

MANUAL FOR
YOUTH WORKERS:
A GUIDEBOOK ON USING
DEVELOPED RESOURCES
FOR TRAINING OF
YOUNG PEOPLE



DYME



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INTRODUCTION

In a world driven by digital innovation, it's crucial for us as trainers to harness this potential for the betterment of youth, particularly in the realm of mental health.

In response to the complex challenges faced by young adults (18-30 y.o.) in the 21st century, such as increasing social inequalities, shifting labor market demands, and exacerbated by the COVID-19 pandemic, our initiative aims to employ digital storytelling as a means to empower and equip youth workers with modern tools. By utilizing this approach, we strive to raise awareness, enhance resilience, and provide coping skills to address mental health issues and adversities. Through the collaborative efforts of youth workers, digital storytelling emerges as a powerful avenue to foster peer support and build the capabilities necessary for young individuals to effectively navigate the multifaceted challenges of their time.

This manual is a guidebook for youth workers based on the "Digital Storytelling Manual and Tool Kit". This "Manual for Youth Workers: a guidebook on using developed resources for training of Young People" aims to offer a clear and easy-to-follow framework that allows youth workers to effectively implement the methods and activities outlined in the manual.

This guidebook has specific focus on providing guidance and strategies to navigate the intersection of digital storytelling, and the intricate landscape of youth mental health. Our shared goal is to equip youth workers with the knowledge, tools, and methodologies to create impactful digital storytelling experiences that promote well-being and personal growth among the young individuals you serve.

Throughout these modules, it's possible to find a structured framework designed to guide Youth workers in setting up activities with young people in the digital environment, providing them with tips on applying digital storytelling in youth centers, youth organizations, and other educational facilities.

This guidebook includes a comprehensive appendix containing supplementary materials, including Trainers' Check List, Energizers, Trainees' Pre-Training Survey, Trainees' Module Assessment and Certificates.

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MODULE 1: DIGITAL AND SOCIAL MEDIA AMONG YOUTH

Aim

This module introduces youth workers, especially beginners to digital youth work. We are also presenting why and how digital and social media can be used in their everyday work and activities as well as for addressing different and also difficult topics by using modern approaches that are closer to young people, and they can use it. This module will give youth workers the possibility to analyse the current digital situation in their organisations.

Learning Outcomes

By the end of module 1, participants will be able to:

- Understand the importance and possibilities of digital youth work.
- Understand the difference between digital and social media.
- Use the 5-pillars method for developing e-content.
- Use different digital media for promoting their content.
- Make the digital state-of-the-art analyse for your organisation.

Content & Duration (4 - 6 hours)	
Welcome and Start Up (45 - 60 min)	This part is dedicated to getting to know each other and building up a group spirit. For example, in Activity 1: You can do a circle where participants introduce themselves by saying their names and what they love about the digital world. Later on, the schedule is presented and discussed, and rules are set together with the participants, ensuring a smooth cooperation during the training. If you have time, you can also check participants' expectations.
Module Content: Digital and social media among youth (3 - 4 hours)	<ul style="list-style-type: none"> • Theoretical Background • 3 Activities / Exercises • Check the understanding • Notes for the trainer
Module Evaluation and Conclusion (30 - 60 min)	Reflection is one of the most important parts of all activities in the youth work, so do not leave it out. Take time to give time and space to participants to go through the things they have tried out and learned. Participants can practice giving constructive feedback by providing feedback on each other's outcomes from the creative activities included in this module. They are also invited to give constructive feedback on what can be potentially improved or changed in the module according to their experience with it.

Material required
<ul style="list-style-type: none"> • Documents to print/consult <ul style="list-style-type: none"> ◦ Test sheet to test your digital competences DYME: Digital competences test • Material needed <ul style="list-style-type: none"> ◦ Pencils ◦ Markers ◦ Blank papers

Module 1: Start Up	
Objectives	<ul style="list-style-type: none"> • Establish a safe and open learning environment for the group. • Introduce the module's topic and how it will be covered and explained (schedule). • Agree to the rules governing group interactions and cooperation within the group. • Check participants' expectations (and fears and contributions if you think it is essential). • Encourage active participation despite possible obstacles related to a lack of access to digital technology, technical skills, or creativity among participants.
Plan & Duration (45 - 65 min)	<ul style="list-style-type: none"> • Introduction to the module (general presentation) 10 - 15 min • Module Objectives and Plan 5 - 10 min • Demonstrate that the participants' pre-training survey responses were considered. 2 - 5 min • Common rules 5 - 10 min • Expectations (fears and contributions) 5 - 10 min • Icebreaker/ Energizer 15 - 20 min
Step by Step	<p>1. General Presentation</p> <ol style="list-style-type: none"> Introduce yourself, your background and expertise. Welcome the participants, and thank them for attending the training. Show the consideration of the response from the pre-training survey and assure the participants that the training session of this module was tailored to their needs. <u>Module 1 Pre Training Survey</u> Include a brief overview of the session and the importance of its topic. Emphasis the main themes that will be covered.

Module 1: Start Up

Step by Step

Key start message:

Welcome to Module 1: Digital and social media among youth, where we will have a look at what is digital youth work and why it is essential nowadays. At the end of this module, you will understand the difference between digital and social media and see how you can use it to share your messages. You will be introduced to the 5-pillars method that can be used in creating digital content for young people. Ready to start? Let's go.

Module Objectives and Plan

Clearly state and explain the objectives of the module.

Provide the timetable for the module session.

Highlight the importance of the module topic.

Icebreaker/Energizer:

Start with an icebreaker or energiser to help participants get to know each other (if they do not already), relax and participate in the session.

Choose one (or two) ice-breaking activities or energisers and group activity to build up the group spirit.

Module 1: Content	
Objectives	<ul style="list-style-type: none"> • To see where you stand with your digital competencies and where are the possibilities for improvements. • To make a state-of-the-art analysis of digital activities in your organisation to see where you are, which channels you use and for what. Learn where are the gaps that your organisation has to fulfil to improve its digital presence and digital youth work. • Learn how to use the concept of 5 pillars to make digital content with youth for the organisation.
Plan & Duration	<p>Module Content: Digital and social media among youth (3.30 – 6.00 hours)</p> <ul style="list-style-type: none"> • Theoretical Background (1h – 1h 30 min) <ul style="list-style-type: none"> ◦ Where we are at the moment? ◦ Digital vs. social media ◦ How do we understand the youth and digital work? ◦ 5 pillars ◦ Different formats in digital storytelling and how to use it ◦ How to use social media? ◦ Good practices • 6 Activities / Exercises: (2.20 – 4.20 hours) <ul style="list-style-type: none"> ◦ Test and check your digital and social media competences ◦ Digital state of the art in your organisation ◦ Digital activities through concept of 5 pillars • Check the understanding • Notes for the trainer

Module 1: Content

Instructions for Learners

Welcome to the module on Digital and social media among youth.

