GOOD PRACTICES CATALOGUE

EUROPEAN YEAR OF SKILLS

Use Passwords

EUROPE DIRECT Maramureș   EUROPE DIRECT Panevėžys   EUROPE DIRECT Szolnok

"iYouth – Challenges of the Digital Decade"

In 2024, ED Maramureș continues implementing together with ED Panevezys (Lithuania) and ED Szolnok (Hungary) the interregional cooperation activities under the umbrella of the interregional campaign "iYouth – Challenges of the Digital Decade".

The main objectives of this interregional cooperation, developed under the twinning relations of Maramures County Council, target: raising awareness among youth concerning the opportunities and risks of the digital society; promoting activities for developing digital competences; supporting team work and digital competences for a smoother digital transition.

Our interregional contest aimed to involve youth in identifying the needed competences to adjust to an ever changing employment market, raise awareness concerning the opportunities offered by EYC 2023, promote projects and actions to support the development of competences, career guidance and support team work while developing skills and competences for a green digital transition.

10 schools from Szolnok, Panevezys and Maramures presented their good practices and activities having as main concern to promoting safer internet behavior for young people.

The participants will reunite during the Workshop "BIK+ Better Internet for Kids", by the end of 2024.

Interland – "MY ANTI-VIOLENCE MESSAGE"
Secondary Schools "Avram Iancu" and "Octavian Goga" from Baia Mare

The 2 schools have produced a series of educational materials as part of the Campaign to Prevent and Combat Physical, Psychological and Verbal Violence in Pre-University Educational Institutions in Maramureș County, carried out in January 2024.
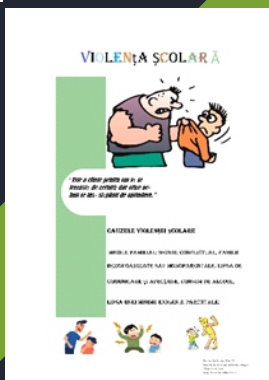
Messages: Violence is the last refuge of incompetence!; Bullying has become an epidemic! Stop violence in the family and schools! Stop drugs! Violence is not an option! Causes of violence in schools: lack of communication and affection, alcohol consumption, lack of minimum parental demands.

Interland - Inter-county competition of scientific papers and communications of students
As part of the extracurricular project "Facing the truth" organized in April 2024, by the "Emil Racoviță" Theoretical High School in Baia Mare, students from the "Octavian Goga" Gymnasiun in Baia Mare presented a series of digital products related to internet safety, including the presentation of the game "Interland - Be the Hero of the Internet".

Internet Heroes - online safety program for children
During January - May 2024, the "Octavian Goga" Gymnasiun in Baia Mare involved its students in using free resources and going through some learning sections of the national platform "Internet Heroes - Online safety for students". Internet Heroes addresses everything that families and teachers need to know about online safety. Through the free Internet Heroes curriculum and resources, teachers and parents are given the tools they need to address the topics no one talks about with their students.

Messages: The River of Reality - Don't be fooled!; The Mountain of Attention - Share with caution!; The Tower of Treasure - Secure your secrets! The Land of Kindness - It's cool to be kind! Be brave on the internet - If in doubt, ask!
Coordinating teacher: Ecaterina Niculescu

Internet Safety Day – Protecting Ourselves Online

Objectives:

1. Raising awareness of the importance of safety and responsible behavior online.
2. Identifying online risks and threats.
3. Promoting responsible behavior in the online environment.

Responsible teaching staff: Sztrelenczuk Iolanda, Smiedt Mihaela-Elena

Target group: 11th grade
Participants: 25 students

Materials required:

Access to https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/quiz-for-14-18-year-olds in order to assess the level of online safety of the students.
 paper, colored pencils and markers for creating relevant posters.

Teaching methods:

 Assessing risks and responsible behavior through an online quiz in English for the 14-18 age group.
 Discussions on identified risks and appropriate solutions.
 Creating posters and promoting them.

