



## Digital Citizenship

### ACCESS AND INCLUSION

Online media are ideal spaces for education and socialising. However, when misused, they can have the opposite effect.

The "Access and Inclusion" course aims to develop the skills needed to understand and overcome the different forms of digital divide, but also to enable and respect the participation of all kinds of minorities and diversity of opinion.

### Participants will learn:

- to guide themselves and others towards more open attitudes and inclusive behaviours
- to appreciate the many benefits of the diversity inherent in the online community
- be open to resolving conflicts by expressing themselves in more productive ways
- to avoid unproductive attitudes that can create division

Improving skills in the 10 digital areas needed in online activities.

#### 1 ONLINE PRESENCE

- Access and Inclusion
- Learning and Creativity
- Media and Information Literacy

#### 2 ONLINE WELLBEING

- Ethics and empathy
- Health and wellbeing
- Online presence and communication

#### 3 ONLINE RIGHTS

- Active participation
- Rights and responsibilities
- Privacy and security
- Consumer awareness



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## Digital Citizenship

### ACCESS AND INCLUSION

The course is structured in 5 modules

- Module 1: Introduction to the concept of Access and Inclusion
- Module 2: Are we all Prejudiced?
- Module 3: Democracy and the Digital
- Module 4: Trolls and other creatures of the net
- Module 5: Become an Access & Inclusion champion

Each module is followed by a short assessment test consisting of grid questions.

### How can I participate?

1. Access the online learning platform [courses.trainingclub.eu](https://courses.trainingclub.eu) and create an account with your email address
2. Go to the Access and Inclusion course
3. Go through the 5 modules and answer the questions
4. Download the course graduation certificate



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## Digital Citizenship

### LEARNING AND CREATIVITY

Learning happens at different speeds depending on each individual and sometimes the motivation can be hard to find. That is why it is so important for this to happen creatively and correctly in order to increase the chances of success in the learning process.

This course teaches participants how to apply a variety of thinking methods and creative problem-solving techniques.

#### Participants will learn:

- to understand the learning process in the context of education and citizenship
- to apply the methods and tools of reflection in learning
- to identify the categories of creativity and to understand the related myths and misconceptions
- to create an environment that promotes learning and creativity



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## LEARNING AND CREATIVITY

The course is structured in 5 modules

- Module 1: Education, learning and citizenship
- Module 2: Reflection
- Module 3: Creativity
- Module 4: Putting creativity into practice
- Module 5: Media

Each module is followed by a short assessment test consisting of grid questions.

## How can I participate?

1. Access the online learning platform [courses.trainingclub.eu](https://courses.trainingclub.eu) and create an account with your email address
2. Go to the Learning and Creativity course
3. Go through the 5 modules and answer the questions
4. Download the course graduation certificate



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## Digital Citizenship

### MEDIA AND INFORMATION LITERACY

The "Media and Information Literacy" online course is the ideal framework for developing skills that enable learners to interpret and make informed judgments as users of information and media, as well as to become skilled creators and producers of information and media message.



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#### Participants will learn:

- to define the need for information
- to identify the default messages in a media text
- to evaluate how the media content is made
- to use media messages to express themselves
- to evaluate information and use it ethically



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## Digital Citizenship

### MEDIA AND INFORMATION LITERACY

The course is structured in 5 modules

- Module 1: Why media literacy skills?
- Module 2: Ask the right question
- Module 3: Legal, ethical and societal aspects of using media and information
- Module 4: Media and Information Literate Individual
- Module 5: Dimensions of media

Each module is followed by a short assessment test consisting of grid questions.

### How can I participate?

1. Access the online learning platform [courses.trainingclub.eu](https://courses.trainingclub.eu) and create an account with your email address
2. Go to the Media and Information Literacy course
3. Go through the 5 modules and answer the questions
4. Download the course graduation certificate



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## ETHICS AND EMPATHY

The online course "Ethics and Empathy" is the ideal setting to explore and experience empathy in its individual, interpersonal and civic ways. We identify and bring real experiences of empathy or lack of empathy in a variety of circumstances. They give you the opportunity to understand and integrate multiple perspectives on multiple issues.