Here, you will gain knowledge and skills about digital youth work. Please follow the instructions below to maximise your learning experience:

- Check the module's structure. It will help you to plan the course of the training and the estimated time for each section.
- Check if you have all the required materials, tools and devices.
- React, engage and participate actively during discussions, activities.
- Create, share and listen.
- Make sure to complete the activities.
- Reflect on your learning experience in this module.
- Share and discuss what you think about the module with others.

The module was designed to provide participants with basic information on digital youth work and activities on how you can improve the content and presence on your digital channels.

Module 1: Evaluation & Conclusion	
Objectives	<p>Upon completion of module 1, participants will be able to:</p> <ul style="list-style-type: none"> • Reflect on their learning progress. • Understand the main theme, and 5-pillars method. • Give feedback on the training. • Recommend what could be changed or adjusted in the training for a better experience.
Plan & Duration	<ul style="list-style-type: none"> • Summary and key messages of the module 10 - 15 min • Oral feedback about the module 05 - 10 min • Module evaluation 05 - 10 min • Presentation of course certificates 10 min
Step by Step	<p>Summary and key messages of the module Recapitulate key points of the module Make sure the participants clearly understand the methods, materials and activities, and know how to use the main method.</p> <p>Key closing message: Dear participants, congratulations on completing this module. Thank you for participating and for helping us to improve the organisation’s analysis of the digital channels and content. Your feedback and comments are very valuable for us and for the future presence.</p> <p>Oral feedback about the module Invite participants to reflect on their learning process and newfound knowledge and competencies from the session. Participants can do reflection individually or in groups. Reflection activities such as Dixit cards can be used here to support youth. Give participants a chance to orally express their experience and feedback about the module.</p>

Module 1: Evaluation & Conclusion

Step by Step

Example questions for reflection and debriefing:

- How important do you think is digital youth work for young people?
- How often are you involved in digital youth work?
- Where do you think are the possibilities for youth organisations and youth workers to use these tools more effectively?
- What would you use and share on the channels for young people if you would have a chance?
- How would you use the 5-pillars method?

Module evaluation

Provide the module evaluation survey in paper or digital format. [Module 1 Post Training Survey](#).

Presentation of course certificates

Complete the session with the delivery of the certificates, which should be pre-printed on good-quality colour paper. [Link](#)





MODULE 2: DIGITAL STORYTELLING METHODS IN YOUTH WORK

Aim

This module aims to introduce youth workers to the opportunities that provide digital storytelling methods. Within this module, we will offer various ways in which digital storytelling can be used to guide youth in constructing their understanding of learning, explain their own experience, facilitate collaborative activities, promote in-class discussion, help them learn problem-solving and critical thinking skills, understand complex ideas, introduce them to new content, and more.

Learning Outcomes

By the end of the module 2, participants will be able to:

- Understand the importance of digital storytelling and its potential use in youth work.
- Work with various resources/exercises/tools used in digital storytelling.
- Use their own voice to address mental health issues.
- Recognize that digital storytelling has a positive impact on young people's physical, mental, and emotional well-being.
- Approach the topic of mental health through non-formal education.

Content & Duration (4 - 6 hours)	
Welcome and Start Up (45 - 60 min)	This stage helps the participants to become familiar with each other. For example, Activity 1: The story of my name breaks the ice between participants and also introduces storytelling as the topic of the module. Moreover, the schedule is discussed and rules are set together with the participants, ensuring a smooth cooperation during the training.
Module Content: Digital storytelling methods in youth work (11 - 13,5 hours)	<ul style="list-style-type: none"> • Theoretical Background • 6 Activities / Exercises • Check the understanding • Notes for the trainer
Module Evaluation and Conclusion (30 - 45 min)	Here, the participants have space and time to reflect on the material covered in the module and the new knowledge. Participants can practice giving constructive feedback by providing feedback on each other's outcomes from the creative activities included in this module. They are also invited to give constructive feedback on what can be potentially improved or changed in the module according to their experience with it.

Material required
<ul style="list-style-type: none"> • Documents to print/consult <ul style="list-style-type: none"> ◦ Tutorial: How to use Canva - Start designing ◦ Tutorial: How to make and edit videos in Canva ◦ DYME - SM carousel PR2 A2.pdf • Material needed <ul style="list-style-type: none"> ◦ Pencils and paper ◦ At least 1 camera per subgroup ◦ Data-projector ◦ Speakers (optional) ◦ Mobile phones with the internet connection and downloaded Canva app ◦ Examples of Instagram carousel: 1, 2, 3, 4 ◦ Poster inspiration: Power of storytelling - Rouge One poster designs • Trainer's Checklist

Module 2: Start Up	
Objectives	<ul style="list-style-type: none"> • Establish a safe learning environment for the group. • Introduce the topic of the module and how it will be covered and explained. • Agree to the rules governing group interactions and cooperation within the group. • Demonstrate that the participants' pre-training survey responses were taken into consideration. • Encourage active participation despite possible obstacles related to a lack of access to digital technology, technical skills, or creativity among participants.
Plan & Duration (30 - 45 min)	<ul style="list-style-type: none"> • General presentation 10 - 15 min • Module Objectives and Plan 5 - 10 min • Icebreaker/ Energizer 15 - 20 min
Step by Step	<p>1. General Presentation</p> <ol style="list-style-type: none"> a. Introduce yourself, your background and expertise. b. Welcome the participants, and thank them for attending the training. c. Show the consideration of the response from the pre-training survey and assure the participants that the training session of this module was tailored to their needs. Module 2_Pre Training Survey d. Include a brief overview of the session and the importance of its topic. e. Emphasize main themes that will be covered.

Module 2: Start Up

Step by Step

Key start message:

Welcome to Module 2: Digital storytelling methods in youth work, where telling stories through digital means is presented as having a positive impact on youth's well-being! Materials covered in this module will equip you with knowledge and skills necessary for gaining confidence, using critical thinking and engaging with others through the power of your voice and creativity, which have the potential to improve mental health and raise awareness. In this module, we will discover the role of digital storytelling in the field of youth work for the purpose of creating a safe environment where young people can express themselves, and collaborate and connect with others through their personal experiences. So, get ready to start this journey which combines digital technologies of modern day and the methods of telling compelling stories for the purpose of improving youth mental health!

Module Objectives and Plan

1. Clearly state and explain the objectives of the module.
2. Provide the timetable for the module session.
3. Highlight the importance of the module topic.

Icebreaker/Energizer:

1. Start with an icebreaker or energizer to help participants relax and participate in the session.
2. Choose one (or two) ice-breaking activity or energizer. For example, Activity 1: The story of my name can be used here.

