



Fundación  
Escuela de  
Solidaridad



Co-funded by the  
Erasmus+ Programme  
of the European Union



COURSE

# DIGITAL ADDICTION



**FEBRUARY 2022**

**DIGITISATION OF EDUCATION:  
PREVENTION OF DIGITAL  
ADDICTION AND CYBER-  
VIOLENCE**

**REF. 2021-1-ES01-KA122-ADU-  
000018183**



# PROGRAM

## DIGITAL ADDICTION

### DAY 1 |

- 9:00** Introduction to digital dependency
- 16:00** Video editing

### DAY 3 |

- 9:00** Multicultural dialogues for intervention with ICT-dependent persons
- 16:00** Video editing

### DAY 5 |

- 9:00** Gender-based violence and digital devices
- 16:00** Visit to the city

### DAY 2 |

- 9:00** Psycho-social intervention with ICT-dependent persons
- 16:00** Video editing

### DAY 4 |

- 9:00** Violence in the digital age
- 16:00** Video editing

### DAY 6 |

- 9:00** Finalización de productos digitales
- 12:00** Goodbye



# PROGRAM

## DIGITAL ADDICTION

### DESCRIPTION OF THE WORKSHOP

Presentation of Fundación Escuela de Solidaridad.

Introduction to basic concepts of digital dependency: recognition, definitions, symptoms.

Self-assessment of participants' own use of technology.

Presentation of concepts on recognition of symptoms of people with digital dependence, risks of the digital world to promote a prudent environment, prevention of disorders linked to mental health.

Presentation of a clinical case related to the treatment and accompaniment carried out at FES.

Presentation by staff professionals of the host organisation of their context: needs, limitations, wishes and objectives.

Intercultural dialogues: development of group activity to think about appropriate intervention methodologies in relation to the context previously presented.

Permanent workshop during the afternoons to acquire digital tools, how to edit videos and audiovisual content.