"Bullying and cyberbullying. Online violence and human trafficking"

Săcălășeni Gymnasium

On April 1st and April 8th 2024, there have been carried out several activities that involved enhancing awareness and acquiring skills to prevent bullying and cyberbullying. The activities addressed students in the Vth, VIth and VIIth grade, who viewed several specific videos, debated on the topic, played educational games and designed anti bullying and cyberbullying mottos. They have also discussed various cyberbullying situations they were involved in, or they knew about. All the activities were carried out with the active support of the school counselor, form teachers and the ICT teacher.

The secondary school classes have also taken part in activities meant to prevent human trafficking. ANITP Cluj Napoca carried out an online session with the students.

Objectives:
- Enhancing the students' level of knowledge about bullying, cyberbullying and their risks
- Enhancing teachers' involvement in preventing bullying, cyberbullying, and inappropriate online behavior
- Developing teachers' opinions about combatting bullying and cyberbullying in school
- Ensuring necessary tools that teachers can use to prevent cyberbullying
- Acknowledging the risk factors that can affect the learning process due to inappropriate online behavior

Expected outputs following the implementation of the aforementioned activities:
- Competences and abilities meant to help identify bullying and cyber bullying situations, in order to facilitate an appropriate approach meant to prevent and deal with such situations, if such situations may appear in our school (educational institution)
-To develop mediator skills which would prove useful in dealing with bullying situations, but also in finding a way to improve cooperation with the students involved: victims, aggressors or witnesses. The school manager, the school counselor, the local authorities and the families of those involved, are to play an important role in preventing and dealing with bullying and cyber bullying cases, as well.
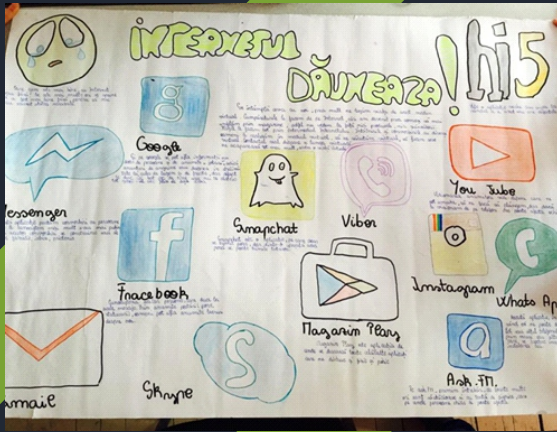
Target group: students, professors, form teachers, school counselor.

Partners: ANITP Cluj Napoca, Săcălășeni Town hall (Department of Social Assistance), the police.
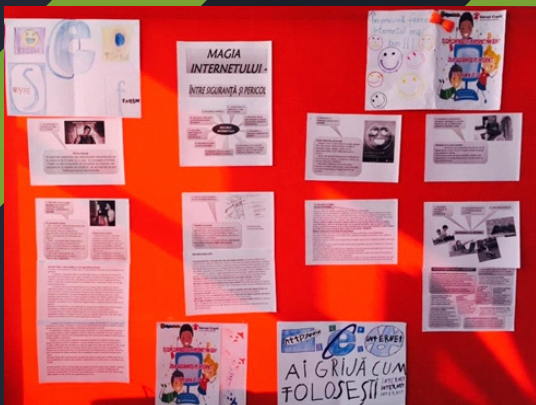
Internet Safety Day

"Alexiu Berinde" Agricultural Technological High School in Seini

During the month of March, at the "Alexiu Berinde" Agricultural Technological High School in Seini, activities were carried out under the theme "Internet Safety!". The activities were aimed at promoting safer and more responsible use of online technology and mobile phones, especially by students, as well as raising awareness and educating them about the dangers of unsupervised surfing on the Internet.

In this way, the school joins hundreds of other schools and organizations that promote, among students, the responsible use of the Internet and new technologies. The Internet is ours, everyone's, and each of us is responsible for what we promote in this shared space.