Module 2: Content	
Objectives	<ul style="list-style-type: none"> • Develop competencies of youth workers in using digital storytelling as a capacity-building tool. • Provide youth workers with digital educational resources, methods, and tools to empower local young people in a digital environment. • Promote the added value of digital tools in youth work.
Plan & Duration	<p>Module Content: Digital storytelling methods in youth work (11 - 13,5 hours)</p> <ul style="list-style-type: none"> • Theoretical Background (1h - 1h 30 min) <ul style="list-style-type: none"> ◦ What is storytelling? ◦ What is digital storytelling? ◦ Why use Digital Storytelling in the field of youth work? ◦ 8 Steps to Great Digital Stories. ◦ Methods to use storytelling in online spaces. ◦ Easy to use online resources • 6 Activities / Exercises: (10 - 12 hours) <ul style="list-style-type: none"> ◦ The story of my name (45 - 60 min) ◦ Picture story (90 min) ◦ Story of the surrounding (120 min) ◦ Celebrities in Poster (90 min) ◦ Film Maker (120 - 240 min) ◦ SM carousel posts (Instagram) (150 min) • Check the understanding • Notes for the trainer

Module 2: Content

Instructions for Learners

Welcome to the module on Digital storytelling methods in youth work! Here, you will gain important knowledge and skills related to digital storytelling methods, which have a big potential in the field of youth work. Please follow the instructions below to make the most of your learning experience:

- **Go through the module and familiarize yourself with its structure.** It will help you to plan the course of the training and the estimated time of each section.
- **Before starting the activities, check if you have all the required materials, tools and devices.** To maximize the learning outcomes, it is important to have all the necessary materials ready to use.
- **Make sure you know how to safely and responsibly use devices and tools.** Watch or read all the necessary tutorials or instructions. This will ensure a safe learning experience and an execution of smooth progress throughout the module. Trainer should make sure that learners know the appropriate and safe way on how to use the technology. Trainer can also talk about the rules regarding the use of technology.
- **React, engage and participate actively during discussions, activities, etc.** Ask if something was not explained clearly enough or if you need any assistance. Also, feel free to express your personal experience related to any themes covered in the module.
- **Create, share and listen.** Remember, art is subjective and any creative contribution during this training course matters. When participating in the activities, try to express your opinion and creativity the best you can. But be prepared for a possible feedback, which can enhance your learning experience.

Module 2: Content

Instructions for Learners

- **Make sure to complete the activities.** All activities in the module are designed in a way that you can gain new practical or creative skills, or deepen your knowledge on the topics covered. Should there be a sensitive topic, you do not wish to talk about or present, inform the trainer.
- **Note down the key parts of the module.** These notes can help you during reflection time or be valuable for you later on.
- **Reflect on your learning experience in this module.** Take a moment to think about the materials, activities and tools used. Identify what you learned, how the experience was for you, if you faced any challenges, etc. Also, prepare any potential questions that you want answered.
- **Share and discuss what you think about the module with others.** This is time and space dedicated for your feedback and questions, which will be valuable for yourself, other participants and the trainer.
- **Ask for additional resources.** If you wish to expand your knowledge in the field of digital storytelling, at the end of the session there will be time to inquire about more resources.

Remember, the content of the module was prepared with the intention to teach you how to amplify your voice and to equip you with the necessary knowledge and skills related to digital storytelling. Make the most of the learning experience, so you can potentially use it for spreading awareness about important issues, such as mental health.

Module 2: Evaluation & Conclusion	
Objectives	<p>Upon completion of module 2, participants will be able to:</p> <ul style="list-style-type: none"> • Reflect on their learning progress • Understand main theme, tools and materials included in the training • Give feedback on the training • Recommend what could be changed or adjusted in the training for a better experience
Plan & Duration (30-45 min)	<ul style="list-style-type: none"> • Summary and key messages of the module 10 - 15 min • Oral feedback about the module 05 - 10 min • Module evaluation 05 - 10 min • Presentation of course certificates 10 min
Step by Step	<p>Summary and key messages of the module</p> <ol style="list-style-type: none"> 1. Recapitulate key points of the module 2. Make sure the participants clearly understand the methods, materials and activities, and know how to use the main tools and techniques. <p>Key closing message: Dear participants, congratulations on completing this module on digital storytelling methods in youth work! Thanks to this journey, you are now equipped with resources and skills that will help you navigate the methods used in digital storytelling. By understanding the power of telling stories through digital means, you are now able to create materials which are beneficial for establishing social connections, increasing awareness about mental health issues and using your own voice when advocating for important matters.</p> <p>Oral feedback about the module</p> <ul style="list-style-type: none"> • Invite participants to reflect on their learning process and newfound knowledge and skills from the session. Participants can do reflection individually or in groups. Reflection activities such as wheel of reflection can be used here to support youth's creativity even in this final stage.

Module 2: Evaluation & Conclusion

Step by Step

- Give participants a chance to orally express their experience and feedback about the module.

Example questions for reflection and debriefing:

- How did participating in digital storytelling impact your understanding and awareness of mental health issues?
- Did creating a digital story about mental health help you process and express your own emotions and experiences? If so, how?
- In what ways did digital storytelling provide a platform for sharing and connecting with others who may be facing similar mental health challenges?
- What aspects of digital storytelling do you think make it an effective tool for promoting mental health awareness among young people?
- How did creating a digital story about mental health contribute to your personal growth and resilience?
- In what ways did participating in digital storytelling empower you to advocate for mental health issues in your community?
- In your opinion, what was the most useful activity regarding its potential impact on your or other young people's mental health? Why?
- Did digital storytelling provide a safe and supportive space to express your thoughts and feelings about mental health? Why or why not?
- Which tools and methods are possible to use when creating and sharing digital stories? Were they easily accessible and easy to use for you?
- Now that you know the process behind creating digital stories, can you share which part of it was the most challenging/enjoyable for you?
- How do you envision using digital storytelling in the future?

Module 2: Evaluation & Conclusion

Step by Step

Module evaluation

- Provide the module evaluation survey in paper or digital format. **Module 2_Post Training Survey**

Presentation of course certificates

Complete the session with the the delivery of the certificates, which should be pre-printed on good quality colour paper. **Link**





MODULE 3: DIGITAL STORYTELLING AS A YOUTH EMPOWERMENT TOOL

Aim

This module aims to guide young people by developing their understanding of learning, explain specific experiences, facilitate group projects, enhance class discussions, and learn how to solve problems, develop critical thinking abilities, comprehend complicated concepts, learn new material, among other things.

