LOG ON BACK TO LIFE

IN THIS ISSUE

OVERVIEW

A modern phenomenon that has been recorded in recent years is internet addiction Disorder (IAD). Internet addiction is described as an impulse control disorder, which does not involve use of an intoxicating drug and is very similar to pathological gambling Internet users may enjoy aspects of the Internet that allow them to meet, socialize, and exchange ideas through chat rooms, social networking websites, or "virtual communities."

Internet Addiction Disorder has become one of the main problems that European secondary school students are facing, so our community has to deal with the source of the problem and its impacts which causes the following Short-Term and Long-Term Effects in students who have implications in the educational community:

• Decreased performance in school (educational difficulty) and in many cases early school dropout.

• Emotional Symptoms: anxiety, depression, dishonesty, euphoric feelings when in front of the computer, unable to keep schedules, no sense of time, isolation, defensiveness, avoiding doing work, agitation.

• Physical Symptoms: Backache, headaches, weight gain or loss, disturbances in sleep, carpal tunnel syndrome, blurred or strained vision.

AIMS

Log On Back To Life aims to support project partners in dealing with a horizontal effect for all countries, the Internet Addiction Disorder (IAD). The main priority arises from the contribution of the project to support trainers in tackling the phenomenon of internet addiction.

By creating a more attractive career guidance perspective we are promoting educational quality in teaching in favor of the main actors who are the students. In parallel, we emphasize on the integration of ICT tools in teaching to understand the usefulness of new technologies by the students in a rational way.

The objectives and results of the Log On Back To Life are in line with the priority of the EU for effective investment in quality education and training.

In conclusion, Log On Back To Life will support the early treatment of symptoms that lead to long-term dependence of the internet through prevention and early intervention. Through the material and methodologies will be produced during the project then addressing of the school drop outs phenomenon will be possible by demonstrating to students the positive impact of the Internet and methods to avoid the consequences arising from this.

RESULTS

Record in European level the problem of students' addiction to the use of the Internet and its impact, with the collaboration of different types and responsibilities organization such as: regional primary and secondary directorates, certified training centers, schools, public authorities and expert's institutions

Investigate the levels of secondary education students' addiction to Internet problem aiming to inform and to raise awareness of teachers, structures / training organizations, but especially parents / guardians and secondary school students with the assistance of highly qualified scientists using a specially designed questionnaire by specialized scientists.

Raise public awareness and especially the IAD campaign box to be distributed to schools and directorates informing about the effects of internet addiction through multiple means.

The trainings for teachers will be implemented with the use of Open Educational Resources and E-learning Platform which will be developed under this project the Reference Handbook on Assess, Prevention and Treatment of Internet Addiction to be developed in the framework of our project.
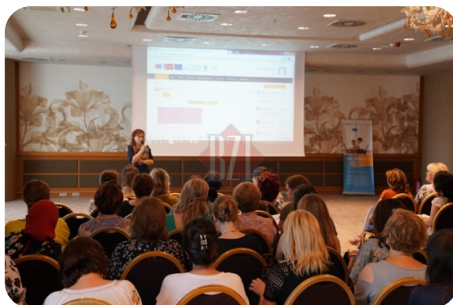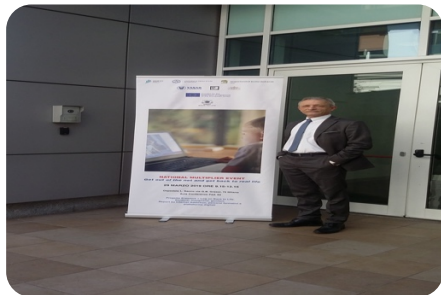
MULTIPLIER EVENTS

The National Multiplier Event 'Get Out Of The Net and Get Back To Real Life' organised by Università degli Studi di Milano took place at Ospedale L. Sacco (Milan) on March 29th 2019. The Comparative Report on the Internet Addiction Survey conducted in secondary schools from the partner countries was illustrated, alongside with Training Modules, Awareness Materials, the Digital Platform and the upcoming LTT activities.

The need for assessing situations of Problematic Internet Use in view of promoting mental health was discussed, also with reference to the phenomenon of Cyberchondria and comorbidities. Some scientific areas where further study is needed were outlined (e.g. Epigenetics, Gambling).

The Presidents of Scientific Associations, the Heads of Hospital Operating Units, the Heads of Local Operating Units in the field of Addiction, and Representatives of the Ministry of Education University and Research (MIUR) Regional School Office – Lombardy attended the event. These latter put emphasis on how such initiatives are important for raising awareness among teachers and parents, as well as for making documents and suggestions available, with the purposes of prevention and further action in the field.

In Romania, the Multiplier event was held in 26 June 2019 and attended 60 participants, from more than 40 organizations from rural and urban area. The event started with the Regional Conference "Educational strategies to prevent Internet addiction" followed by a training workshop with 3 parallel sessions.

During the Regional Conference had special interventions Phd. Genoveva - Aurelia FARCAŞ - general school inspector of ISJ Iaşi and Phd univ Conf. Daniela MUNTELE– Faculty of Psychology, University „Al. I. Cuza" Iaşi about "Internet addiction - Better prevented". The project members presented the project - its objectives and estimated results and the project intellectual outputs. Dana HARIP, presented "Net Hours Project", its objectives and results. Daniela LIVADARU presented the *Erasmus+* project *"Technology Addiction In Adolescents"* which is implemented in her school between 2018-2020.

During the training workshop were carried out 3 parallel sessions: "Internet and virtual social environment" "Internet addiction: symptoms, risks and methods of intervention", "Teachers as Internet Safety Promoters". All participants were awarded a diploma of attendance.

PARTNERS

GOVERNORSHIP OF ISTANBUL

ilse@istanbul.gov.tr

DEVELOPMENTAL CENTER OF THESSALY

info@aketh.gr

YASAR UNIVERSITY

euc@yasar.edu.tr

INSPECTORATUL SCOLAR JUDETEAN IASI

proiecte.isjiasi@yahoo.com

UNIVERSITÀ DEGLI STUDI DI MILANO

international.agreements@unimi.it

DIPNOT

proje@dipnot.tv

Website:
www.logonback2life.eu

Learning and Awareness Platform:

https://lms.logonback2life.eu