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INTEGRATING CITIZEN MEDIA INTO DAILY YOUTH WORK FOR EMPOWERING YOUTHS WITH FEWER OPPORTUNITIES IN DIGITAL CITIZENSHIP



CIVIC ENGAGEMENT



DIGITAL CITIZENSHIP

DISINFORMATION

DIGITAL WELLNESS

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DISINFORMATION RESTRICTS YOUTH'S FREEDOM OF SPEECH DEVELOPING MEDIA LITERACY GUARANTEES OUR FREEDOM

Dear readers, have you ever wondered why the media and social networks constantly bombard us with millions of messages? In addition to the fatigue that can produce us, can you imagine the influence on us? If we develop our media literacy, we can answer these and other questions.

Media and informational literacy consist in developing a series of skills to interact with the media critically or creatively, and thus consume and produce content in a healthy way. Taking advantage of World Media and Information Literacy Week, which is celebrated between October 24 and 31 and was created by the General Assembly of the United Nations, we learn about this competence. This event is commemorated annually and is an important occasion for stakeholders to review and celebrate the progress made toward "Media and Information Literacy for All".

We have interviewed Spanish experts to talk about this issue and to put the focus on misinformation. Both Mónica Monguí and Kepa Larrañaga, professors and researchers in the field at the Complutense University of Madrid, believe that misinformation can be one of the biggest problems of young people since they do not usually contrast the information and disseminate it without checking it.



Both experts believe that, on numerous occasions, the media quickly disseminate information to be a more competitive media company and to generate a greater audience without worrying about the effects of uncontrasted information. New technologies also allow the dissemination of news through social networks at high speed that, in many cases, are not validated and have no credibility. For this reason, for example, the military institution NATO (North Atlantic Treaty Organisation) has created the "setting the record straight" program, which is a tool to detect disinformation more quickly and effectively.

UNICEF, a world-renowned entity that works for children, has carried out a study in which it reaches different conclusions. One of them is that social networks are used both to play and to interact. Today, teens spend more time in front of a screen than with a friend. The study shows that it is necessary to advance social networks in a healthier and safer way. According to Aurelio Martín, a journalist who belongs to the Federation of Journalists of Spain (FAPE) in which he is the Vice president, "media literacy should be used as a means of fighting disinformation."

Another study by Eva Herrero, a professor at the Carlos III University of Madrid, focused on the degree of Media Literacy among Spanish adolescents. The main conclusion of this research is that children and youth do not know anything about the media, and how to handle

news and messages.

the conclusion, as aimar bretos, director and radio newscaster at “hora 25” talk show of cadena ser, told us during an interview on antena cemu radio, our fm station, is that: “we have to keep fighting disinformation with information”.



DIGITAL WELLNESS

The use of technology has increased dramatically nowadays, especially among young people. The internet and social media become the centre of their lives, as it is used for entertainment, education, gaming, communication, remote work, and much more. this situation might become an addiction causing negative impacts on their health. According to the pew research center, 31% of adults in the united states – and 44% of those between 18 and 49 – are online almost constantly, while 85% of adults go online daily and 48% do it several times every day. digital wellness – also known as digital well-being – is the pursuit of a deliberate and healthy relationship with technology on a physical, mental and emotional level. Its aim is to achieve a healthier relationship with technology and a healthier lifestyle in our daily lives.

There are many dangers and potential harm from over-using digital devices. Some of them are bad sleep quality, problems in personal relationships, increased heart rate, headaches, eye strain, difficulty in concentrating and increased risks of mental health conditions such as depression, low self-esteem anxiety and suicide.

Tips for a healthy relationship with technology

1. Turn on a blue light phone filter: according to scl health, the blue light emitted by cell phones suppresses the production of melatonin, the hormone that regulates our sleep-wake cycle, making it harder to fall asleep and to wake up in the morning. try turning on the night mode on your phone, reducing the amount of the emitted blue light.
2. Set a bedtime curfew: around 30 minutes before you go to sleep, turn off your phone or do not spend time looking at your screen. In this way, you will fall asleep easier and faster.
3. Limit the time you spend online: keep track of much time you spend online and try to limit it as much as possible. Try using an application that tracks how much time you spend online. Set timers, turn on do not disturb and turn off notifications that keep distracting you.

EXERCISE: TIPS FOR DIGITAL WELLNESS IN 8 EASY STEPS



You can also download a restriction app which will limit your access to distracting websites, restrict your internet access or even keep you away of your computer for an extended period of time.

