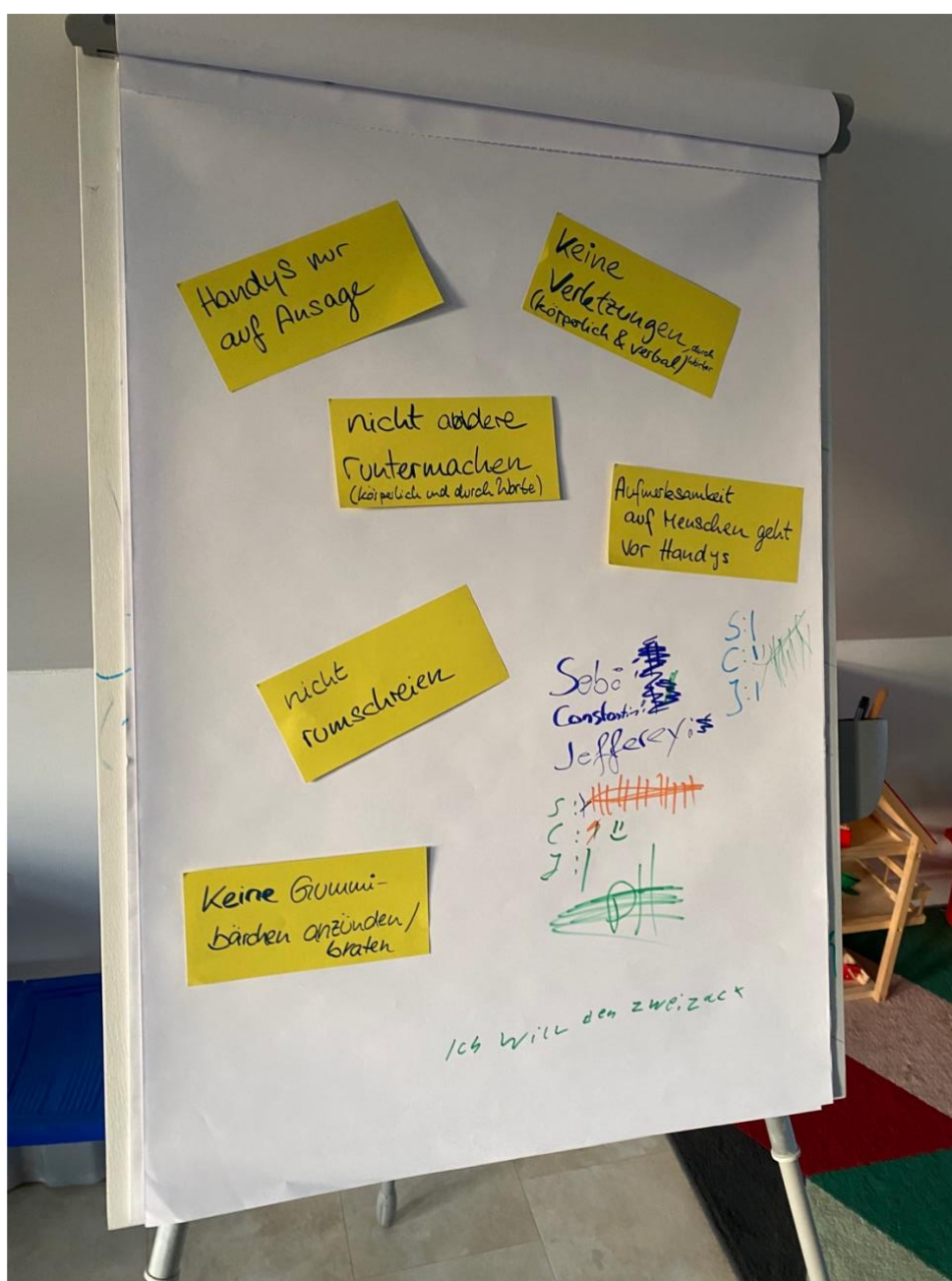


CASE STUDY:

Co-Creation by trainers in Germany (Grenzläufer)



Digital is better - A day about being online





Executive summary

nexus organised a workshop for young people on the topic “**Digital is better** - A day about being online”. The activity was carried out in collaboration with a trainer from Grenzläufer - a youth work NGO that offers youth and family support - in February, 2023 in Mittenwalde (small town near Berlin), Germany.

The main goal of this piloting activity was to talk with young people about what they experience in the digital world. The focus was not on implementing something in terms of the module’s content, but rather to explore where young people are actually online, to work a lot from their experiences, and to be able to exchange and develop ideas with each other based on their experiences.

This good practice case study highlights the trainer’s perspective on DigiPAC’s relevance and the adaptations taken to adjust to the needs and resources of young people in order to tailor the training programme.

Case study

The main goal of this piloting activity was to talk with young people about what they experience in the digital world. The piloted project was intended as a one-day school vacation offer and was first announced through a flyer to all organisation’s facilities as well as to the management of the assisted living facility for young people (WGs). Originally, the target group was youth ages 13-21 years old.

The students were generally interested and engaged with the topics we discussed; however, it was difficult to maintain concentration for long periods of time and throughout the day.

The statements and views presented beneath are extracted from a follow-up interview with the trainer

The young people showed us what [media, channels, tools] they use online, and we asked a lot of questions in response, for example “What have you experienced online so far?” and had a very good conversation. With this basis, we could integrate the activity “Social-media and me”.

We then set about gathering participants’ own experiences and sharing with one another. One of the participants had parental controls at home regarding how much Internet they can use, one didn’t, and one didn’t have any access (for example, cell phone and computer). It was interesting to see them discuss with each other as to what may be the benefits of having controls on how much Internet they use and compare their experiences with each other.

The materials are definitely relevant for the target group. I think the focus on “Who am I?” and “How do I present myself?”, “How do others present themselves?”, and “How does this affect all of us?” is very interesting for the youth. I think it is very important to deal with these questions, as it relates to questions of how these topics affect us as a society. Also, these topics are very relevant to their generation and is part of their lives in an integral way.





I think the programme is perhaps too specific to be integrated in project days in schools. We mainly work with social competence trainings and primary schools, and are primarily concerned with making sure that the youth are able to work together and develop social skills in general. A weekly series in the setting of an assisted-living facility and housing group could be a good option.

Trainers' experiences using DigiPAC

“Assuming we were to offer the training again for youth 14 and older who live in assisted living at Grenzläufer, I could imagine implementing all of the DigiPAC’s modules. Module C could be implemented in a context in which youth workers who have continuous and regular contact with the same group of young people could integrate the module. Also, the activity in which youth participate to gather ideas as to what could be improved in their surroundings would fit well to the youth that we worked with, since they are connected to the place in which they live and would definitely be able to contribute ideas as to what could be changed.”

