

# Serenity: Building the Tools for Digital Well-being

Project No: 2024-2-PT02-KA220-YOU-000287246 | Website: [www.serenityproject.eu](http://www.serenityproject.eu)



## ☀ Hello, from the Serenity Project ☀

As the year comes to a close, we've been busy behind the scenes creating the resources that will shape the Serenity project experience. This phase of the project focused on developing the learning materials that will support young people to build healthier digital habits and become peer educators.

### Where are we now?

Over the past months, partners in Ireland, Portugal and Greece have been working together to create the Digital Well-being Toolbox and the Peer Education Training programme. Our aim was to develop tools that feel relevant to young people and are practical and easy to use.

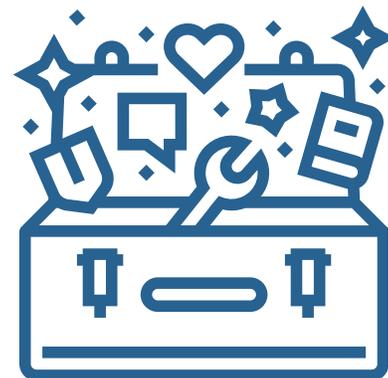
#### Inside the toolbox:

The toolbox is a collection of interactive resources that explore everyday challenges young people face online. Everything is organised into interactive infographics, with QR codes leading to modules, tip sheets, escape-room-style challenges and group activities.

#### The Peer Education Programme

The Programme consists of a series of modules designed to equip young people with essential skills to engage their peers. Skills like:

- Leadership
- Conflict resolution
- Communication
- Active listening
- Interpersonal skills



#### Why Train Young People to Train Other Young People?

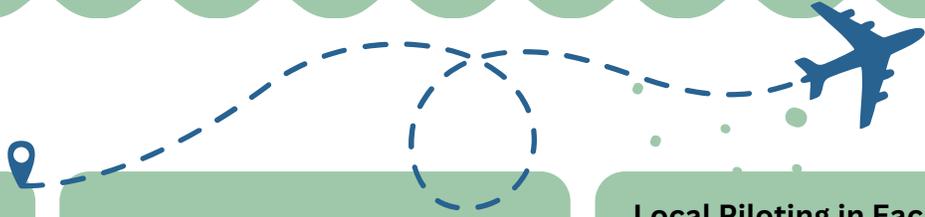
Peer education works because young people understand each other's world. They relate to the pressures, the humour, the apps, the trends and they naturally speak the same "digital language". When support comes from someone your own age, it feels more real, more respectful, and easier to trust. That's why Serenity is building a programme where young people will lead the conversations and share what matters to them so they can support their peers.

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## What's next?



### Next Stop: Portugal - January 2026

Partners will meet in Braga, Portugal to review the completed materials and prepare for the next phase of the project.

### Transnational Training in Greece

Young people from partner countries will take part in a hands-on training event, where they will learn the skills needed to become future peer educators.

### Local Piloting in Each Country

After the training event, each partner organisation will begin testing the toolbox and peer-education programme locally. Young people will try out the activities, give feedback, and help shape what comes next.

## What's in Your Digital Well-Being Toolbox? (Holiday Edition)

The holidays can mean more scrolling, more group chats, and more online noise – so here are a few simple ways to look after your digital wellbeing while actually enjoying the break.

**Mindful Technology Use:** When the days slow down, doomscrolling speeds up. Try using the holidays to reconnect offline. Play a game with family, go for a walk, or catch up with someone in person. Even a small rule like no phones at the table on Christmas Day helps you actually experience the moment instead of recording it.

**Managing Comparison Culture:** Everyone posts the best version of their holiday. It doesn't mean they're having a better one. If scrolling starts to feel heavy, try a quick social media clean-up: mute accounts that make you feel pressured or drained, and follow pages that make you laugh or feel calm. Your feed should feel like your space.

**Safeguarding Personal Information:** Holiday scams and fake giveaways spike at this time of year. Be careful about what you share: avoid posting travel plans, location tags, or photos that reveal personal details. If something feels “too good to be true,” it probably is.



## Stay Connected

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- Website: [www.serenityproject.eu](http://www.serenityproject.eu)