The activities at the "Alexiu Berinde" Agricultural Technological High School were coordinated by Prof. Ardelean Delia and Prof. Babiciu Ramona. The students participated in debates, watched educational films on the use of the Internet and its pitfalls, filled out a questionnaire, wrote messages and created posters and drawings on the topic: "Internet Safety!"

All participants were urged to become active and make conscious contributions to develop the positive aspects of the Internet, every day.

Internet Safety Day

"Vasile Lucaciu" National College from Baia Mare

During this event a series of tools have been presented – online protection and empowerment measures introduced by the European Union like presentation of "Better Internet for Kids" European strategy

Objectives: increasing awareness among students regarding the risks they face online; promoting student safety online

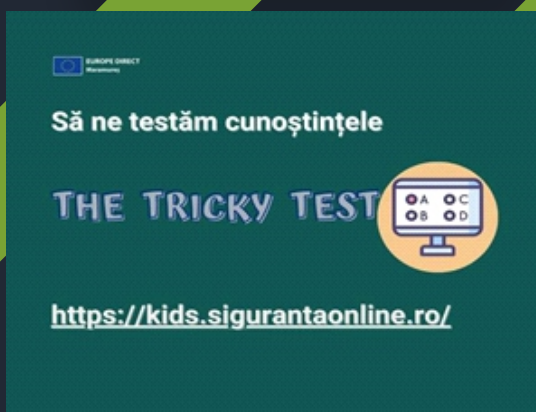Coordinators: Stecko Viorica, Donca Silvia, Laurențiu Andreea, Matiaș Carmen, Radu Margareta

Partner: Europe Direct Maramureș

Target group: middle school and high school students

Participants: 60 students and 5 teachers

Results: increased online safety for students and students' empowerment regarding online activities

All participants were urged to become active and make conscious contributions to develop the positive aspects of the Internet, every day.

World Computer Day

"Vasile Lucaciu" National College from Baia Mare

On the occasion of International Computer Day, students participated in an interactive debate related to digital Europe, a priority of the European Union

Students were explained what the review of the European Strategy for a better internet for children means

Some ways to guarantee an optimal use of digital tools were presented

Competences related to cyber security were tested through a Kahoot type gametargeted objectives: increasing the level of awareness among students regarding the importance of the European strategy Digital Europe; developing skills related to security in the online environment

Responsible teachers: Stecko Viorica, Laurențiu Andreea, Matiaș Carmen, Radu Margareta

Partner: Europe Direct Maramureș

Target group: students from middle school and high school

Participants: 50 students and 4 teachers

Results: the development of skills among students regarding security in the online environment; increasing the safety of students in the online environment, making students responsible for the activities carried out in the online environment

Safe and Conscious Internet Use

Szent József Katolikus Elektronikai Technikum Gimnasyum and College from Jászapáti

Our school has been paying special attention to conscious and safe internet use among students. We use discussions, videos raising awareness, games to improve their digital knowledge and capacities.

We use the website ProSuli and video series TudatosNet (ConsciousNet) which is about cyberbullying, safe browsing, recognizing fake news and the right use of chat programs. To ConsciousNet there is also a quiz - both adult and youth version - to test what kids have learnt (TudatosNet kvíz).

We are constantly raising awareness about safe internet among our students, mainly at IT classes and also among parents.

We participate at online contests, where it is also required to use the internet in a responsible way (European and local historic topics)

We are also a reference school of Comprehensive Student Tests (Nagy Diák Tesztek), which means 150 of our students take tests, including the ConsciousNet test. When preparing for the ConsciousNet test, they get useful information, and we always discuss these. We do quite well on these tests and kids are motivated by prizes. We also pay attention to safe internet on their mobile phones. We think this is important, because at the same time the Internet can be a great tool for learning and research if they are aware of the dangers. As an EPAS school we use the Europe at School interactive lessons and tests.

