

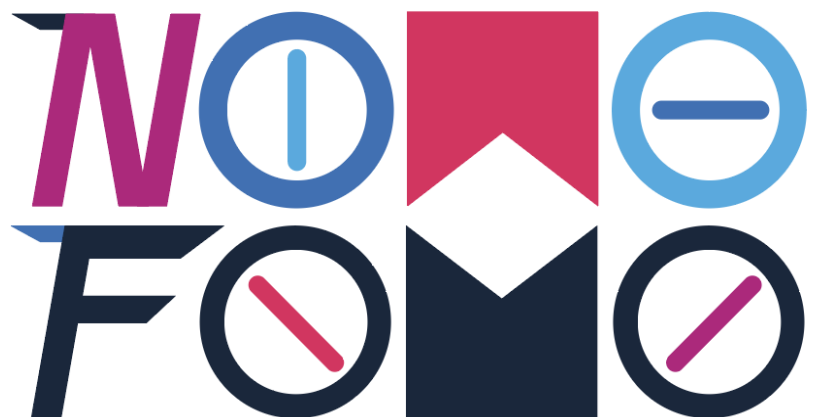


NOMO FOMO

Interactive Infographic 9

Turning FOMO to JOMO

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

Turning FOMO to JOMO

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 and they create in all us the need of not missing anything. But as time goes by, the negative effects they can have on us are more observable. More and more people are taking notice, and we decide to disconnect in order to connect. Finding the joy of not being connected. In this point, JOMO (Joy of Missing Out) appears.

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 |
|-----------------------------|---|---|---|
| Turning FOMO to JOMO | <ul style="list-style-type: none"> • Basic knowledge of the concept of JOMO (Joy of Missing Out) • Basic knowledge of how to turn FOMO to JOMO • Practical knowledge of how to implement steps to achieve JOMO • Practical knowledge of promote positive mental health amidst feelings of FOMO • Theoretical knowledge of the benefits of turning FOMO to JOMO | <ul style="list-style-type: none"> • Define 'JOMO' • Discuss how turning FOMO to JOMO can positively impact young people • Identify methodologies that can lessen feelings of FOMO • Create a step-by-step process to follow when experiencing FOMO • Recognise the benefits of JOMO Examine how reducing FOMO can lead to positive mental | <ul style="list-style-type: none"> • Awareness of the benefits of JOMO • Willingness to apply tactics that lessen the impact of FOMO • Openness to promote personal positive mental healthy by eliminating FOMO triggers |



| | | | |
|--|--|--|--|
| | | <p>health and wellbeing</p> <ul style="list-style-type: none"> Analyse how to resort to JOMO when experiencing social media or post-pandemic FOMO | |
|--|--|--|--|

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 “Turning FOMO to JOMO” interactive infographic explains what is JOMO, in which context appears this new concept, the relation with FOMO, and why it’s important disconnect to connect.

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 have a practical experience about FOMO, or how social networks affects us as users, and the (sometimes difficult) task of turning that negative feeling into joy and, by that, achieving and understanding JOMO.

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 reflect on their use of social media, valuating the pros and cons of them in their lives, and the will exercise the connection with the present moment through *mindfulness*.

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:

- Based on what factors do you publish things on social networks?
- Anytime have you felt that you’re doing something or going somewhere just because it could look good on your social networks? Or because it’s the “cool thing to do”?
- Do you think that we live “connected to the present”? Why?
- How could we include “mindfulness” or other exercises of connection in the present in our daily life? How do you think they could be useful to train JOMO?



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 Turning FOMO to JOMO 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 Turning FOMO to JOMO 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 FOMO means? What are the main symptoms?
- Do you think that FOMO is something known among the society? It should be more known? Why?
- After this infographic, have you notice any symptoms of FOMO in yourself? Which ones?
- What JOMO means? Why this concept could be useful to follow?
- Do you think that JOMO should be practiced frequently? Why?
- How, in your daily life, think that you could help others to practice JOMO?

NO MORE FOMO

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