



5TH NEWSLETTER

SPAHC MEETING ON "DIGITAL LITERACY"

Viborg on the 26-27th of March 2018

Denmark

This publication was realised in the project "SPAHC" in the framework of the European programme "Erasmus Plus KA2 Strategic Partnerships for adult education". This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Project's code: 2016-1-ES01-KA204-025099

SPAHCO FIFTH TRANSNATIONAL MEETING

The fifth SPAHCO project meeting took place 26-27 March 2018 where participants from the seven European participating countries stood up against the Danish winter and came to Viborg. The project meeting was organized by the Danish partner, Viborg Municipality's SSP unit.



The methodology of the meeting

The topic addressed in this meeting was Digital Literacy. It refers to skills, knowledge and understanding that allows consumers to use media effectively and safely. Digital-literate people can exercise informed choices, understand the nature of content and services and take advantage of the full range of opportunities offered by the new information technology. They are better able to protect themselves - and their families - from harmful or offensive material. Therefore, the development of digital literacy in all sections of society should be promoted and its progress followed closely.

Prior to the meeting in Viborg, all partners had made focus group interviews with parents in their home countries in relation to the topic, digital literacy. Furthermore, each country had to examine on the activities of their National Safer Internet Center.

FIRST DAY OF THE MEETING

Opening ceremony and plenary session on digital literacy

Vice Mayor in Viborg Municipality and Chairman of the Councils Permanent Committee on Children and Youth, Mr. Per Møller Jensen opened the session. This was followed by a plenum key note speech by Dr. Imran Rashid from Sunddigital.dk (Healthy Digital) for the project participants and more than 100 other invited politicians and professionals in families, children and youth from Viborg Municipality and the Central Denmark Region.



Mr. Rashid is a Danish doctor who has experience from the ICT Industry too. In 2017, he published the book 'OFFLINE - The Art of Survival in a Digital World'. The book is divided into two parts. In the first part, he describes why and how digitization can be harmful to humans and in the second part, he gives advice and recommendations on a safer and more viable way forward.



Since the book was published he has been a key person in the Danish public debate on how we as individuals, families, businesses and community navigate safely in the digital world.

Following his key note, Mr. Rashid made a film about his appearance at the SPAHC session in Viborg.

<https://www.facebook.com/docrashid/videos/10156056940268913/>.

All in all as a result of the project meeting, the Erasmus+ project SPAHC attained much Danish media outreach in national, regional and local media and of course on social media. Likewise, Dr. Rashid appeared as a special guest in the local Radio Viborg that same morning.



The project workshop

After the plenum key note, the workshop for the project participants started. It was facilitated by Danish Journalist, Mrs. Pia Lasborg. The workshop started with a sum-up on Dr. Rashid's key note. Key words were self-insight and -control and that parents should not be afraid of children not getting the technical skills if they set up limits. Finally, the participants stressed that family and home is the epicenter of children's healthy digital habits.

Then the participants discussed the issue "How to communicate with your child about digital literacy" based on their focus group interviews. Key conclusions from the participants were to focus on digital issues from a very early age thereby creating good habits for the whole family from the beginning. Set limits, be role models and build

trust.

Being a good role model was the next issue. On how to become this as a parent the project participants agreed that "togetherness" was central - start with yourself, show good habits, be present yourself. Altogether parent's presence ended up being a kind of key word throughout the workshop.



This was followed by the question: "What are parents supposed to know about digital literacy?" Here the conclusions showed similar tendencies. Limits, presence, mirroring, empathy and being a good role model.

As a final point of the day all participants in the evening took part in an Active Hour Run facilitated by one of Viborg Municipality's physical activity and movement advisors in a municipal park. It is mobile device based game using GPS. In Denmark, it is used as a way to get exercise and movement into education in our schools and establish awareness about the healthy use of mobile phones.

For more information: <https://aktivtime.dk/>.



SECOND DAY OF THE MEETING

The overall theme of day two was PRESENCE. Day two started off with a focus on “Where and how can we convey the knowledge that parents demand?” Here the seven participating teams and countries each presented their answers reflecting their specific context. Some of the answers presented by more participants were, parents’ meetings in institutions, social media etc.

Other elements in the workshop were Viborg Municipality SSP’s and SPAHCO’s leaflet on Healthy media habits in families – Something we create together. Made by SSP Viborg they have been translated to all participating languages in SPAHCO, including English, and thus made available for the public:
<http://www.spahco.eu/documents/#documents>.

Finally, partners explained their advances at feeding content to the SPAHCO app – Grow Together – and solve their technical doubts with the Italian partner Euro-net. Grow Together will work as a virtual meeting point for families to propose activities together, as a place to look for good advices on parenting and as an agenda to find healthy activities to do with your family in your community. Euro-net also presented the advances on the e-game.



The quality committee gathered to make a qualitative evaluation and how to make improvements, while at the same time, the rest of participants worked on quantitative indicators and how to measure them.