Learning Outcomes

By the end of the module 2, participants will be able to:

- Think more critically
- Solve problems
- Facilitate group projects
- Understand complicated concepts
- Explain specific experiences

Content & Duration (4 - 6 hours)	
Welcome and Start Up (30 - 45 min)	This part helps the participants to become familiar with each other. For instance, Activity 1: TO BE INTRODUCED... Additionally, the participants are involved in discussing the schedule and establishing the rules, ensuring smooth cooperation throughout the training.
Module Content: Digital storytelling as a youth empowerment tool (3.5 hours)	<ul style="list-style-type: none"> • Theoretical Background • 4 Activities / Exercises
Module Evaluation and Conclusion (30 - 45 min)	During this part the participants have space and time to reflect on the material covered in the module and the new knowledge. By giving feedback on each other's creative output from the activities in this module, participants can practise giving constructive criticism. They are also encouraged to share suggestions for how the module might be altered or improved in light of their personal experiences with it.

Material required
<ul style="list-style-type: none"> • PPT/ Canva/... Presentation <ul style="list-style-type: none"> ◦ <u>PPT_Digital storytelling as a youth empowerment tool</u> • Material needed <ul style="list-style-type: none"> ◦ Pen and paper ◦ Computers ◦ Internet access ◦ Canva.com

Module 3: Start Up	
Objectives	<ul style="list-style-type: none"> • Creating a safe environment for learning • Describe the learning journey and the training module. • Show that you took into account the trainees' pre-training survey responses.
Plan & Duration (30 - 45 min)	<ul style="list-style-type: none"> • Introduction of the Activity 10 - 15 min • Activities Objectives and Plan 5 - 10 min • Icebreaker/ Energizer 15 - 20 min
Step by Step	<p>Don't forget to include:</p> <p><u>Module 3_Pre Training Survey</u></p> <p>1. Introduction of the Activity</p> <ul style="list-style-type: none"> • Describe your background and areas of expertise in a brief introduction. • Thank you for coming, and please welcome the participants. • Show that the needs expressed by the trainees during the module session were taken into consideration and that the pre-training module questionnaires were read. Pre-Training Survey for Module 3 • Give a brief description of the module session and its significance. • Draw attention to any focal points or overarching themes.

Module 3: Start Up

Step by Step

Key start message:

Welcome dear participants, in today's digital age, storytelling transcends its traditional boundaries, emerging as a potent tool for youth empowerment. Through digital platforms, young voices find resonance, shaping narratives that drive change. Digital storytelling empowers youth to share their experiences, express creativity, and advocate for important issues. It bridges generational gaps, fostering connections, and catalysing social impact. This fusion of technology and narrative not only amplifies young perspectives but also equips them with the skills and confidence to navigate the complexities of the modern world.

Icebreaker/Energizer:

Shoe Exchange - Introduction

You'll need some teenagers and a large area.

Instruct everyone to leave one of their shoes by the door for the setup.

How to Play: Gather everyone into a circle and distribute the shoes so that each person has one that is not their own. Set a timer for five minutes and instruct everyone to find the owner of the shoe, introduce themselves, and then have a two-minute conversation about a topic that has been announced, such as: What is the strangest thing you've ever eaten?

- Which TV programme is your favourite, and why?
- Do you believe in the existence of life on other planets?

Module 3: Content	
Objectives	<ul style="list-style-type: none"> • Develop the skills necessary for youth workers to use digital storytelling as a tool for capacity building. • In order to empower local adolescents in a digital world, give youth workers access to digital educational materials, approaches, and tools. • Promote the benefits of using digital technologies while working with youth.
Plan & Duration	<p>Module Content: (3.5 hours) Digital storytelling as a youth empowerment tool</p> <ul style="list-style-type: none"> • Theoretical Background • 4 Activities / Exercises (3.5 hours) • Check the understanding <ul style="list-style-type: none"> ◦ Activity No. 1 - Digital Storytelling Process Activity <p>Groups of 3 or 4 people. 90min. - Duration</p> <p>Instructions:</p> <ul style="list-style-type: none"> • Must make pictures and videos or find them online. • To make a video about a local issue or concern in the community. • To use Canva.com • Final result to be 45s long videos. • Intro - 10 min. • Idea development - 15 min. • Creating - 45 min. • Presentation of the results - 5 min. • Reflection - 15 min.

Module 3: Content

Plan & Duration

o **Activity No. 2 - The story behind my last photo**

Activity for developing confidence in sharing personal stories and learning how to use visuals to describe brief narratives.

Work in pairs Time: 30 min

Instructions:

The facilitator asks participants to open the last photo they took with smartphones and think about the story behind it. Some supportive questions are provided by the facilitator e.g.:

- Where and when was the photo taken?
- Why did I take a picture like this?
- How did I feel?
- What emotions does it bring?
- Was it something important?

Even though it might sound boring, participants are instructed to utilise the most recent photos they have taken, such as a photo of their study notes, to-do list, or an item they wanted to purchase. The facilitator challenges them to find interesting stories in situations that might otherwise seem uninteresting. Following the creation of the narrative, participants communicate in pairs and quiz one another on specifics pertaining to the narrative behind the image.

Module 3: Content

Plan & Duration

o **Activity No. 3 – Story of my life**

Activity proper to develop participants' competencies on how to attract the attention of their audience. Participants will learn to design the structure of their stories:

Work in pairs /in small groups Time: 30 min

Instructions:

- 1.The facilitator divides participants into pairs. Their task is to narrate the story of their life to a teammate in one single minute. No extra guidance is given. Participants can communicate openly and choose whatever topic they would like to focus on in their stories. Following the first task, participants are asked to share their impressions in the big group, reflecting on how their stories were designed and how much their listeners could comprehend. The facilitator assists them with questions like: Where have you started your story from? How many small stories have you combined? What kind of chronology have you chosen?
- 2.During the second task, participants are asked to tell the same stories in one minute. Yet, now they should focus solely on one storyline.Follows debriefing led by the facilitator, guiding participants always to have the structure of their stories in mind with the core message they want to convey to their recipients.

