

Cyber Skills

# Project Title: Cyber Skills

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# Online Safety for Young and Inexperienced Users



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# Online Safety for Young and Inexperienced Users

1. Educate yourself
2. Use strong and unique passwords
3. Be cautious with personal information
4. Be skeptical of online requests
5. Use privacy settings and security features
6. Think before you click
7. Practice safe social media usage
8. Be cyberbullying-aware
9. Regularly update software and devices
10. Communicate with trusted adults
11. Seek reputable sources
12. Trust your instincts
13. Set up a backup email address for emergencies



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# Online Addictions (Gaming, Social Media)



People can become addicted to online gaming and online gambling due to several factors. Online gaming provides an immersive and interactive experience that can be highly engaging and captivating. The constant availability of online games, the sense of achievement, the social interactions with other players, and the adrenaline rush from competition can create a compelling and addictive environment.



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# Understanding FOMO



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# Understanding FOMO

FOMO, or the "Fear of Missing Out," is a feeling of anxiety or unease that arises when someone believes they are missing out on interesting, enjoyable, or important experiences or opportunities happening elsewhere. It is often associated with the fear that others are having fun, achieving success, or enjoying something significant without you. FOMO is fueled by the constant stream of information and updates on social media platforms, where people often share highlights of their lives, events, or activities. This can lead to a sense of inadequacy, loneliness, or anxiety as individuals compare themselves to others and feel pressure to participate in everything to avoid missing out.



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## How to Treat Online Addictions

1. Recognize the problem
2. Set boundaries and establish limits
3. Seek professional help
4. Cognitive-behavioral therapy (CBT)
5. Family involvement.
6. Develop alternative activities
7. Practice self-care
8. Utilize technology tools
9. Support groups
10. Create a support network
11. Practice mindfulness
12. Gradual reduction and goal setting





here are some strategies that can help:

1. Practice mindfulness
2. Prioritize and set goals
3. Limit social media usage
4. Be selective with social media connections
5. Practice gratitude
6. Focus on meaningful offline connections
7. Be realistic about social media portrayals
8. Engage in self-care activities
9. Embrace JOMO (Joy of Missing Out)
10. Practice self-acceptance
11. Be aware of triggers
12. Seek support

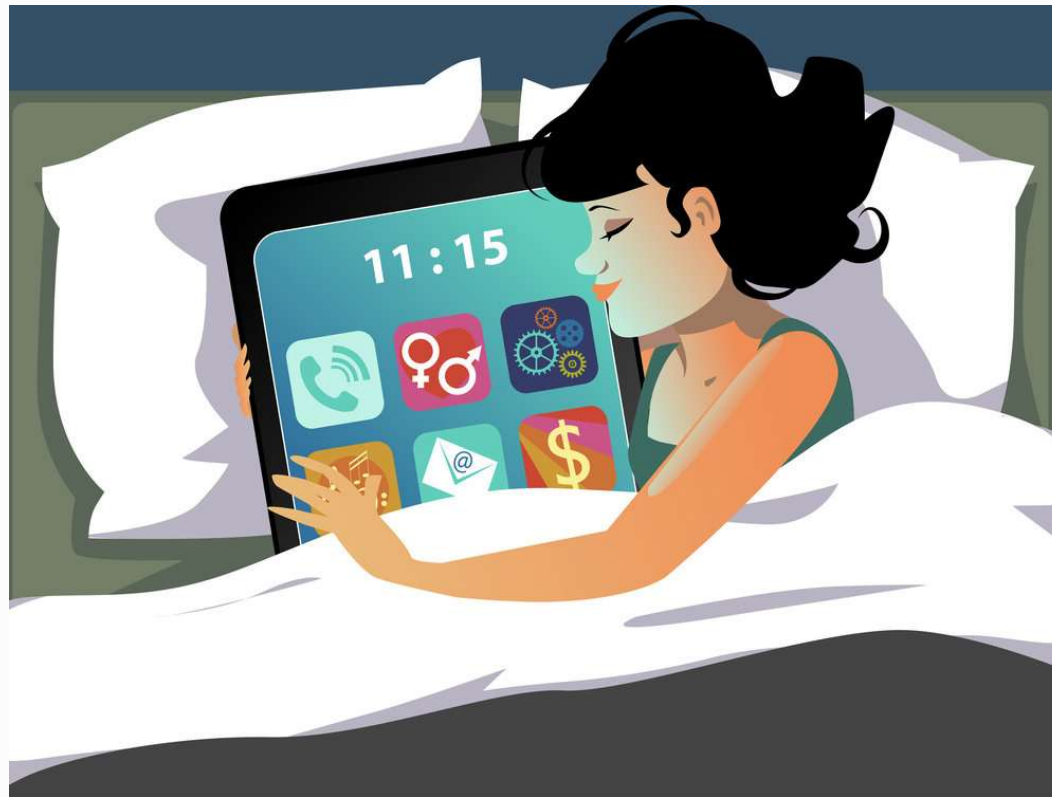


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# Healthy Body in a Healthy Mind



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## Here are some of the key impacts:

1. Sleep disruption
2. Delayed sleep onset.
3. Circadian rhythm disruption
4. Increased risk of sleep disorders.
5. Impact on mood and mental health
6. Eye strain and discomfort.
7. Impaired cognitive performance



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## To mitigate the effects of blue light on sleep and mental health:

1. Limit exposure
2. Use blue light filters
3. Practice good sleep hygiene
4. Avoid screens before bed
5. Wear blue light-blocking glasses
6. Opt for natural light exposure



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thank  
you