We use this material, after presenting them we have a discussion:
https://www.youtube.com/watch?v=NjpfcC8j8eg
TudatosNet (ConsciousNet)-Safe internet use- How to recognize a fake profile
https://www.youtube.com/watch?v=QeLeqMNQz3g
Dafe Browsing
https://www.youtube.com/watch?v=CQoZlRadBYo
Hacked profile
Prof. MEDVÉNÉ URBÁN Terézia

"Bridges of Friendship"
Panevėžys Basic School for Deaf and Hard of Hearing

Project date: February 2024 (ongoing)

Panevėžys Primary School for Deaf and Hard of Hearing implements the project "Bridges of Friendship", which has been ongoing at our school for several years now. The school actively cooperates and makes friendship bridges with other educational institutions within the city of Panevėžys and Panevėžys district, as well as Panevėžys Higher Education Institution (Panevėžio kolegija). Thus, several times a year, pupils and students from other schools, together with their teachers, visit us and participate in various activities related to safe internet, bullying prevention and tolerance, involving public institutions such as the Lithuanian Police (Lietuvos policija). All pupils are engaged in events where these topics are discussed, with an engaging event held locally at our school, and afterwards our pupils perform tasks together with our guests and play games, helping to assist friendships, all jointly learning how to behave in a polite and courteous way, both in real life and online.

Thus, in implementing our traditional activities, as part of the Safe Internet activities, in February of 2024 our school was visited by the students of Panevėžys gymnasium No 5 together with socio-educational instructor Jelena Sokolnikova and psychologist Elvyra Vaisiauskienė. The event "Learning to communicate in a different way" was held, during which both pupils and student completed various tasks, related to internet safety and cyberbullying: drawing, writing, creating, answering, and writing tips. The guests, students, talked about bullying prevention and the dangers of the Internet, showed videos on internet safety and friendship, taught nice words and shared tips on how not to fall into the trap of cyber bullying. Our pupils also tested their knowledge together with the guests by completing a quiz on Internet Safety and the dangers of the Internet. They also worked together in teams to create messages and recipes on how to protect themselves and avoid falling into the traps of bullying and the Internet, and shared their recipes and positive emotions. Afterwards, everyone played fun and interesting games together to promote friendship and build bridges of friendship. Our guests were in for a surprise, as Vilius, the teacher of Lithuanian Sign Language, together with our pupils, gave the guests a lesson on sign language.

In March of 2024, we continued the Safe Internet project activities, integrating them into other school activities and subjects and using free resources available online. The school was bustling with numerous guests – pupils and teachers from schools in Panevėžys district (8 educational institutions participated), with the event "Friendship unites us all" held at our school. Here, we discussed emotions, remembered how to control them and how to manage anger. The event featured a presentation on bullying management methods, a quiz and various creative tasks, integrating digital competences. Students participated in workshops and shared their experiences and knowledge. Friendships were strengthened by a Friendship Tea prepared by the young people from the Youth Day Centre.

Photos and videos are available at the school's website, Facebook account, other online and printed resources (available upon request).

It's fun to build bridges of friendship connecting children!

Social education teacher Edita Kazlauskienė
English text by: English teacher Neringa Lekandre

Our Future: AI, Digital Competences and Safety online
Panevėžys "Šaltinis" progymnasium

Panevėžys "Šaltinis" progymnasium implemented the project Our Future: AI, Digital Competences and Safety Online. The project was implemented during English language lessons. As well as, activities closely connected with other subjects, such as, IT, Lithuanian language, Ethics, Math, Art. The project was divided into 3 parts – 3 workshops:

1st   Digital Competences – Coding with QR Codes workshop

During the workshop students received information about QR codes history, usage, analysed given examples, experienced to complete activities using these codes. Also, students had to code their information, share with friends. Encoding was very successful because students enjoyed finding new facts about their classmates, teachers and school. Activity was based on STEAM. All students were very creative and inspired to work individually and in groups.

