

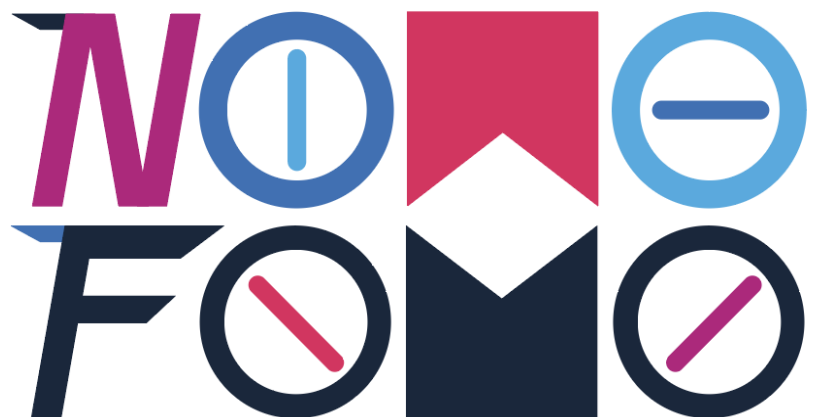


NOMO FOMO

Interactive Infographic 10

FOMO and Digital Literacy

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

6: FOMO and Digital Literacy

The *FOMO and Digital Literacy* infographic aims at supporting participants to understand the concept of digital literacy and its importance in lowering impacts of FOMO. The activities in this infographic are designed in such a way as to guide participants through gaining theoretical and practical knowledge and finally becoming more able and open to critically analysing and assessing online content, as well as eager to develop their digital literacy skills even more.

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
FOMO and Digital Literacy	<ul style="list-style-type: none"> • Basic knowledge of how good digital literacy can attribute to lower impacts of FOMO • Practical knowledge of how to apply critical thinking of online spaces • Practical knowledge of how information is collected and presented online and on social media • Theoretical knowledge of how low levels of digital literacy can encourage young people to make decisions without sufficient knowledge 	<ul style="list-style-type: none"> • Discuss the concept of 'digital literacy' • Examine best practices of being digitally competent • Demonstrate how to critically analyse online activity present on social media • Recognise the relationship between young people and social media • Analyse how people tend to post the 'highlights' of their life online • Identify the differences between identity and online identity 	<ul style="list-style-type: none"> • Willingness to become more digitally competent • Openness to critically analyse and assess online posts, activities, photos, etc. •

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 and Digital Literacy explainer video aims to explore the term digital literacy and how it can attribute to lower impacts of FOMO.



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 be transported to outer Space. In order to find their way back to Earth, they need to complete a series of challenges, related to the theme FOMO and Digital Literacy.

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 to complete a 7-day challenge. By implementing this activity, learners will start to better understand social media posts and be open and better prepared to critically analyse and assess what they see/read online.

As you will see, this activity is designed as an individual activity, but can also be adapted to F2F sessions with multiple participants.

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 topic of *FOMO and Digital Literacy* 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 and Digital Literacy* 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:

- How did you enjoy the resources presented to you in this Interactive Infographic? Did you enjoy learning about the topic *FOMO and Digital Literacy* through a video, digital breakout, call to action activity and a quiz?
- Do you feel like you have learned new information and skills through the resources presented in this Interactive Infographic?
- What parts did you most or least enjoy? Explain why.
- List two things that you have learned through the thematic area of the *FOMO and Digital Literacy infographic* that you could share with a peer?
- Would you like to learn more about this topic? Do you think that there is any information missing?
- What would you change in this activity? What would you add?

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