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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.

FOURTH MEETING

TRIKALA/GREECE 4-5 APRIL

2019



Within the scope of “Log On Back To Life Project” supported by the Turkish National Agency within the European Union Education and Youth Programs Erasmus+ KA2 School Education, the fourth transnational project meeting was held in Trikala on 4th-5th April, 2019 at the premises of Developmental Center of Thessaly with the attendance of Governorship of Istanbul (Turkey), İzmir Yasar University (Turkey), Dipnot (Turkey), Inspectoratul Scolar Județean Iasi (Romania) and Università Degli Studi di Milano (Italy).

At the meeting, final version of the Training Material was presented by ISJ IASI. Feedback was received on the Awareness Materials proposed by DIPNOT.



Partners were provided with updates and new tasks by AKETH on the Platform for Training and Awareness. Proposals and ideas were exchanged on the way to LTT Activity: Short-term joint staff training events planned with the leadership of AKETH.

Draft Guidelines and forms/template for the elaboration of the discussion teams as a process within the development of Cooperative methodology for the assessment and prevention of internet addiction of Secondary school students presented by YASAR UNIVERSITY.

Contents were proposed for Reference Handbook on Assess, Prevention and Treatment of Internet Addiction was presented by GOI. Proposals and ideas for improving the impacts of the online platforms and social networks of the project were exchanged.



What's next?

- Awareness Materials will be available in each partner's language.
- Cooperative methodology for the assessment and prevention of internet addiction of Secondary school students will be developed through the World Café Discussion Activities to be held in secondary schools with teachers, parents and students.
- Reference Handbook on Assess, prevention and Treatment of Internet Addiction
- LTT Activity to be held in June, 2019 in Trikala, Greece.
- The fifth transnational meeting to be held in Izmir in 18th-19th July, 2019.

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