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### Participants will learn:

- to create online interactions that promote positive behaviour
- to recognise and treat negative behaviour online
- to illustrate empathic behaviour in online communication
- to use techniques to correct someone in a professional way
- to maintain integrity when faced with ethical dilemmas



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### ETHICS AND EMPATHY

The course is structured in 5 modules

- Module 1: Positive online behaviour
- Module 2: Empathy as a skill for life
- Module 3: Ethical thinking
- Module 4: Ethical decisions
- Module 5: Practice empathy

Each module is followed by a short assessment test consisting of grid questions.

### How can I participate?

1. Access the online learning platform [courses.trainingclub.eu](https://courses.trainingclub.eu) and create your account with your e-mail address
2. Access the Ethics and Empathy course
3. Go through the 5 modules and answer the questions
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### HEALTH AND WELLBEING

Two of the most important aspects of digital citizenship are a person's physical (health) and psychological (wellness) well-being while living and interacting in a digital technology world. It is intended to be a course that provides students with the knowledge, skills and competencies to achieve a healthy and balanced life between their online and offline activities.

#### Participants will learn:

- to relate digital health and wellbeing to the concept of digital citizenship
- to describe how social media, online games, and technology can impact mental and emotional health
- to determine ways to achieve "digital detox"
- to recognise the symptoms of any type of media addiction



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## Digital Citizenship



### HEALTH AND WELLBEING

The course is structured in 5 modules

- Module 1: Introduction to digital health and wellbeing
- Module 2: Ergonomics
- Module 3: Legal, ethical and societal aspects of using media and information
- Module 4: Media Addictions
- Module 5: The Healthy Use of Digital Tools and Online Devices

Each module is followed by a short assessment test consisting of grid questions.

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### How can I participate?

1. Access the online learning platform [courses.trainingclub.eu](https://courses.trainingclub.eu) and create your account with your e-mail address
2. Access the Health and Wellness course
3. Go through the 5 modules and answer the questions
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## Digital Citizenship

### e-PRESENCE AND COMMUNICATION

More and more people are spending much of their lives online for many reasons beyond the realm of work and entertainment. Maintaining an active online presence is becoming increasingly important both in terms of work and personal life. The course will teach students how to optimize their electronic presence while improving their general communication skills.

#### Participants will learn:

- define e-presence and identify the differences between it and physical presence
- to define the communication process to appreciate the multiple advantages of the diversity inherent in the online community
- to optimize their electronic presence and communication



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## Digital Citizenship

### e-PRESENCE AND COMMUNICATION



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The course is structured in 5 modules

Module 1: Introducing e-Presence

Module 2: Introduction to Communication

Module 3: e-Presence and Communication

Module 4: Optimizing electronic presence and communication

Module 5: Security of e-Presence and Communication

Each module is followed by a short assessment test consisting of grid questions.

### How can I participate?

1. Access the online learning platform [courses.trainingclub.eu](https://courses.trainingclub.eu) and create your account with your e-mail address
2. Access the e-Presence and Communication course
3. Go through the 5 modules and answer the questions
4. Download the course graduation certificate



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## Digital Citizenship

### ACTIVE PARTICIPATION

Active participation gives individuals greater autonomy in activities and relationships in everyday life, which allows them to live as independently as possible. It also helps individuals increase their autonomy, confidence and self-esteem, and they are more likely to cope with the challenges of the digital world.

The course is divided into two parts: one theoretical and one practical, providing participants with a complex learning process.