2nd Digital Creativity Project – My Avatar workshop using VOKI and AVATAR MAKER

All students received a professional training about safety online which was delivered by IT professionals. A second part of the workshop was dedicated to improving skills that are required to use www.voki.com and www.avatarmaker.com . All participants created their personal avatars, described it to the classmates, presented their work vocally. A second task – students' dream avatar. The platform provides a possibility to write an email that is read by a AI robot. All emails from their avatars were presented in a front of their classmates. Unusual and enjoyable experiences.

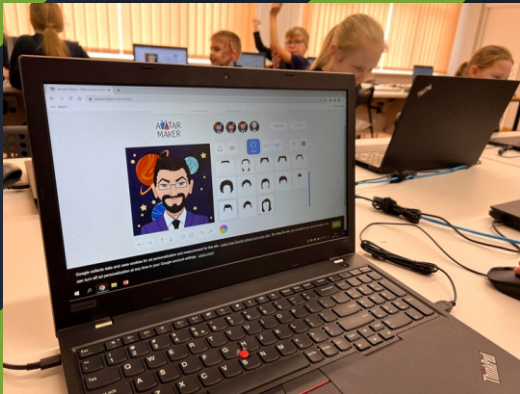3rd Digital Safety – Online Safety Posters creation workshop using CANVA

Students have attended a workshop how to use Canva platform. All of them got a task to create a poster – Safety online.   Participants created different posters, presented to their classmates and younger students. Some of them were sent to Erasmus+ project partners.

Results:

·   Students improved digital competences, public speaking skills.

·   Students presented their creativity.

·   Students improved English language skills.

·   Students got more information about usage of AI, safety and danger online.

·   Students started programming and coding at early age.

Participating students: 6th, 8th grades
Responsible teachers: English Language teacher – Rūta Vainauskaitė

February 6, 2024 Internet Safety Workshop for 12-14 years students "My negative online experiences and what not to do online"
Workshop plan:
Goal: To promote a safer internet for teenagers.
Participants: 50 students of the 6th and 7th grades students of Panevėžys "Vyturios" progymnasium and progymnasium teachers.

First part
Teacher Vitalija Jėčiuvienė. Introduction on most common negative online experiences according to global internet users (statistics).
Students share negative online experiences:
Intrusive, (unwanted contact, hate speech, discrimination).
Behavioral (trolling, treating mean, harassment).
Someone who was pretending to be someone else.
Your social media account or email is being hacked.
A computer virus.
Personal information being stolen.
Lost money online.

Second part
Stay safe online - online safety specialist Asta Sakalauskienė some bits of advice.

What is private information? Personal Descriptors (your name, address, date of birth and more), Identification Numbers; Ethnicity; Health; Financial, Credit; Life; Education.

How your personal information can be used (example of simple cases).

Top internet safety rules (using a secure internet connection; strong passwords; updated software and operating systems so on).

Questions & Answers, students reflections.

Outcomes
For students will be easier:
● to recognize potentially unsafe, dangerous online situations and behaviours.
● to identify rules for avoiding unsafe, dangerous online situations and behaviours
● to identify strategies to use when encountering potentially unsafe, dangerous online situations.
Organisers remark - it was very effective in sharing students' own experiences with others.

Prof. Vitalija Jėčiuvienė

Use Passwords

SAFETY RULES AND WHAT NOT TO DO ONLINE

Passwords and privacy settings matter

Watch what you download

Make online purchases from secure sites

Choose strong passwords

Be careful with your online social life

Think before you post

Practice safe browsing

Make sure your internet connection is secure

SAFETY ONLINE

DO NOT SHARE YOUR PERSONAL INFORMATION.

DO NOT TRUST PEOPLE THAT YOU DONT KNOW IN REAL LIFE.

DO NOT ACCEPT MESSAGES FROM PEOPLE THAT YOU DO NOT KNOW.

ALWAYS BE CAREFUL ONLINE.

TELL SOMEONE YOU TRUST, WHAT'S GOING ONLINE AND YOU DO NOT LIKE IT.

What is a Safer Internet Centre?

