

Journey From Digital Addiction To Creativity

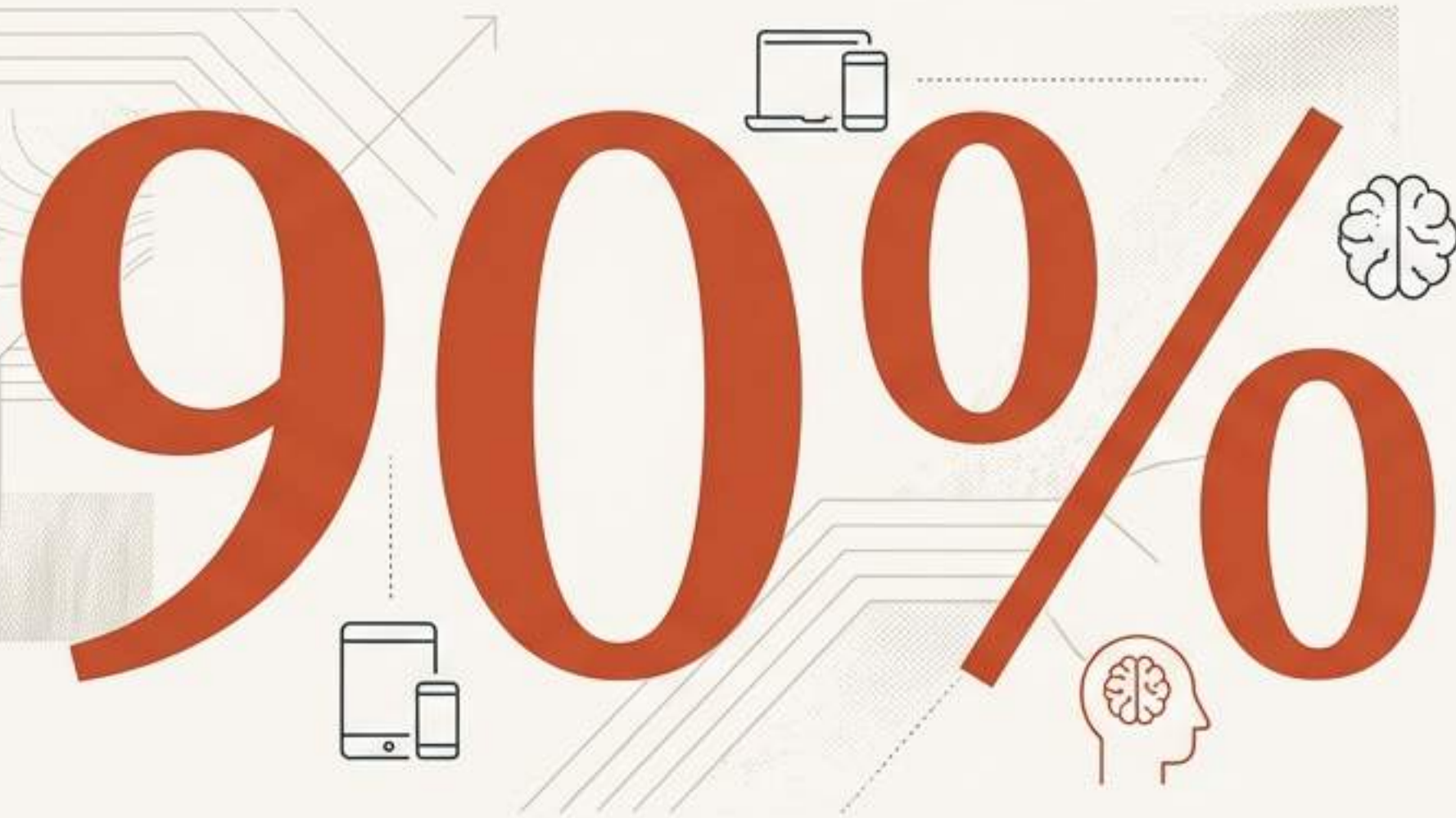
Turning Digital Consumption into Creative Production



Project Acronym: DBYY | KA210-SCH Small-scale Partnership | 2025-2027



The Challenge: Digital Addiction is a Barrier to Creative Thinking



Our initial research revealed a critical issue across our partner institutions. In surveys conducted with our school communities, **90% of respondents** identified digital addiction as a significant problem hindering the development of creative thinking.

"In recent years, digital addiction... has become a significant problem worldwide... [It] has negative effects such as attention deficit, insomnia, and a decrease in creative thinking skills." (Source: European Commission, 2020, cited in the application)

A Shared Problem with Unique Needs



Students (Ages 14-18)

- Methods to cope with digital addiction.
- Activities that genuinely encourage creativity.
- Guidance on balanced and productive technology use.



Teachers

- Training on digital addiction and its classroom impact.
- New, creative teaching techniques for the digital age.
- Practical applications to guide students effectively.








Parents

- Awareness of the signs of digital addiction.
- Strategies to support their children's digital wellbeing.
- Guidance on fostering creativity within the family.