4. Take short breaks and do outdoor activities: take some time off your electronic devices and do some fun outdoor physical activities. You can try different kinds of activities, depending on your mood, physical condition and available time.

5. Reduce eye strain: Use products, such as dark panels, that cover screens or special lenses over glasses. Rest your eyes regularly and position the screen at least 50 cm from your eyes.

6. Spend time with loved ones: Prioritise your real-life relationships, discuss and spend quality time with them, strengthening your special bond. have meaningful conversations and plan some fun activities together. Try turning off your phone to avoid distractions.

7. Privacy and safety: Avoid dangerous online content and protect your personal data. be careful of scams and do not give away your passwords.

8. Seek professional help: if you realise that you are dealing with intense feelings of sadness, anxiety, irregular sleeping patterns, or emotional breakdowns, try consulting a professional therapist.

Technology is an integral part of our lives. It offers many positive benefits; however, it can be very harmful to our health. The tips mentioned above can help us reduce the negative effects of the excessive use of digital devices and encourage us to learn how to use them in a healthy manner.

YOUTH RIGHTS AGAINST EXPLOITATION OVER DIGITAL AND MEDIA SPACES

Digital exploitation: on the internet, youth are exposed to a wide range of content. they are frequently exploited, often without their knowledge. The digital world is important in their lives, but it also puts them at risk. They can be subjected to various types of assault, imagery, and explicit content. Different countries' constitutions recognize media and digital rights, but more awareness is needed to limit infiltration by perpetrators.

Cookie policy: cookies serve as the web's short-term memory. they are stored in the browser and allow websites to "remember" small pieces of information between pages or visits. They are widely used to personalize the web experience, which is generally regarded as a good thing. however, some cookies collect data from multiple websites, resulting in the creation of people's "behavioral profiles." These profiles are then used to determine what content or advertisements to show you. Cookie policies are intended to highlight the use of cookies for targeting in particular. It aims to give web users more control over their online privacy by requiring websites to inform and obtain consent from visitors.

EXERCISE: ANALYSE PATTERNS

- Reflect on the websites you visited in the last 3 days.
- Did you see any similar patterns of ads appearing through your digital space?
- Think about the number of times you clicked on the "accept all cookies" option on the websites you visited.
- Secure your data with two-way or security-coded encryption to avoid a breach of privacy.

Exploitation through social media: social media is one the easiest platforms for abuse as it puts the younger population as easy targets. It is important to be aware of one's rights against exploitation and be mindful of their vulnerability. abuse can occur in terms of bullying, threatening, manipulation, and hate-mongering.

Cyberbullying can occur anywhere there is social interaction online. some young people, for example, use social media, video games, texting, or anonymous apps to bully other young people, post embarrassing pictures, share private information, or send threatening messages. Students can use their access to a large online audience to persuade their peers to join them in spreading gossip, rumors, and false stories about someone.

Exercise:

- Reflect on your presence over social media platforms.
- Investigate the behavioural patterns of the people you have connected with on social media



-Be mindful of any activity which might lead to the spreading of hate against anybody or any community.

-Look out for keywords that might incite hate.

-Report any comment/post/message that makes you feel uncomfortable.

Building a community: social media works to bring people together hence it is important to seek communities and their support. It can be a great way to know about one's rights over media platforms and be aware of the regulations. Staying within a community holds people accountable for their behaviour and ensures overall safety of all the members.

PROS AND CONS OF DIGITAL MASS MEDIA

PROS

Educate us – offer great access to educational materials giving us comprehensive knowledge of various topics.

Keep us connected – imagine a disaster or an urgent need for action. people all over the world can hear about it within moments and can mobilize immediately to help.

Encourage business – businesses, products, and services can reach potential consumers faster and easier than ever before. This keeps the world economy going.

Spread multiculturalism – we can learn about the particularities of other cultures, explore the world, and have the chance to discover new things and new ideas that boost out personal development.

Entertainment – mass media is the offering entertainment to the masses, providing information about events, artists, films, across the world.



CONS

Manipulative – mass media can influence us by showing us what they want us to read, see or hear.

Homogenise culture – for sure we like and value multiculturalism, but if the entire world sees and hears the same cultural influences – there is a risk to reduce cultural variety and diversity.

Overtake personal connections – imagine you are having dinner with your friends. How many times you check your phone messages? Be aware, mass media can connect us with people all over the world, but at the same time it can disconnect us from the people right in front of us.

Never forget – whatever you put on the internet stays there.

