NOMO FOMO

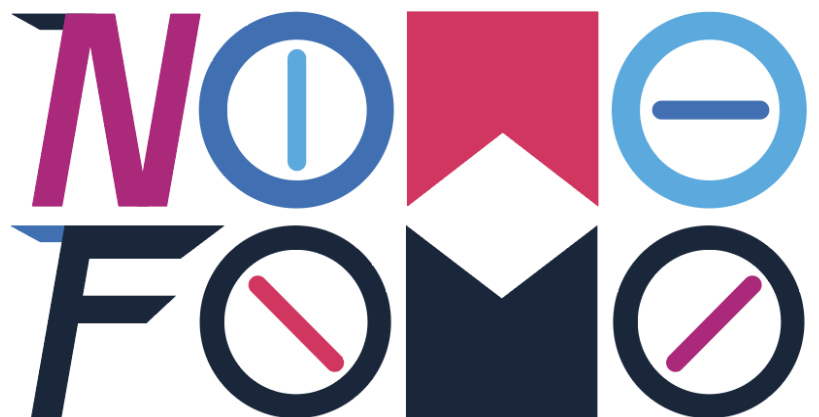**Interactive Infographic 1**

The Fear of Missed Experiences

Positive mental health for GEN Z
NO MOre Fear Of Missing Out

Introduction to the Tutor Handbook

The aim of this brief handbook is to support you as a youth worker / trainer / volunteer to use the NOMO FOMO Toolkit of interactive Infographic Resources with young people. The Toolkit of Interactive Infographic Resources will provide you with learning content that addresses key issues that comprise the underlying causes of FOMO among Generation Z. These are the issues or factors that young people often experience, causing them anxiety, stress and discomfort leading to negative mental health and a wide range of different resulting conditions. In this short handbook, you will be introduced to what an interactive infographic is, a summary of the topic that is being addressed, an insight into the activities embedded in the infographic, and some guidance on how they can be used best among young people.

Toolkit of Interactive Infographic Resources

The Toolkit of Interactive Infographic Resources comprises 12 topics associated with the topic of FOMO. Each topic is presented as an interactive poster, in which users can scan a QR code from their phone, that will bring them to an online 'resource bank'. When scanned, users will be able to access the interactive infographic resources – An Explainer Video, a Quiz, a Digital Breakout, and a Call to Action Activity. With this, a simple poster can be brought to life and be transformed into educational learning materials that you can use with young people in your youth setting. These digital resources are engaging for young people as they are feature embedded, inquiry-based, and challenge-based learning.

To effectively use the Interactive Infographic poster, we would suggest that you print them out and display them in your youth centre, at other information points in the community or at places where young people hang-out.

Interactive Infographic Topic

The Fear of Missed Experiences

Social networks are increasingly included in all areas of our life. When we wake up we take a look at the WhatsApp conversations, while we have breakfast we look at Instagram, when we are with our friends we record tik toks ... Social networks need our attention at all hours and, in many cases, we give it to them. It is impossible to live without them even if we want to, but ... do we really want to miss them? Do we need to be connected so that we don't miss anything?

According to some studies, 56% of social network users suffer from anxiety when they think that they are not "at the level " of what is expected in networks. This is simply the fear of missing experiences or what has been our whole life, the fear of being excluded. Content selection - we usually just share the nice and eye-catching - does the rest. A glance at social media makes you think that everyone has much more interesting lives than yours and reinforces the idea that you are missing things.

What will young people achieve?

By completing the resources in this Interactive Infographics, young people will achieve the following learning outcomes:

Theme	Knowledge	Skills	Attitude
The Fear of Missed Experiences	• Knowledge about what FOMO is • Knowledge about social network content • Knowledge about internet addiction and how to avoid it • Knowledge of means to boost self-confidence	• Detect own's desires and goals • Express emotions • Prioritize personal preferences • Skip the impositions of "mainstream" • Value our own experiences as a fundamental part of the being	• Awareness of one's own emotions. • Willingness to work on relationships. • Improvement of team work • Willingness to learn new concepts • Willingness to become more aware of what we receive from social network and how it condition our lives

Understanding the Resources

In this section, you will gain a brief introduction to the interactive infographic resources; alongside some hints and tips for how these can be used in your group with young people.

Explainer Video

An explainer video is a descriptive video that introduces the addressed thematic area, and investigates the concepts associated with it. The "The Fear of Missed Experiences" interactive infographic explains this feeling, included in the FOMO phenomenon, that is caused by the kind of content that it's usually shown in social networks, and the difficulty of notice the difference between "online world" and "real world". Also, in this infographic you will find some advices and resources to reflect on how social network content affect the users, and some self-knowledge exercises to put in value each one life experiences.