Our Solution: A Strategic Journey to Foster Conscious Creativity

Our project is designed to guide students, teachers, and parents away from passive digital consumption and towards active, conscious, and creative production.

Our Core Objectives

- 1 **Develop Teachers'** digital pedagogical skills to integrate creative methods. 
- 2 **Develop Students'** ability to use digital tools productively and consciously. 
- 3 **Raise Parents'** awareness and help establish digital balance in the home. 
- 4 **Share International Best Practices** in combating digital addiction. 
- 5 **Create Sustainable Educational Materials** for long-term impact. 

A Partnership Built on Complementary Strengths



SocieTeQ (Greece)

Role: Digital Wellbeing Expert

Expertise: Specialised in digital security, cyber ethics, media literacy, and developing innovative training to combat digital addiction.



Atatürk Anadolu Lisesi (Turkey)

Role: Project Coordinator

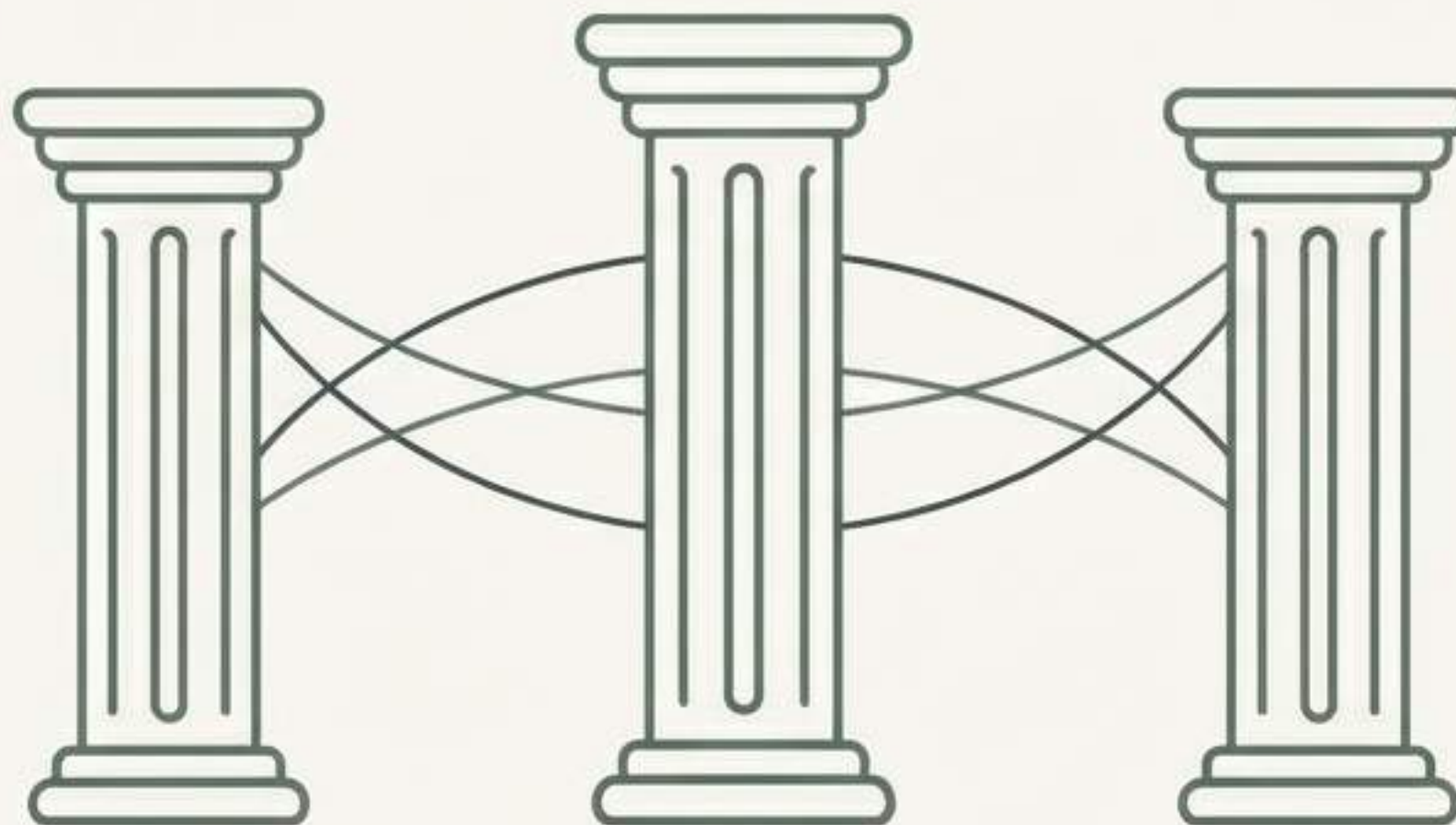
Expertise: 66 years of academic excellence, strong project-based learning methods (TÜBİTAK, eTwinning), and overall project management.