The Polish partner, Ilawa, ended the session with a presentation of the next transnational meeting on the Guide for Educators.

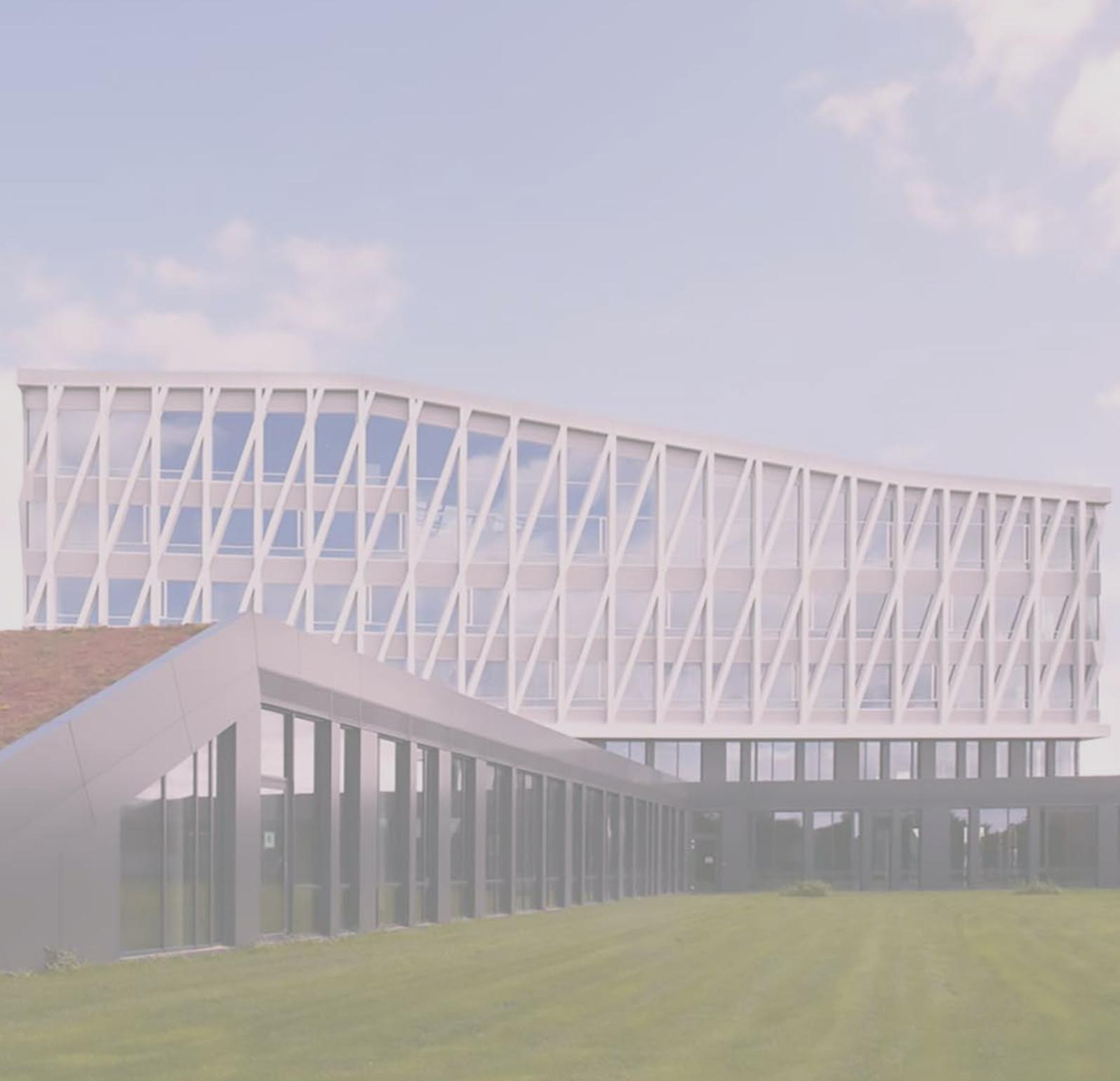
Further the workshop was followed and illustrated by Graphic Facilitating students from The Animation Workshop in Viborg. Their illustrations of the central topics in the workshops have afterwards been delivered to the participants.

To summarize the whole workshop and the SPAHCO project in relation to Digital Literacy the workshop at the end of day two agreed upon the following recommendations in relation to What parents need to know about digital literacy. These are SPAHCO’s recommendations:

- Be present
- Set up limits that match your family
- Mirroring – including yourself
- Present alternative activities
- Show empathy and understanding - also online
- Obtain knowledge
- Be critical
- Be offline
- Participate in the digital activities
- Be a role model - also when your kids are not there
- Build trust from an early age
- Be consistent
- Have fun together

More project info on:

- <https://www.facebook.com/StrongerParents/>
- www.spahco.eu



This publication was realised in the project “SPAHC” in the framework of the European programme “Erasmus Plus KA2 Strategic Partnerships for adult education” This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.
Project’s code: 2016-1-ES01-KA204-025099