To use this explainer video with young people in your group, you can decide to use it as an introduction to the activity before you introduce the other resources. Using the video as such will give young people a short but detailed overview of the topic where they will begin to learn vital information about what FOMO is, and where it appears, before they complete the other activities. Alternatively, you can also upload the video to your group's YouTube Channel if you would like to share it with young people and other groups who are not directly engaged in your service.

Digital Breakout

A Digital Breakout is the same escape room-type experience but uses Google Forms and digital clues instead of physical locks and clues. These are online adventure games in which participants solve a series of puzzles and riddles to progress to the next level. Learners, or teams of learners, follow a single storyline or scenario throughout the breakout, finding clues, cracking codes, solving puzzles, and answering questions. The purpose of a digital breakout is to teach learners about a specific topic or issue, in a fun and engaging manner.

In this digital breakout, learners will "wake up" in an empty, unknown room, with a first decision to make in order to start an adventure of challenges, puzzles and learning about our paper in social networks, the things that we capture and show on them, and the real important things in life, that will give them the opportunity to build their own self-knowledge and life.

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Digital breakouts can work both as an individual or group activity. You can choose to deliver the digital breakout in a group-work setting by having individual or small groups of young people completing the challenges and developing their own awareness about the topic of FOMO. If using these resources in a group-work setting, ensure that you set a time limit to complete the challenges – this will add an air of competition to the breakout sessions! The breakouts will work best in a facilitated session, in case the young people have any questions or issues they would like to raise.

Call to Action Activity

The Call to Action Activity is a practical activity that works to engage learners in the process of 'learning by doing.' This learning resource will motivate young people to demonstrate what they can personally do to tackle the specific theme of FOMO addressed.

In this Call to Action Activity, learners will have two challenges. One of them is going to be focused in the "online world" and the other in the "real world". Although it could seem that these two parts are not related, at the end the participants will reflect using the conclusions of both of them.

First of all, they will think about thins, topics, that are usually shared in social networks. What kind of content we normally see? What kind of events? (Birthdays, celebrations, happiness, a good result in work, graduations…) They will write the ideas in post-its.

In the second part, they will build (literally, with ice cream sticks) the fundamental experiences or things in life. Love, family, friends, sadness, failures…

After all that, they have to review the post-its from the first part, and decide which ones could be as important as being part of their "life construction" from the second part, realizing maybe in the fact that the thing that we share in social networks don't are so fundamental o important.

When using this resource in your youth work setting, you can ask young people to complete the activity in groups. This can encourage learners to work together and complete the challenge. Alternatively, this activity can be completed as an individual task. You can ask learners to complete it in their spare time at home and reveal their results after one week. Once young people in your group have completed the Call to Action activity, you can pose the following questions to them in an informal group discussion, so that you can gauge what they have learned through this experience:

For the first part of the activity:

- Have the groups agreed on some topics? Why?
- Are there some "forbidden" topics in social networks? Why?
- People normally filter what they upload to their social networks? For what purpose?
- The topics that the groups have found, are they more positive or negative?

For the second part of the activity:

- Which post-its have your group included in the construction? And which ones don't? Why?
- Have your group included "bad" moments in the life construction? Do you consider that "bad" moments are important to build life experiences? In which way?
- Do we normally have in mind all the important things in life that we have shown in our life constructions? Why?
- How could we be more aware of important things in life?

Quiz

This quiz consists of 10 questions of multiple choice. It guides young people to test their knowledge on the "Fear of Missed Experiences" and can encourage learners to summarise the learning content covered in the interactive infographic. To use this quiz with young people in your group, ask them to complete the quiz once they have completed the other challenges and activities included in the Interactive Infographic. Alternatively, it can work as an activity to engage learners in the topic before beginning the other activities.

De-Briefing Questions

Once young people in your group have completed the "The Fear of Missed Experiences" Interactive Infographic resources, you can pose the following questions to them in an informal group discussion so that you can gauge what they have learned through this learning experience:

- In general, how do you rate the experience with the infographic? Did you like it?

- Do you consider that you have understood the concept of "Fear of Missed Experiences"? Do you know some "real-life" examples of this?

- Which part have you enjoy the most? Why?

- Do you have any improvement on any of the parts of the infographic (quiz, digital breakout, video, call to action)

- What is the most important knowledge that you've learn with the infographic about the topic of social networks and "The Fear of Missed Experiences"?

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