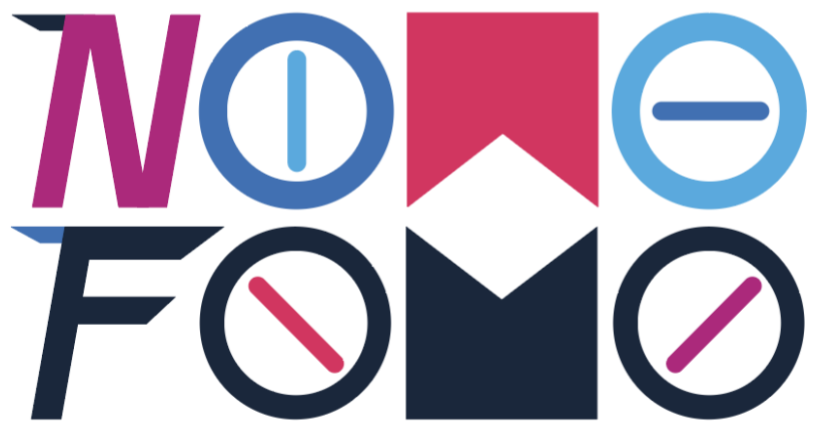




FOMO or ROMO  
Tutor Handbook



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

### Interactive infographic 10: FOMO or ROMO

Where there was previously FOMO, there is now ROMO — the reality of missing out — which has emerged as a result of the covid-19 pandemic. Events, activities or plans will not happen or in the best case scenario they will never be the same again.

### 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
<b>FOMO or ROMO</b>	<ul style="list-style-type: none"> <li>Basic knowledge of ROMO (Reality of Missing Out)</li> <li>Basic knowledge of how the Covid-19 pandemic has fostered a culture of ROMO</li> </ul>	<ul style="list-style-type: none"> <li>Discuss the concept of ‘ROMO’</li> <li>Examine how ROMO has emerged from the impact of the Covid-19 pandemic</li> </ul>	<ul style="list-style-type: none"> <li>Awareness of how ROMO impacts young people</li> <li>Awareness of how ROMO can</li> </ul>



	<ul style="list-style-type: none"> <li>● Practical knowledge of how ROMO can lead to further self-isolation</li> <li>● Theoretical knowledge of how ROMO can negatively affect mental health</li> </ul>	<ul style="list-style-type: none"> <li>● Recognise how ROMO can cause feelings of isolation, anxiety, depression, etc.</li> <li>● Identify how ROMO creates a fear of the unknown</li> <li>● Determine methodologies to combat feelings of ROMO</li> </ul>	<p>affect mental health</p> <ul style="list-style-type: none"> <li>● Willingness to focus on perspective, gratitude, and patience to combat ROMO</li> </ul>
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## 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 FOMO or ROMO interactive infographic point as there is no travelling, no restaurants, no birthday parties. Choice paralysis has gone out the window because there are few choices to make and we'll never get this time back.

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 go through a real time situation on processing FOMO and ROMO to understand how to stop and reflect their mind fears. People are afraid of missing out and with the pandemic situation there's a lot of reality of missing out.

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 be asked different questions related to how they feel when they miss an event or a party. At the end of the questions, evaluate the results and talk about them. They're gonna understand that everyone feels the same way and it's normal to feel that way but it's ok to miss out sometimes.

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:

- Did you enjoy the *Step Out of FOMO* activity?
- Do you recall examples in the past having FOMO but the reality did not correspond to the expectations?
- Did you ever miss an event and you had 2 different and opposite stories on how it was?
- How would you rate your mind control when it comes to FOMO?

### Quiz

This quiz consists of 10 questions that alternate between multiple choice and true or false questions. It guides young people to test their knowledge on the *FOMO or ROMO* 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 FOMO or ROMO 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:

- What are some good practices to overcome FOMO and combat ROMO?
- How can ROMO affect mental health and impact young people?



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- What would be the future lessons learned after the pandemic?
- How does ROMO create the fear of the unknown?

# NO MORE FOMO

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