Module 3: Content	
Plan & Duration	<ul style="list-style-type: none"> ○ Activity No. 4 - The story circle <p>Activity helps participants to give constructive feedback and accept different opinions. The activity is crucial for creating visual stories since the process is both about individual work and group interaction and sharing.</p> <p>Work in small groups Time: 60 min</p> <ul style="list-style-type: none"> ○ <p>Instructions: Participants are divided into small groups (up to 6 members) and are asked one by one to express the storytelling stories they have created. Since it is a very personal moment, it is necessary to agree on some ground rules, e.g., mutual respect, confidentiality, equal time. After that, participants are instructed on ways of giving constructive feedback to each other, e.g., always commenting on the story itself and not relating it to personal experiences, asking questions rather than giving advice. Each participant is given time to share as much as they want and to receive feedback from others.</p> <ul style="list-style-type: none"> ○ Steps: <ul style="list-style-type: none"> ○ Proper questions to ask? (at least 5) ○ Proper things to say after listening? (at least 5) ○ What not to say! (at least 5)

Module 3: Content

Instructions for Learners

- **Clear Objective:** Keep the main goal of the activity in mind to guide the participants effectively.
- **Engagement:** Maintain an interactive atmosphere to sustain participants' interest and involvement.
- **Instructions:** Clearly explain the activity's steps and rules to prevent confusion.
- **Time Management:** Stay aware of time constraints to cover all aspects of the activity.
- **Inclusivity:** Ensure all participants feel comfortable and encourage equal participation.
- **Adaptability:** Be flexible to adjust the activity based on participants' needs and responses.
- **Encourage Participation:** Motivate all participants to contribute, ensuring balanced involvement.
- **Active Listening:** Pay attention to participants, validating their input and promoting open communication.
- **Positive Reinforcement:** Acknowledge and praise participants' contributions to boost their confidence.
- **Summarise and Synthesize:** Regularly recap key points and consolidate the discussion to maintain clarity.

Remember, your role is to guide the participants toward achieving the activity's objectives while fostering a respectful and productive environment.

Reflection questions to use for facilitator:

1. What did you think of the activity?
2. How did it make you feel?
3. Which parts did you struggle with the most?
4. Which parts did you like/enjoyed?
5. What did you think of the activity as a trainer?

Module 3: Evaluation & Conclusion	
Objectives	<p>Upon completion of module 3, participants will be able to:</p> <ul style="list-style-type: none"> • Think more critically • Solve problems • Facilitate group projects • Understand complicated concepts • Explain specific experiences
Plan & Duration (30-45 min)	<ul style="list-style-type: none"> • Summary and key messages of the module 15 min • Oral evaluation of the activity 10 min • Module assessment 10 min • Presentation of certificates 10 min
Step by Step	<p>Summary and key messages of the module</p> <ol style="list-style-type: none"> 1. Go over the key points of the activity. 2. Make sure participants have a clear understanding of the concepts, techniques, and activities discussed. <p>Key closing message: Congratulations to all of you for finishing this lesson on using digital storytelling in youth work! You now have the knowledge and abilities to successfully navigate the techniques used in digital storytelling as a result of this journey. You can now create materials that are useful for forming social connections, raising awareness of mental health issues, and using your own voice when advocating for important issues because you have an understanding of the power of telling stories through digital means.</p> <p>Oral feedback about the module</p> <ul style="list-style-type: none"> • Encourage participants to think back on their educational experience, taking into account what they have learned and any difficulties they may have faced. • Give participants a chance to verbally express their experiences and feedback throughout the activities learning

Module 3: Evaluation & Conclusion

Step by Step

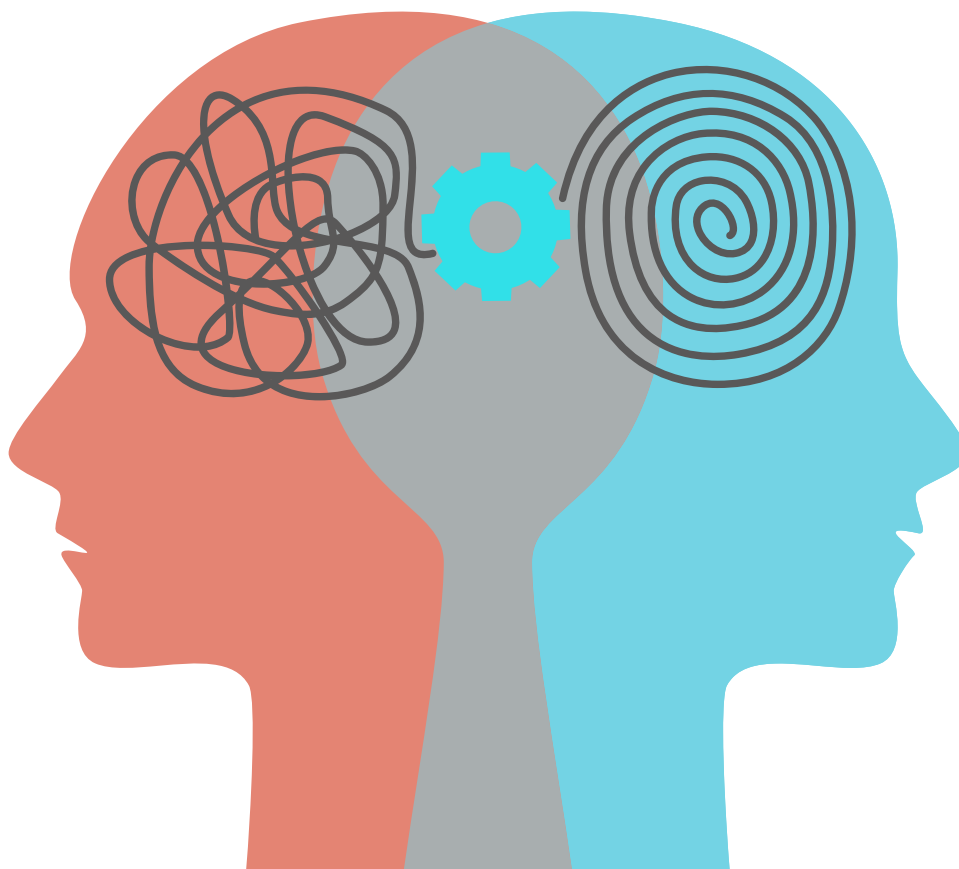
Module evaluation

- Provide the activity evaluation questionnaire to the participants in paper or digital format.

Module3_Post Training Survey

Presentation of course certificates

Delivery of the certificates, which should be pre-printed on good quality colour paper. Link





MODULE 4: YOUTH WORK ON MENTAL HEALTH WITH DIGITAL STORYTELLING

Aim

This module aims to equip youth workers to work on youth mental health in digital and online spaces, particularly with digital storytelling. During this module, we not only provide fundamental knowledge about identifying and handling mental health issues but also, we will explore topical issues such as COVID-19 and release, information overload and how to deal with it, addiction and frustration in social media and cyberbullying.

Learning Outcomes

By the end of the module 4, participants will be able to:

- Develop a positive attitude towards mental health.
- Process experiences, accept losses, developing a sense of optimism.
- Create order and structure among goals and see where to put attention.
- Manage everyday stress, improve self-care and mindful attitude.
- Find personal, inner resources like positive feedback, strengthen human relationships and empowerment.