#### Participants will learn:

- to define the needs of society (digital)
- to identify different types of online and offline participation
- to understand what a democratic system is and what its benefits are in a digital world
- to have a real impact on society due to online methods



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## ACTIVE PARTICIPATION

The course is structured in 5 modules

- Module 1: Digital Citizens in a Digital World
- Module 2: Make your participation outstanding
- Module 3: Freedom to vote
- Module 4: Networking for Advocacy Strategy
- Module 5: Online support with real impact

Each module is followed by a short assessment test consisting of grid questions.

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## How can I participate?

1. Access the online learning platform [courses.trainingclub.eu](https://courses.trainingclub.eu) and create your account with your e-mail address
2. Access the Active Participation course
3. Go through the 5 modules and answer the questions
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## Digital Citizenship

### RIGHTS AND RESPONSIBILITIES

Rights, duties and responsibilities cannot be dissociated from each other. Life as a member of society inevitably involves duties and responsibilities as well as rights.

The course aims to create a secure and supportive online environment in which intermediaries, users and all parties know their rights and responsibilities.



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### Participants will learn:

- to understand the importance of evaluating and adapting practices and behaviors related to digital media in order to respect the digital rights of all users
- to adopt a respectful, legal and ethical online behavior
- to identify the extent to which digital rights and responsibilities affect our offline life



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## RIGHTS AND RESPONSIBILITIES

The course is structured in 5 modules

- Module 1: Introduction to digital rights and responsibilities
- Module 2: Copyright Issues
- Module 3: Online Sexual Harassment
- Module 4: Cyberbullying
- Module 5: Hate speech in online

Each module is followed by a short assessment test consisting of grid questions.

### How can I participate?

1. Access the online learning platform [courses.trainingclub.eu](https://courses.trainingclub.eu) and create your account with your e-mail address
2. Access the Rights and Responsibilities course
3. Go through the 5 modules and answer the questions
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## Digital Citizenship

### PRIVACY AND SECURITY

Privacy and security depend on each other, especially in a digital environment. Faced with threats related to hardware, software and the user himself, protecting their privacy is a challenge and an ongoing responsibility for any digital citizen. This course presents knowledge and practical advice on the fundamentals of modern security in the face of modern risks.



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### Participants will learn:

- to identify the importance of digital privacy
- to understand how a digital device works
- to behave confidently and responsibly
- to discover the difference between hardware and software



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### PRIVACY AND SECURITY

The course is structured in 5 modules

- Module 1: Introduction to Privacy
- Module 2: Introduction to Security
- Module 3: Privacy in the digital environment
- Module 4: Security risks in a digital environment
- Module 5: Security Tips for the Digital Environment

Each module is followed by a short assessment test consisting of grid questions.

### How can I participate?

1. Access the online learning platform [courses.trainingclub.eu](https://courses.trainingclub.eu) and create your account with your e-mail address
2. Access the Privacy and Security course
3. Go through the 5 modules and answer the questions
4. Download the course graduation certificate



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## Digital Citizenship

### CONSUMER AWARENESS

In a consumer-based economy, the very act of consuming goods and services is a form of democratic participation, a form of voting. Buying a particular product or service is not only a selfish, individual decision, but also a formal support for a company. The course covers specific issues related to online shopping and consumer awareness.



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### Participants will learn:

- to use new forms of consumer participation due to technology
- to discover existing consumer protection policies and frameworks
- to enforce the rights that all online shoppers have as consumers



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## Digital Citizenship

### CONSUMER AWARENESS

The course is structured in 5 modules

- Module 1: Introduction to consumer awareness in digital environments - rights and responsibilities
- Module 2: Ethical considerations and risks for online shopping
- Module 3: Online marketing
- Module 4: E-Entrepreneurship
- Module 5: Getting deeper on consumers' rights and responsibilities

Each module is followed by a short assessment test consisting of grid questions.

### How can I participate?

1. Access the online learning platform [courses.trainingclub.eu](https://courses.trainingclub.eu) and create your account with your e-mail address
2. Access the Consumer Awareness course
3. Go through the 5 modules and answer the questions
4. Download the course graduation certificate

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