



SUPPORTING YOUNG PEOPLE WITH ADDITIONAL NEEDS IN MANAGING GAMING AND SOCIAL MEDIA

TIPS FOR EDUCATORS AND PARENTS

Based on the FITING4YOU
Project (2024-2025).

01. WHY ONLINE?

(1) fun and entertainment; (2) staying connected; (3) learning new things; (4) managing boredom and loneliness.



REMEMBER

Some time online can have benefits, but excessive amount of time can affect a young person's choices, learning, wellbeing and social life negatively.

02. TIME ONLINE

It is common for youth to be tired, be late, miss school and skip tasks due to their time spent online.



CONSIDER

- (1) creating a daily schedule;
- (2) offer attractive alternatives;
- (3) use screen-time tools;
- (4) model desired behaviour.

03. MONEY SPENDINGS

Many young people spend money online - often overspending. Online ads and product placement effect their spending habits.



SUPPORT

- by:
- (1) helping with simple budgeting;
 - (2) talking about money habits;
 - (3) setting purchase limits

04. GAMING

Risks include
(1) aggressive content (behaviour);
(2) ads and "free content" (influence);
(3) addictive features (achievements).



ENFORCE

- (1) talks about game choices;
- (2) discussions on how games make money;
- (3) age ratings (PEGI) and defined rules.

05. SOCIAL MEDIA & INFLUENCERS

Many young people say they're not influenced, but most youth make impulse buys based on influencer content - such as buying endorsed products.



EXPLORE

- (1) spotting product placements together;
- (2) shopping together and discussing product choice;
- (3) discussing "wants" vs. "needs".

06. ONLINE SAFETY

Challenges include
(1) cyberbullying (both as victims and perpetrators);
(2) scams and
(3) loss of accounts and gaming items.



CONTEMPLATE

- (1) teaching safe behaviour online;
- (2) using privacy settings and safe passwords;
- (3) getting support for further education.

GAMING AND SOCIAL MEDIA CAN BRING JOY AND CONNECTION—BUT WITHOUT ENOUGH ATTRACTIVE OFFLINE ALTERNATIVES, THEY CAN ALSO BECOME AN ESCAPE THAT DRAINS TIME AND MONEY, AFFECTING A YOUNG PERSON'S VALUES, LEARNING, WELLBEING, AND SOCIAL LIFE.

BEST PRACTICE

- (1) offer attractive offline alternatives
- (2) early integration of practical digital media skills into educational programmes
- (3) set consistent rules in families
- (4) facilitate open discussions and reflection



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.
Project number: 2023-3-DE04-KA210-YOU-000175113