MODULE 4: YOUTH WORK ON MENTAL HEALTH WITH DIGITAL STORYTELLING

Content & Duration (7 hours)	
<p>Welcome and Start Up (5 - 10 min)</p>	<p>A digitalised world brings us many new possibilities, but also many challenges. We can often find ourselves overwhelmed with the amount of content consumed on different social media platforms, applications and web pages as well as fear of missing out (FOMO) and cyberbullying. It is difficult to predict the long-term effects of COVID-19 pandemic on mental health too. Teachers, educators, and trainers who meet young people in formal or non-formal educational settings, noticed similar changes in their students: losing focus, less confidence, communication skills and emotional coping have worsened. Basically, the human personality is resilient, however, resilience is also a skill that can be developed.</p> <p>Digital storytelling encourages self-expression, communication, exploration, and social justice. It provides an opportunity to reflect on our experiences and actions and help us make sense of them. We may even feel that the process is therapeutic. Storytelling can be used as a method for overcoming and processing emotions, fears, traumas, and isolation and for sustaining the healing process of youth. Let's discover how digital storytelling can support our mental health!</p>
<p>Module Content: Youth work on mental health with digital storytelling (6 hours)</p>	<ul style="list-style-type: none"> • Theoretical Background • 4 Activities / Exercises • Check the understanding • Notes for the trainer

MODULE 4: YOUTH WORK ON MENTAL HEALTH WITH DIGITAL STORYTELLING

Content & Duration (7 hours)

Module Evaluation and Conclusion (30-45 min)

Participants reflect on the newly acquired knowledge and skills with the following helping questions:

- Did the module effectively convey the theoretical knowledge related to youth mental health and digital storytelling?
- Were the key concepts and learning objectives clearly explained and understood?
- Can you provide examples of how the module expanded your understanding of youth mental health and digital storytelling?
- Did you feel comfortable sharing your thoughts and experiences with the group?
- Reflect on how this training module has influenced your perspective on youth mental health and digital storytelling.
- Can you identify any specific actions or changes you plan to make in your youth work or related activities as a result of this training?
- How do you envision using digital storytelling to promote youth mental health in your future work?

Material required

- Documents to print/consult
 - [Goal matrix printout](#)
- Material needed:
 - Sheets, paravanes or other larger materials (optional)
 - Decorations referring to the seasons, objects typical of the period/topic like for COVID-19: masks, hand sanitizer, newspapers (optional, can be replaced with flipchart posters with drawings, keywords etc.)
 - Paper, pens
 - Post-it papers
 - Flipchart for the instructions
 - Timepiece (smartphone or watch)
 - An object for smooth sound effect (e.g., a singing bowl)

MODULE 4: YOUTH WORK ON MENTAL HEALTH WITH DIGITAL STORYTELLING

Module 4: Start Up	
Objectives	<ul style="list-style-type: none"> • To raise interest on the topic of youth mental health and digital storytelling • To motivate participants to share their feelings, opinions on the topic, talk openly about mental health disorders and move the topic out of the taboo zone among young people • To identify dangers, long-term effects, and solutions for mental health problems
Plan & Duration (45 - 50 min)	<ul style="list-style-type: none"> • General introduction of the trainer and to the topic (10 min) • Presentation of the module, agreeing on group norms (10 min) • Pre-training survey (5 min) • Icebreaker (15-20 min)
Step by Step	<p>During the short introduction, we deliver the key goals of the module:</p> <p>Key start message:</p> <ul style="list-style-type: none"> • Everyone has mental health challenges; we should start to talk about them openly and do not feel shame about them. Mental health problems do not mean the person is “not normal” or “something is wrong with them”. It is a condition, like a flu, can be prevented and fixed. • Digitalisation, COVID-19 and other modern challenges have an impact on people and especially young people. We must deal with the challenges of the 21st century, improve our awareness on mental health and take care of not only ourselves but our peers too.

Module 4: Start Up

Step by Step

Presentation of the module, agreeing on group norms:

We shortly present the content of the module and ask participants to share their ideas how to work together during the training. We collect their ideas and visualize them. Due to the sensitivity of the topic, we firmly suggest the following rules:

1. It is okay to pass any exercises, parts or questions.
2. It is okay to not be okay but do not disturb the others during the exercises – going out is also allowed if they need some time alone.

Icebreaker:

We should choose an icebreaker according to the group's needs, considering its size, age range, gender rate, health conditions, and whether they know each other from before. For the first icebreaker, it is recommended to choose a longer exercise to give participants enough time and space to allow themselves to be drawn into this sensitive topic and build trust within the group.

MODULE 4: YOUTH WORK ON MENTAL HEALTH WITH DIGITAL STORYTELLING

Module 4: Content	
Objectives	<ul style="list-style-type: none"> • Participants can learn how to practise letting go, prevention of repression. • Processing experiences, accepting losses, developing sense of optimism. • Participants will have the benefit of creating order and structure among their goals and they will see where to put their attention. • Finding out what is the relation between walking in silence with stress management, self-care, and mindfulness. • Providing participants with a novel technique of meditation in motion. Combination of breathing with focusing on surroundings (sounds, sights, smells etc.) during walking. • Providing participants with the time for themselves. • Finding personal resources like positive feedback, strengthening and empowerment
Plan & Duration	<p>Module Content: Youth work on mental health with digital storytelling (6 hours)</p> <ul style="list-style-type: none"> • Theoretical Background (45-60 min) <ul style="list-style-type: none"> ◦ Youth work and mental wellbeing (10 min) ◦ Recognition of mental problems, intervention, professional boundaries (15 min) ◦ Mental health impacts of the COVID-19 (10 min) ◦ Challenges in the online world (10 min) ◦ Digital storytelling for mental health (5 min) • 4 Activities / Exercises: (4,5 hours) <ul style="list-style-type: none"> ◦ Let It Go Labyrinth (90 min) ◦ Goal Matrix (60 min) ◦ A Silent Walk Story (90 min) ◦ Positive Gossip (30 min) • Check the understanding (30 min)

MODULE 4: YOUTH WORK ON MENTAL HEALTH WITH DIGITAL STORYTELLING

Module 4: Content	
Plan & Duration	<ul style="list-style-type: none"> • Notes for the trainer <ul style="list-style-type: none"> ◦ Become informed about the group as much as possible. It is worth to prepare with phone numbers of crisis hotlines, leaflets, contacts of supporting groups. ◦ Be careful with the deepness of the training. It is important to avoid therapeutic attitudes – focus on mental health in general instead of going into previous traumas. Intervene in the conversations of participants if necessary. ◦ There are two versions of the Let it go labyrinth. If you feel it a safer option, use the questions and debriefing questions of positive coaching and focus more on building optimism than grief. ◦ Extreme reactions may occur during the training, e.g. participants may laugh loudly while sharing their sad memories. It is normal, stay calm and accept every reaction (except shaming others of course), strive to keep the smooth work of the group. ◦ The topic can be sensitive not only for the participants but for the trainer too. Consider working with a supervisor or attend a support group during/after the training if you need it.
Instructions for Learners	<p>In this 6-hour module on youth mental health and digital storytelling, we'll begin with a theoretical background, covering topics such as youth work's role in mental well-being, recognizing mental health issues, and the impact of COVID-19. Then, we'll engage in four activities, including self-expression exercises and mindfulness practices, to explore mental health in depth. Afterward, there will be a 30-minute session to check understanding.</p>

