



The Erasmus+ **FITING4YOU** project addresses the understanding of specific impacts of gaming and social media on young people with additional needs—particularly regarding financial and time-related consequences. Throughout the project, partners conducted desk research, interviews with youth, and interactive workshops to collect qualitative and quantitative data on digital behaviours, financial patterns, and time use.

The desk research had both an EU-wide perspective as well as in-depth insight from Ireland and Germany. Moreover, interviews and workshops with young people were conducted in Ireland and in Germany gain a comprehensive understanding about current behaviours.

The target groups for this project includes professionals working with youth with additional needs—such as youth workers, educators, school social workers, and trainers—who often lack the up-to-date knowledge and tools needed to understand and effectively support their target audience in navigating the digital world. The project also targets young people with additional needs, especially those with impairments in learning development, as well as parents, caregivers, and policy makers.



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To support young people with additional needs, we recommend:

- Raise awareness among youth workers, educators, parents and caregivers for the extent of time and money consumed by young people on gaming and social media and how they can provide support.
- Prioritise early, accessible digital education.
- Embed media literacy, financial awareness, and online safety education in schools and youth programs.
- Support critical engagement with online role models
- Tailor content to the cognitive and emotional needs of youth with special needs, using practical, relatable examples.
- Include content on both social media and gaming, especially around microtransactions, influencer marketing, and digital self-regulation.

As the project shows, through education, structured support, and early intervention, young people can become more conscious of their digital behaviour – and feel empowered to participate in the society.



FITING4YOU is a collaboration between three European partners:

