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LOG ON BACK TO LIFE

IN THIS ISSUE

OVERVIEW

A modern phenomenon that has been recorded in recent years is internet addiction Disorder (IAD). Internet addiction is described as an impulse control disorder, which does not involve use of an intoxicating drug and is very similar to pathological gambling. Internet users may enjoy aspects of the Internet that allow them to meet, socialize, and exchange ideas through chat rooms, social networking websites, or "virtual communities."

Internet Addiction Disorder has become one of the main problems that European secondary school students are facing, so our community has to deal with the source of the problem and its impacts which causes the following Short-Term and Long-Term Effects in students who have implications in the educational community:

- Decreased performance in school (educational difficulty) and in many cases early school dropout.
- Emotional Symptoms: anxiety, depression, dishonesty, euphoric feelings when in front of the computer, unable to keep schedules, no sense of time, isolation, defensiveness, avoiding doing work, agitation.
- Physical Symptoms: Backache, headaches, weight gain or loss, disturbances in sleep, carpal tunnel syndrome, blurred or strained vision.

AIMS

Log On Back To Life aims to support project partners in dealing with a horizontal effect for all countries, the Internet Addiction Disorder (IAD). The main priority arises from the contribution of the project to support trainers in tackling the phenomenon of internet addiction.

By creating a more attractive career guidance perspective we are promoting educational quality in teaching in favor of the main actors who are the students. In parallel, we emphasize on the integration of ICT tools in teaching to understand the usefulness of new technologies by the students in a rational way.

The objectives and results of the Log On Back To Life are in line with the priority of the EU for effective investment in quality education and training.

In conclusion, Log On Back To Life will support the early treatment of symptoms that lead to long-term dependence of the internet through prevention and early intervention. Through the material and methodologies will be produced during the project then addressing of the school drop outs phenomenon will be possible by demonstrating to students the positive impact of the Internet and methods to avoid the consequences arising from this.

RESULTS

Record in European level the problem of students' addiction to the use of the Internet and its impact, with the collaboration of different types and responsibilities organization such as: regional primary and secondary directorates, certified training centers, schools, public authorities and expert's institutions

Investigate the levels of secondary education students' addiction to Internet problem aiming to inform and to raise awareness of teachers, structures / training organizations, but especially parents / guardians and secondary school students with the assistance of highly qualified scientists using a specially designed questionnaire by specialized scientists.

Raise public awareness and especially the IAD campaign box to be distributed to schools and directorates informing about the effects of internet addiction through multiple means.

The trainings for teachers will be implemented with the use of Open Educational Resources and E-learning Platform which will be developed under this project the Reference Handbook on Assess, Prevention and Treatment of Internet Addiction to be developed in the framework of our project.

KICK OF MEETING**ISTANBUL/TURKEY 18-19 DECEMBER****2017**

"Log On Back To Life" Project supported by the Turkish National Agency in the scope of European Union Education and Youth Programs Erasmus+ KA2 School Education was officially started at the kick-off meeting (KoM) held at the Governorship of Istanbul EU and Foreign Relations Office in Istanbul on the 18th-19th December 2017 with the participation of partner institutions: İzmir Yasar University, Dipnot Association (Turkey), Developmental Center of Thessaly (Greece), Inspectoratul Scolar Judetean Lia (Romania) and Università Degli Studi di Milano (Italy).

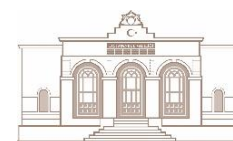
As usual for kick-off meetings, institutional presentations took place to know partners with a better view. The activity plan of the Project was revised and updated in the line with current situation.

The most important agenda of the KoM was the planning to develop the Comparative Report on the level of internet addiction of secondary school students in partner's countries. This output of the Project is innovative in that the development of questionnaires to be developed for teachers and parents about Internet Addiction is a first attempt in the field.

As another important result of the meeting, the design of the online platform for training and awareness was presented and confirmed by the partnerships.

**What's next?**

- Comprehensive and comparative report on the level of internet addiction of secondary school students and the awareness of teachers and parents in partner countries.
- Our second meeting will be held in Milano in June with new deliverables and objectives.

PARTNERS

T.C. İSTANBUL VALİLİĞİ

GOVERNORSHIP OF ISTANBUL

ilse@istanbul.gov.tr



DEVELOPMENTAL CENTER OF THESSALY

info@aketh.gr



YASAR UNIVERSITY

euc@yasar.edu.tr

Inspectoratul Scolar Judetean
Iasi

INSPECTORATUL SCOLAR JUDETEAN IASI

proiecte.isjiasi@yahoo.com

UNIVERSITÀ
DEGLI STUDI
DI MILANO

UNIVERSITÀ DEGLI STUDI DI MILANO

international.agreements@unimi.it



DIPNOT

proje@dipnot.tv

Website:www.logonback2life.eu**Learning and Awareness Platform:**<https://lms.logonback2life.eu>