



# Activity Sheet

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The Digital Download

## Activity Title:

The Digital Download

## Activity theme:

To strengthen empathy and active listening skills by sharing real online experiences and practising non-judgmental, peer-to-peer support.

## Learning Outcomes:

- Practice active listening techniques
- Recognise when a peer may need emotional support or referral to an adult/youth worker.
- Offer peer-to-peer support in respectful ways.
- Encourage openness, mutual respect, and non-judgmental sharing among peers.

## Duration: 90min

Introduction: 10 minutes

The Digital Download (sharing circle): 50 minutes

Debrief & Group Reflection: 20 minutes

Real-Life Application / Individual Reflection: 10 minutes

## Materials:

- Computer/screen/projector for showing the presentation (if using)
- Notebook for individual journaling
- PowerPoint Presentation for the session (provided)

## Activity description:

### Step 1: Introduction (10 mins)

Introduce the session goal by letting participants know that today's focus is to strengthen empathy and active listening skills by sharing real online experiences and practising non-judgmental, peer-to-peer support. Use the PowerPoint presentation to guide the session.

- The facilitator sets up some group agreements: confidentiality, respect, no judging or "fixing." Because this activity can bring up strong emotions, the facilitator should closely monitor the group and pause the activity if needed to make sure everyone feels safe and supported. Participants should also be reminded that they can choose how much they share and may pass, pause, or step out at any time.
- To get everyone engaged with the sessions,
  - The facilitator asks everyone to share one word for how they feel about online life this week.
  - Facilitator guides participants to brainstorm – what is active listening and what skills are involved, and writes the answers on the whiteboard.
  - Facilitator gives a brief overview of active listening techniques. (More information on this [link](#).)

### Step 2: Main Activity (50 mins)

#### "The Digital Download" Sharing Circles

The facilitator pairs everyone up and asks them to share a story about their digital habits. It can be a true story, or something made up, and either positive or negative.

- In pairs, each person shares a digital win or online struggle (online friendship, cyberbullying experience, self-image challenges). Keep the story around 5 minutes. The facilitator should give gentle time reminders so everyone has a chance to speak.
- The listener has to use the active listening techniques and offer support when needed.
- Once the story finishes, the listener paraphrases key points of the story, and then the pairs switch roles.
- The facilitator shuffles the pairs and asks the participants to repeat the process with the new partner.
- Facilitator divides participants into bigger groups of 4-5 people and asks them to explore:

- What made it easier or harder to share?
- How did it feel to be listened to attentively?
- What helped you feel supported without being “fixed”?
- Facilitator also guides the group to discuss the signs that someone might need more than peer support (withdrawal, distress, talking about harm). Brainstorm respectful check-in phrases (“You seem a bit down lately, want to talk?”) and ways to refer to an adult/youth worker.
- The smaller groups will present the summary of their discussions to the rest of the group.

The facilitator ensures a supportive and respectful tone of discussion and balanced participation.

### **Step 3: Debrief and Reflection (10 mins)**

Guide a group discussion on the topic. Pose some questions that are included in the group debrief notes.

If participants feel confident, they can discuss these techniques and how they could benefit from them, as well as express a desire to learn more.

### **Step 4: Real-Life Application (10 mins)**

- Ask participants to think of ideas on how to motivate their friends and family further to become better at listening and therefore supporting their peers.
- What are good ways to promote that asking for help is not a sign of weakness, but a sign of strength instead?

### **My reflection:**

Individual reflection:

- When have I felt truly listened to, and what made that moment special?
- How do I usually support my friends, and what could I do better?
- What stops me from asking for help when I need it?
- Which support technique from the sessions do I want to try more often?
- How can I show appreciation when someone supports me well?

### **Group debrief notes: questions and prompts:**

1. *What does supportive listening look and sound like - online and in real life?*
2. *What are the different aspects to keep in mind when supporting peers?*
3. *How can we encourage more people to apply the techniques discussed during the sessions?*
4. *What might stop someone from giving or getting support, and how can we help?*
5. *How can we notice and celebrate when someone supports a friend well?*



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