Insafe and INHOPE work together through a network of Safer Internet Centres across Europe, typically comprising an awareness centre, helpline, hotline and youth participation actions.

National awareness centres focus on raising awareness and understanding of safer internet issues and emerging trends. They run campaigns to empower children, young people, parents, caregivers and teachers with the skills, knowledge and strategies to stay safe online and take advantage of the opportunities that the internet and mobile technologies provide.

Helplines provide information, advice and assistance to children, young people, and those who care for them on how to deal with harmful content, harmful contact (such as grooming), harmful conduct (such as cyberbullying or sexting) and contract issues (where the child is a consumer in the online space). Helplines can be accessed via a variety of means such as by telephone, email, web forms, and online chat services.

Hotlines exist to allow members of the public to report illegal content anonymously. Reports are then passed on to the appropriate body for action (for example, an internet service provider (ISP) or law enforcement agency (LEA) in the country, or the corresponding INHOPE hotline).

Youth participation activities allow young people to express their views and exchange knowledge and experiences concerning their use of online technologies, as well as tips on how to stay safe. They also advise on internet safety and empowerment strategies, help create innovative resources, and disseminate online safety messages to their peers.

1 We want a safe internet that protects you from seeing things that make you feel scared, sad or uncomfortable.

We want you to feel comfortable on the internet because you know how to use the internet safely and in a fun way. **2**

3 We want you to have a say with activities for children where you can tell us what kind of safe internet you want.

Creating a better Internet for kids

The Strategy for a better Internet for kids (BIK+) will ensure that children are protected, respected and empowered online.

Around one in three internet users is a child, and these children are accessing the Internet at ever-younger ages across a diverse range of devices. They are spending more and more of their time on the Internet, browsing social media, playing online games and using mobile apps. This frequently happens without adult supervision.
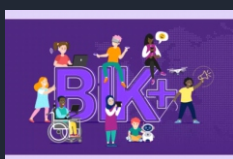While the Internet offers many opportunities for learning, communication, creativity, and entertainment, it also opens certain risks to vulnerable users such as child.
Children can be exposed to harmful content and behavior online, such as cyberbullying, sexual harassment, pornography, violence, or self-harm. Efficient responses are needed to prevent negative consequences for their cognitive, social and emotional development.

The Commission wants to ensure young people have a safe and stimulating environment online while engaging with new technologies and spending time online. Indeed, new technologies such as artificial intelligence, increased connectivity, and augmented and virtual reality will cause an important shift in the way children engage and interact in society.

European strategy for a better Internet for kids provides a set of complementary measures, ranging from funding, coordination and self-regulation to help create a safer online environment. The Commission co-funds Safer Internet Centres in Member States (coordinated by Insafe), with the Better Internet for Kids portal as the single entry point for resources and sharing best practices across Europe. Their main task is to raise awareness and foster digital literacy among minors, parents and teachers. They also fight against online child sexual abuse material through its network of hotlines (INHOPE):
Safer Internet Centres in Member States: https://better-internet-for-kids.europa.eu/en/sic

Lithuanian Safer Internet Centre: https://better-internet-for-kids.europa.eu/en/sic/lithuania
Hungarian Safer Internet Centre: https://better-internet-for-kids.europa.eu/en/sic/hungary
Romanian Safer Internet Centre: https://better-internet-for-kids.europa.eu/en/sic/romania
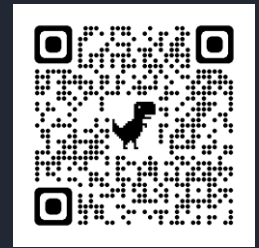
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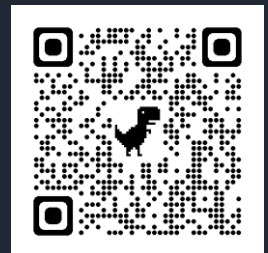Panevėžys

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Contact Maramures County Council here:

Contact Europe Direct Maramures here:

Contact Europe Direct Panevezys here:

Contact Europe Direct Szolnok here: