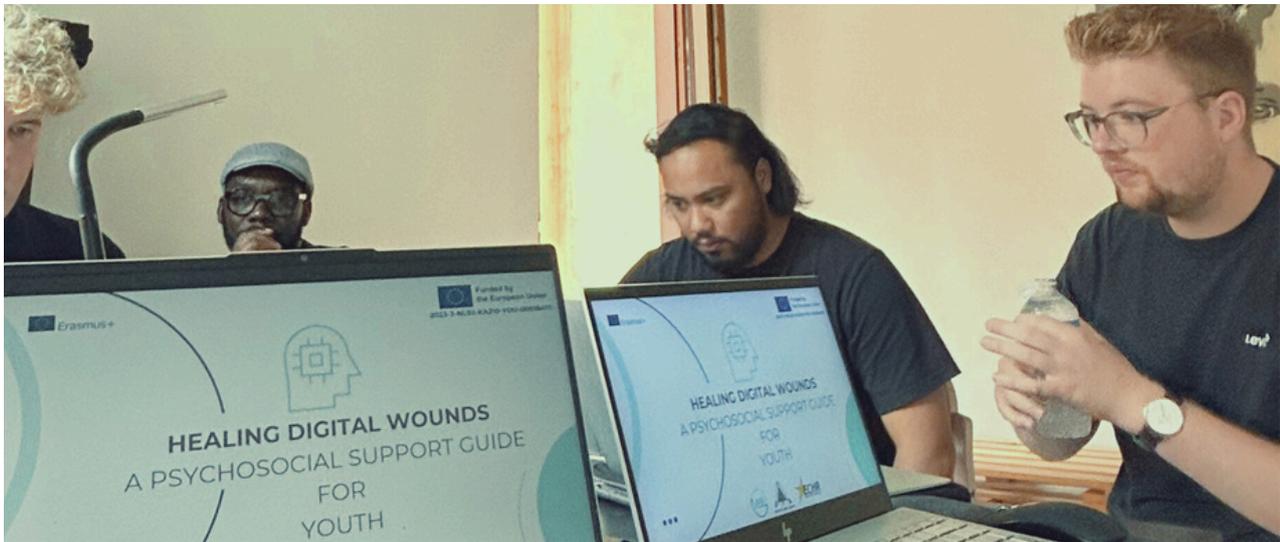


First Newsletter

HEALING DIGITAL WOUNDS

July 2024



Navigating the Digital World Safely !

Welcome to the inaugural edition of our project newsletter! We are thrilled to introduce you to our groundbreaking initiative, **funded by Erasmus+ (project no. 2023-3-NL02-KA210-YOU-000184111)**.

Our mission is 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. This project represents a significant step forward in addressing the challenges posed by our increasingly digital lives.

Our project began in May 2025 and will run for 16 months, offering us a unique opportunity to make a sustained impact. Through a combination of planned activities we strive to foster a healthier relationship with digital technology. We will also work on **addressing the wounds and injuries that digital interactions leave on youth, creating strategies to mitigate these effects and promote overall well-being.**

Stay connected with us through this newsletter as we share updates, insights, and upcoming events.

Enjoy our first newsletter!

In this newsletter you can expect:

Aim & objectives of the project

Highlights from the meeting in Strasbourg

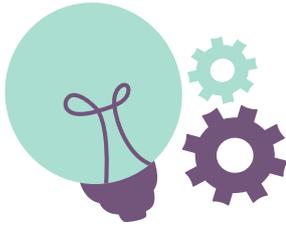
Partner Profiles

What to expect next?



Funded by
the European Union

HEALING DIGITAL WOUNDS
A PSYCHOSOCIAL SUPPORT GUIDE FOR YOUTH



Objectives of HEALING DIGITAL WOUNDS Project

- Empower *youth workers as psychosocial advocates for digital well-being*.
- Foster a culture of empathy and psychosocial emotional support within the digital community, encouraging open dialogue about digital wounds and mental well-being.
- Increase understanding among youth and youth workers about *various forms of digital wounds* from a psychosocial perspective, including cyberbullying, online harassment, and digital abuse.
- Create a *pocket-sized booklet that incorporates psychosocial elements*, offering practical tips, resources, and psychosocial support for both youth and youth workers to navigate the digital world safely and healing digital wounds.
- Create an interactive online platform focused on *mindful media consumption, digital detox, and digital minimalism*, while integrating psychosocial support elements to provide a comprehensive resource hub.
- Develop strategies for the project's long-term *sustainability* and explore opportunities to expand its reach to more youth and youth workers.



Highlights from the meeting in Strasbourg

Last month, we held our first face-to-face meeting with partners from the **Netherlands (the coordinator), Croatia and France (the host)**. The meeting involved discussions on key project activities, dissemination, financial planning, and sustainability.

Partners also addressed project management, focusing heavily on defining the flow and structure of two main outputs: the pocket-sized booklet and the interactive platform.

Additionally, partners engaged in a social lunch to strengthen our partnerships further and explore ideas for potential collaborations.



PARTNER PROFILES

STICHTING VIBE NEDERLAND FOUNDATION

VIBE works closely with municipalities, social organizations and companies, so that vulnerable young people can participate independently in society. Our goal goes beyond offering temporary work. We give young people the opportunity to provide for their own livelihood in a sustainable way. .



TIR CONSULTING GROUP J.D.O.O, CROATIA

The Technology, Information and Resources (TIR) Group was founded on the belief in the rise of knowledge societies in the 21st century. TIR promotes the societal benefits of knowledge and strives to create a fairer and more knowledgeable society through its 3Es principles: EMBRACE diversity, ENHANCE knowledge, and EMPOWER people. These principles guide TIR's initiatives across the YOUTH, VET, and ADULT sectors



EUROPEAN CENTER FOR HUMAN RIGHTS, FRANCE

The European Center for Human Rights (ECHR), founded in 2015, is an independent, non-profit organization dedicated to protecting civil and human rights through strategic litigation and advocacy at European, international, and national levels. ECHR collaborates closely with the Council of Europe and European Delegation to advance human rights globally.



WHAT TO EXPECT NEXT?

Our partners are currently conducting research on digital wounds and will soon organise focus groups with youth workers to explore key challenges, concerns, and psychosocial needs in this area. Prior to publishing our outputs, we will conduct training sessions for youth workers in the Netherlands.

Stay updated by connecting with us on [Facebook!](#)