Disinformation and hate speeches - mass media as a whole is vulnerable to propaganda and its lies, and we can be easily exposed to media designed to accelerating social divisions.

HOW DOES MEDIATIC IDENTITY INFLUENCE YOUNG PEOPLE? WE INTERVIEWED MOISÉS ESTEBAN-GUITART, AN EXPERT IN IDENTITY RESEARCH



Have you ever wondered who i am, where i am going in life and what is my place in society? According to some experts like Moisés Esteban Guitart, Alexander Mosquera or David Buckingham, identity consists of reflecting on oneself with respect to the world. When we try to answer these questions through social networks or the internet, we are building our media identity. Digital media have become identity managers.

But, be careful, digital media, in turn, can be generators of media identities among adolescents since they show content that can influence them, to make them see a manipulated idea of themselves. The study center pew shows that the 73% of the young population use internet every day.

A report by “common sense media” explains that young people spend between 8-9 hours Surfing digital media and social networks. Moisés Esteban-Guitart, a researcher and professor at the university of Gerona (Spain), who is dedicated to understanding the construction of human identity in relation to educational psychology, presented his vision of media identity during an interview with our boys on CEMU radio antenna. We contacted with Esteban-Guitart to help us to understand better such a complex concept that is part of our daily life as young people. “Media identity could be defined as our being that is projected and presented through digital, social media, through different platforms.” If we talk about communication and information technologies, today practically all of us have televisions at home, but as this expert tells us, now we also have “tablets” and mobile phones, among other technological elements. Moisés underlines the limits that should be set when it comes to the use of these technologies by the youngest, because on many occasions their use replaces other social activities. He does not see a bad thing that people enjoy these technologies, but when their use changes and replaces other activities such as family conversations, outings with friends or other activities; there its use if it will be harmful. Alexander Mosquera, a member of the research laboratory of the faculty of science, of the university of Zulia (Venezuela), believes that children cannot be without mobile phones, an argument with which Esteban-Guitart agrees. For our protagonist, now a days, not having a mobile phone is almost impossible, but he also believes that you have to learn to use it, how and when.

He believes that the mobile phone gives a lot of access to different social networks, such as Youtube, Instagram, or WhatsApp, and by using it to create a media identity, which is why it is partly beneficial. In addition, the use of these social networks can facilitate relationships between people by being at distance and young people can be located by their families, since, by spending all-day on the network and publishing everything they do, it is easy to find out everything.



This is where the mosaic identity comes in, which according to Sherry Turkle is one of the greatest advantages for the individual that screens, and cyberspace offer. It is about the possibility of simulating an identity. In other words, this means that in networks you can create different versions of yourself. This makes children and young people take advantage of it to create an ideal character, but with a parallel life, so as not to show who they really are. In fact, one can design different selves, each adapted to a different digital network. Our identity is reflected in the form of a mosaic according to what we publish on different social networks. Alexander Mosquera comments that “a mobile phone is a tool that defines us”, an idea with which Esteban-Guitar agrees. Spanish relates this issue to media identity because in some way “the mobile is like our third arm” since we really go everywhere with that device.

David Buckingham, an English academic specializing in media and communications, agrees with Esteban-Guitar when describing social networks as neutral, they are neither so good nor so bad, as they both benefit and harm young people. Both experts show great concern about mental illnesses such as depression in young people. They agree that today, there are more and more boys and girls with these problems, which are also partly a consequence of the identity that is displayed on networks. Many young people receive negative comments and feel trampled on by the cowardly “courage” of being able to say things from behind a camera, and we can link this idea to the fact that it is possible for each young person or any person to create their identity based on what strangers say or do. This means that an identity is created from what is seen on networks or the comments we read or receive. Esteban-Guitar refers to a study on the construction of identity: “There is a very important factor that is, precisely, the significant others. That is, from a psychological point of view, perhaps the most essential aspect of one’s identity is not oneself, but the other”. In other words, after all, the opinion of others matters more than one’s own. For this reason, it would be advisable to have your own identity very marked and that when showing it the comments of others would not influence, and this leads us to the fact that this expert believes that showing identity through networks is an advance since, in the end, we are connected all day and it is a fast and dynamic

way of getting to know each other or leaving information about yourself to find a job or other activities, but it is true that certain limits must be set.

In conclusion, social networks have greatly changed our lives, our thoughts, and our way of relating, so it is important to be up to date, to be aware of how our identity is built and, above all, to be yourself no matter what they say.