MODULE 4: YOUTH WORK ON MENTAL HEALTH WITH DIGITAL STORYTELLING

Module 4: Evaluation & Conclusion	
<p>Objectives</p>	<p>Upon completion of module 4, participants will be able to:</p> <ul style="list-style-type: none"> • Have an increased awareness and understanding of youth mental health issues, including common challenges and stigmas, through engaging digital stories. • Have skills and tools necessary for creating impactful digital stories that convey messages related to youth mental health. • Higher level of empathy and improved ability to communicate effectively with youth experiencing mental health challenges. • Reduce the stigma associated with mental health in youth and encourage help-seeking behaviour through impactful digital storytelling.
<p>Plan & Duration (30–45 min)</p>	<ul style="list-style-type: none"> • Summary and key messages of the module (10–15 min) • Oral feedback about the module (5–10 min) • Module evaluation (5–10 min) • Presentation of course certificates (10 min)
<p>Step by Step</p>	<p>Don't forget to include:</p> <p>Key closing message: "As we conclude this journey together, remember that the power of storytelling and understanding mental health can be transformative. Each of you has the potential to make a positive impact on the lives of young individuals struggling with mental health challenges. By combining the art of digital storytelling with your newfound knowledge and empathy, you have the tools to create meaningful change. Let's continue to foster a culture of support, openness, and hope for the youth we work with. Thank you for your dedication to their well-being and the power of storytelling.</p>

Module 4: Evaluation & Conclusion

Step by Step

Oral feedback about the module

- Encourage participants to reflect on their learning experience, considering what they have gained and any challenges they encountered.
- Provides an opportunity for participants to share orally their experience and feedback throughout the module learning.

Module evaluation

- Provide the module evaluation questionnaire to the participants in paper or digital format.

Module 4 _Post Training Survey.

Presentation of course certificates

Delivery of the certificates, which should be pre-printed on good quality colour paper. [Link](#)





MODULE 5: PRIVACY AND COPYRIGHTS IN DIGITAL STORYTELLING

Aim

This module aims to equip youth workers with the most important, indispensable and applicable information regarding privacy and copyrights in digital storytelling. With this module, we will help educators and trainers to be aware of the law to know what kind of images, sounds and other media can be used without infringing the copyrights of others.

Learning Outcomes

By the end of the module 5, participants will be able to:

- Understand the significance of privacy and copyright in protecting intellectual creations and personal contributions.
- Identify the types of works and creations protected by copyright and related rights.
- Comprehend the implications of copyright infringement and the importance of obtaining authorization for the use of protected works.
- Recognize the principles and requirements for using works protected by copyright without authorization, particularly in educational contexts.
- Gain familiarity with Creative Commons licenses and their role in enabling open sharing of works while respecting copyright permissions and restrictions.

MODULE 5: PRIVACY AND COPYRIGHTS IN DIGITAL STORYTELLING

Content & Duration (5 - 6.30 hours)	
Welcome and Start Up (30 - 45 min)	The introduction facilitates participants in familiarizing themselves with one another, while also providing clarity on the module objectives and boundaries. Additionally, the module schedule and regulations are presented during this phase.
Module Content: Privacy and copyrights in digital storytelling (4h - 5h)	<ul style="list-style-type: none"> • Theoretical Background • 4 Activities / Exercises • Check the understanding • Notes for the trainer
Module Evaluation and Conclusion (30 - 45 min)	Participants reflect on the material covered throughout the module and strategize on how they will effectively apply their newfound knowledge. They also provide feedback on the module and offer recommendations for potential enhancements.

Material required
<ul style="list-style-type: none"> • Documents to print/consult <ul style="list-style-type: none"> ◦ GDPR Regulation ◦ List of OER platforms (Examples: Commons, Khan Academy, OpenStax, MIT OpenCourseWare, Coursera, Open Culture) • Material needed <ul style="list-style-type: none"> ◦ Pen and paper ◦ Whiteboard or flipchart ◦ Markers ◦ Computer or mobile device with internet connection ◦ Printed cards with descriptions of different Creative Commons licenses (Attribution, Share-alike, Non-commercial, No Derivatives) ◦ Printed cards with examples of digital content (e.g., images, music, articles) ◦ Timer or stopwatch <p>* Note: it is important to take at least two breaks during the session</p>

MODULE 5: PRIVACY AND COPYRIGHTS IN DIGITAL STORYTELLING

Module 5: Start Up	
Objectives	<ul style="list-style-type: none"> • Establishing a secure learning environment • Introduce the training module and the learning journey • Consent to the guidelines governing group interactions throughout the training program • Demonstrate consideration of the Trainees' pre-training questionnaire responses.
Plan & Duration (30 - 45 min)	<ul style="list-style-type: none"> • General presentation 10 - 15 min • Module Objectives and Plan 5 - 10 min • Icebreaker/ Energizer 15 - 20 min
Step by Step	<p>1. General Presentation</p> <ol style="list-style-type: none"> a. Introduce yourself and briefly explain your background and expertise. b. Welcome the participants and thank them for attending. c. Demonstrate that the pre-training module questionnaires have been taken into account and the module session tailored to the needs demonstrated by the trainees. Module 5_Pre Training Survey d. Provide an overview of the module session and its importance. e. Highlight any key points or themes that will be covered.

Module 5: Start Up

Step by Step

Key start message:

Welcome to Module 5 - Privacy and Copyrights in Digital Storytelling, where creativity meets legality in the vibrant world of digital narratives! Get ready to embark on an exciting journey that will equip you with the essential knowledge and skills to navigate the intricacies of privacy and copyright in the realm of storytelling. In this module, we will unravel the mysteries of intellectual property, dive into the realm of fair use, and discover a plethora of legal digital content platforms that will amplify your storytelling prowess. From understanding the nuances of copyright protection to exploring the boundaries of creative expression, this module will empower you to craft captivating digital stories while respecting the rights of creators.

Module Objectives and Plan

1. Clearly state the objectives of the training module.
2. Present the timetable or agenda for the session.
3. Emphasize the relevance of the module and how it aligns with their needs or goals.

