

# SCHOOL DIGITAL DETOX AND SOCIAL MEDIA HYGIENE



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constantly evolving.

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**OID: E10201112**

Advanced Institute for Skills Development

# COURSE DESCRIPTION

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While social media offers immense potential for learning, it has also become a primary source of anxiety, exclusion, and distraction for students. This course focuses on creating a Healthy Digital Culture where technology is used as a tool for connection rather than a platform for comparison or conflict.

Participants will dive deep into “Social Media Hygiene”: a set of practices designed to protect the mental health of adolescents and children. By understanding the mechanics of digital addiction and the psychology of online status, educators will learn how to guide students toward a more inclusive, respectful, and balanced digital life.

The course follows a practice-oriented and collaborative approach, consistent with Erasmus+ KA1 training standards.

# COURSE INFORMATION

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## Learning Outcomes

- Analyze the impact of social media algorithms on student mental health and self-esteem;
- Identify and mitigate signs of digital addiction and “FOMO” (Fear of Missing Out) in the classroom;
- Teach students the principles of “Social Media Hygiene” and digital footprint management;
- Develop strategies to turn social media into a collaborative, inclusive educational tool;
- Navigate the ethics of online behavior and digital citizenship;
- Apply and adapt inclusive teaching methodologies to promote digital kindness;
- Implement a school-wide Digital Wellbeing strategy;
- Enhance communicative competencies in English and social skills;
- Share international good practices regarding school social media policies.

# DAILY PROGRAM

5-DAYS

..... \*Our courses also include a daily Coffee Break

## DAY 1 / 8h30-13h45

- Course Introduction and Icebreaker Activities;
- Mapping the current social media landscape for students;
- Personal Digital Habit Audit: Reflecting on our own tech-dependence and the "Teacher as a Role Model" concept.

## DAY 2 / 8h30-13h45

- The Science of Algorithms;
- Understanding persuasive design and its effect on the adolescent brain;
- The Dopamine Cycle: Deconstructing the biological impact of infinite scrolls, streaks, and notification loops.

## DAY 3 / 8h30-13h45

- Social Media Hygiene Workshops: "Creating classroom "Digital Contracts" and boundaries" + Practical techniques to "clean" a digital environment and regain control over the algorithm.

## DAY 4 / 8h30-13h45

- Inclusion & Digital Kindness: Tackling the "Exclusion Culture" and promoting positive online interaction;
- School Policies for the Future: Drafting institutional guidelines for smartphone and social media use.

## DAY 5 / 8h30-13h45

- Building a Responsible Classroom free from Digital Anxiety;
- Course round and review;
- Learning validation;
- Certification Ceremony.

# ADDITIONAL INFORMATION

**Documentation:** Learning Agreement; Certificate of Attendance with description of learning outcomes; Europass validation; and other required Erasmus+ supporting documents.

(Our courses are eligible to be completely funded by the Erasmus+ program 2021-2027 - KA1 funds and several other programs)

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