THE CRAAP CRITERIA

Now do you know if what you see or hear from mass media is true? While some sources of information are far more trustworthy, valuable, or reliable than others, critically evaluating the information must be a central point of our daily life. Determining credibility is not always easy. the following 5 indicators can guide you to test the sources of information.

THE CRAAP TEST

Currency: some material can quickly become outdated, then, pay attention to the timeliness of the information:

- Is there a date of publication or last update?
- When was the media created?
- Do the links work?
- Is the page/website maintained regularly?

Relevance: there is so much information available on the internet and it is easy to get out of track.

Check the depth and importance of the information:

- Does the information relate to your topic or answer your question?
- Who is the intended audience?
- Have you looked at a variety of sources before deciding this is relevant?

Authority: be aware, anyone can publish information on the internet. Respond to the below questions and decide if it is an authoritative source:

- Who is the author?
- What are their credentials?
- What institution are they affiliated with?
- Is there an email address or other contact information?

Accuracy: There are no regulations, standards, or systems in place to ensure that information on the web is correct.

Try to answer:

- Can it be verified from other sources?
- Are there spelling, grammatical, or typographical errors?
- Has the information been refereed or confirmed?

Purpose: it should be clear why the information is distributed.

- Is this information meant to teach? inform? persuade? entertain?
- Do the authors make their intentions or purpose clear?
- Is the information fact? opinion? propaganda?
- Is there advertising on the site? what is being advertised?

FACT CHECKING

Very often and especially during the pandemic period, we were besieged by fake news from all media and social networks: chain letters in WhatsApp or Youtubers who spread conspiracy theories. It is often not that easy to filter out the really correct and important messages in this confusion! a simple fact check can help separate valuable information from nonsense.



POP ART PROJECT AT CITY LIBRARY BIELEFELD

Samuel Wiebe and Melike Isci present their pop art. A work about the topic “love and consumption“ where discuss modern topics, such as globalisation and mass consumption, as well as old clichés from the 60s. Samuel Wiebe: my name is Samuel Wiebe, I am 19 years old and I’m currently in the last stages of my training to become a design assistant. My school started a cooperation with the local library and in my art lessons we had the topic of pop art, so my teacher came up with a project where we had to create art projects about the combination of the topics of “love” and “consumption”. My picture shows a stack of pallets to symbolize globalization and the daily shipping of consumer goods all over the world. And to be able to ship said goods pallets are needed, and because our mass consumption creates big problems for the environment i decided to use pallets as a symbol for that.

Melike Isci: Hello, my name is Melike Isci, i am visiting the vocational college in Bielefeld Senne, and i’m in the last stages of my training to become a design assistant. My picture is called “pretty clown” and it’s about a woman that says “men just love pretty women”, while she is doing her make-up like a clown. Pop art uses a lot of Clichés, so Clichés are addressed and presented through artworks. In my artwork the woman should symbolize that men can only love her when she wears make-up. Pop art is about addressing a lot of Clichés from the 60's and symbolizing them through images. We mainly used acrylics. we began with a white primer because we were drawing on wood. Then we continued to mix our colors, and in the end we used a black pen to outline the objects. For me, personally, this is not a field I would like to work in because to me art is more like a hobby not a job. But people who love art should give it a try. but in my case it didn't work out.

HALFPOINT - PORTRAIT OF THE ARTIST

Halfpoint is a local music producer with a passion for electronic music. In his own studio, he talks about his creative process and how he became an artist. Knut Müller in the interview: what's great about electronic music is there are no rules. nobody tells you "this is supposed to be a house track or a trance track, techno or whatever". Actually, the music writes itself. I sit down and start with a classic kick, some synthie-sounds or a hook and it turns out itself. It's like cooking soup where you add a bit of everything, just a little, just enough. Most times, it turns out great.

NARRATOR: in the late 90s he began to ask himself how to produce music, tones and noises with the computer. His passion got so big, he set up his own professional home studio.

KNUT MÜLLER: it doesn't matter who listens to it, or where, for me it's all about creating sounds in the first place. I got some classics (synthesizer equipment) here and there, collecting dust, because most things are digital now, but sometimes I turn them on and every now and then i re-use them. Whenever in senne the loudspeakers roar, it may be halfpoint on his mixing desk.



CIME SURVEY HOW MEDIA-COMPETENT ARE YOU?

Bennohaus is an association that has been producing cross-media formats with a focus on video reporting since the 1980s. As part of the project "CiMe - integration of citizen media into daily youth work to strengthen young people with fewer opportunities in digital citizenship" they took to the streets and asked how media competent the people of münster thought they were and what role digital literacy plays in today's age.



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