Icebreaker/Energizer:

1. Choose a icebreaker activity or energizer to help participants relax and engage in the training session **Module 5_Energizer**

MODULE 5: PRIVACY AND COPYRIGHTS IN DIGITAL STORYTELLING

Module 5: Content	
Objectives	<ul style="list-style-type: none"> • Introduce youth workers to the concepts of Privacy and Copyright - definition and distinction between the two concepts - particularly in the context of Digital Storytelling. • Recognize the major implications arising from the digital world for each of the concepts. • Develop youth workers' awareness about the importance of knowledge regarding privacy and copyright law. • Provide youth workers with digital resources that allow them to easily access information about privacy and copyright in digital storytelling.
Plan & Duration	<p>Module Content: Privacy and copyrights in digital storytelling (4h - 5h)</p> <ul style="list-style-type: none"> • Theoretical Background (1h - 1h30 min) <ul style="list-style-type: none"> ◦ Concept of Privacy and Copyright ◦ Privacy and Copyright Law ◦ Educational Fair Use ◦ Legal digital content Platforms • 4 Activities / Exercises: (3h - 3h30) <ul style="list-style-type: none"> ◦ Understanding GDPR: Personal Data Processing Rules (60 min) ◦ Case Study: Privacy and Copyright Law in Digital Storytelling (45 - 60 min) ◦ Exploring Open Educational Resources - OER (45 - 60 min) ◦ Creative Commons License Matching Game (30 - 45 min) • Check the understanding • Notes for the trainer

Module 5: Content

Instructions for Learners

Welcome to the module on Privacy and Copyrights in Digital Storytelling! In this module, you will gain valuable knowledge and skills related to privacy and copyright in the context of digital storytelling. Please follow the instructions below to make the most of your learning experience:

- **Familiarize yourself with the module structure:** Take a moment to review the content plan provided above. This will give you an overview of the topics that will be covered and the estimated duration for each section.
- **Engage actively:** Throughout the module, actively participate in discussions, reflect on the concepts presented, and ask questions when needed. Your engagement will enhance your learning experience.
- **Take notes:** As you go through the module, take notes on key points, insights, and any questions that arise. These notes will be useful for reflection and discussion later on.
- **Participate in activities:** The module includes various activities designed to deepen your understanding and apply the concepts learned. Be sure to complete these activities as they will enhance your learning and provide practical insights.
- **Reflect and discuss:** Towards the end of the module, there will be dedicated time for reflection and discussion. Take this opportunity to reflect on your learning journey, share your thoughts with others, and ask any remaining questions you may have.
- **Seek further resources:** If you wish to delve deeper into the topic, additional resources and references will be provided at the end of the module. Feel free to explore these resources for further learning.

MODULE 5: PRIVACY AND COPYRIGHTS IN DIGITAL STORYTELLING

Module 5: Content

Instructions for Learners

- Remember, the module is designed to empower you with the necessary knowledge and skills to navigate privacy and copyright issues in digital storytelling. Enjoy your learning journey, and don't hesitate to reach out if you need any assistance or clarification along the way.

MODULE 5: PRIVACY AND COPYRIGHTS IN DIGITAL STORYTELLING

Module 5: Evaluation & Conclusion	
Objectives	<p>Upon completion of module 5, participants will be able to:</p> <ul style="list-style-type: none"> • Reflect on the progress made and consolidate their understanding of the course content from the beginning till now • Provide feedback on the course • Offer recommendations for enhancing the course experience.
Plan & Duration (30-45 min)	<ul style="list-style-type: none"> • Summary and key messages of the module 10 - 15 min • Oral feedback about the module 05 - 10 min • Module evaluation 05 - 10 min • Presentation of course certificates 10 min
Step by Step	<p>Summary and key messages of the module</p> <p>1. Summarize the key points covered in the module, ensuring that participants have a clear understanding of the concepts, techniques, and activities discussed</p> <p>Key closing message:</p> <p>Dear participants, congratulations on completing this transformative training module on privacy and copyrights in digital storytelling! You have embarked on a journey that has empowered you with the knowledge and tools to navigate the digital world with confidence and integrity. By understanding the significance of privacy rights and respecting the creative works of others, you are equipped to harness the power of digital storytelling to express yourselves, connect with others, and advocate for causes that matter to you.</p> <p>Oral feedback about the module</p> <ul style="list-style-type: none"> ◦ Encourage participants to reflect on their learning experience, considering what they have gained and any challenges they encountered. ◦ Provides an opportunity for participants to share orally their experience and feedback throughout the module learning.

Module 5: Evaluation & Conclusion

Step by Step

Module evaluation

- Provide the module evaluation questionnaire to the participants in paper or digital format.

Module5_Post Training Survey

Presentation of course certificates

- Delivery of the certificates, which should be pre-printed on good quality colour paper. Link



CONCLUSION

In summary, as trainers within a digitally-driven world, our role in harnessing technology for the betterment of youth, especially in the realm of mental health, holds paramount importance. This initiative centers on utilizing digital storytelling as a tool to empower youth workers, with modern resources. These resources are particularly relevant in addressing the intricate challenges faced by young adults, amplified by factors such as the COVID-19 pandemic, social inequalities, and shifting job landscapes.

Through the lens of digital storytelling, our aim is to raise awareness, bolster resilience, and equip you with vital coping skills. This, in turn, positions to effectively navigate the landscape of youth mental health. Together, as youth workers, is important to support and nurturing the essential capabilities that empower young individuals to confront the multifaceted challenges of this era with confidence.

Derived from the "Digital Storytelling Manual and Tool Kit," this "Manual for Youth Workers: a guidebook on using developed resources for training of Young People" provides a clear framework, enabling you to seamlessly integrate the outlined methods and activities. With a focused approach on merging digital storytelling with youth mental health, our collective objective is to arm you with the knowledge and tools needed to orchestrate impactful experiences that foster well-being and personal growth.

Within the various modules, we aspire to provide valuable guidance for organizing digital storytelling activities. These techniques can be readily applied in diverse settings, whether it's within youth centers or educational institutions.

Lastly, our comprehensive appendix comprises crucial supplementary materials, designed to enrich this journey as you navigate the landscape of youth mental health using the power of digital storytelling. In essence, this guidebook is a transformative journey, empowering and uplifting the next generation through the art of digital storytelling within the realm of mental health.

APPENDIX

1. Trainers' Check List
2. Energizers
3. Trainees' Pre-Training Survey
4. Trainees' Module Assessment
5. Certificates



Partners



Hidak Ifjúsági Alapítvány
(Hungary)

www.youthbridgesbudapest.org



Youth Initiative Center
(The Netherlands)

www.youthinitiativecenter.eu



Youthfully Yours SK
(Slovakia)

www.youthfullyyours.sk

JUMPIN
— HUB

JUMPIN HUB
(Portugal)

www.jumpinhub.com



Zavod Aspira
(Slovenia)

www.aspira.si



Smart Idea
(Slovenia)

www.projects-with-igor.eu



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