I.I.S. Liceo Medi (Italy)

Role: Pedagogical Innovation Expert

Expertise: Leadership in eTwinning and digital learning, specialisation in inclusive education models, and developing creative digital materials.



The Journey: A Three-Stage Implementation Plan

GREECE (Feb 2026)

Activity:
Managing Digital Addiction
with Positive Guidance

Focus:
Equipping teachers with
foundational strategies and
awareness.



ITALY (June 2026)

Activity:
Creative Thinking with
Digital Materials

Focus:
Exploring how to use
technology as a tool for
creativity.



TURKEY (Sept 2026)

Source Serif Pro Regular

Activity:
Creative Thinking with Non-
Digital Materials

Focus:
Rediscovering creativity
away from the screen to
achieve balance.



Stage 1: Building the Foundation in Greece

Activity: Managing Digital Addiction with Positive Guidance



Host: SocieTeQ

To provide 16 teachers with the tools to understand, identify, and manage digital addiction through positive, creative strategies.

Key Workshop Modules

- Understanding the psychological and social effects of digital addiction.
- Developing creative thinking and problem-solving skills as an alternative.
- Strategies for **conscious and pedagogically sound use** of digital tools.
- Developing school-specific application plans.

****Primary Outcome:**** Teachers can analyse the effects of digital addiction and develop effective strategies for their own educational environments.

Stage 2: Fostering Creativity with Digital Tools in Italy

Activity: Creative Thinking with Digital Materials

 Host: I.I.S. Liceo Medi

To train teachers and students in using modern digital tools to design and produce creative content , shifting from passive use to active creation.

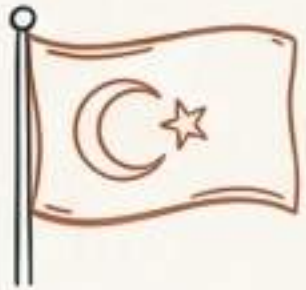
Key Workshop Modules

- Creative idea generation using mind mapping and digital brainstorming tools.
- Practical design of educational materials using graphic and multimedia tools.
- Interactive learning with Virtual and Augmented Reality (VR & AR) applications.
- Exploring AI-supported creative processes for digital storytelling.

Primary Outcome: Participants gain skills in digital design and media, and can effectively integrate technologies like AR/VR into education.

Stage 3: Rediscovering Analogue Creativity in Turkey

Activity: Creative Thinking with Non-Digital Materials



Host: Atatürk Anadolu Lisesi

To develop teachers' and students' creative thinking skills using non-digital methods, providing a necessary counterbalance to screen time and fostering tangible creativity.

Key Workshop Modules

- Brainstorming and problem-solving using drama, storytelling, and trip techniques.
- Workshops in traditional art, handicrafts, and improvisation.
- Designing story-based educational games and gamified lesson plans.
- Nature-based creative thinking exercises.

Primary Outcome: Participants gain skills in motivating creative thinking using non-digital tools, creating a more inclusive and varied learning experience.

The Destination: A Sustainable Legacy of Educational Resources

Beyond the training activities, our project will produce a suite of practical, multilingual resources designed for long-term use and dissemination across Europe.



Training & Guidance Materials

5 training modules and 5 online guidance materials for combating digital addiction and fostering creativity.



Digital Lesson Plans

5 digital lesson plans offering creative and practical methods for teachers to integrate into their curricula.



Digital Booklets

2 comprehensive digital booklets providing guiding resources for students, teachers, and parents.

Measuring Our Impact and Ensuring Success

Evaluation Tools

We will use a mixed-methods approach to measure progress and outcomes at every stage.



Surveys: Pre- and post-activity surveys for students, teachers, and parents to measure changes in addiction levels and creative abilities.



Performance Tasks: Applied tasks and skill tests to assess creative thinking development.



Progress Reports: Regular feedback and reporting after each mobility to monitor progress.



Digital Analytics: Analysis of eTwinning participation, website visits, and resource downloads to measure dissemination impact.

Key Targets

90%

of participants show an increased knowledge level on digital addiction.

85%

of students demonstrate significant improvement in creative problem-solving skills.

75%

of parents report increased awareness on the topic.

Sharing Our Journey: A Blueprint for European Educators

The project's impact is designed to extend far beyond the participating organisations.

Erasmus+ Platforms

All outputs will be shared on the **Erasmus+ Project Results Platform** and **eTwinning** to reach an international audience. The Italian partner will manage the eTwinning page.



Project Website

A dedicated website, managed by our Greek partner, will serve as a central hub for all materials, news, and resources.



Local & National Networks

Results will be shared through local education seminars, teacher networks, public education centres, and school-wide events.



Social Media

A coordinated campaign across partner channels will share project milestones and outputs.



Our Vision: Raising a Generation of Conscious Digital Creators

"With this project, we move beyond simply managing a problem. We are creating a sustainable and disseminable educational model that empowers students to use the digital world consciously and effectively. They will learn to be not just consumers of content, but creative producers and the conscious digital citizens of the future."

