# THE DIGITFIT PROJECT:

DigitFIT is an Erasmus + funded project, aiming to **combat the negative impacts of internet dependance** on the mental health of young people and to **promote a healthy relationship with digital media**. Many younger generations have been brought up with technology and digital content; however, due to the increased dependance on this technology, mental health problems are increasingly reported among these generations.
The DigitFIT project will work with young people to help create healthy and conscious relationships with digital media and platforms. Awareness of the negative aspects and impact of digital technology will also be explored in order to encourage a balanced and healthy use and understanding of digital applications and technology.

This project will consist of **a 4 session training course** and **4 mentoring sessions** for young people needing helping with their digital habits and relationship with technology. **Training for future facilitators** will also be provided! More information to come soon!

# THE DIGITFIT PARTNERS:

Conexx-Europe: Belgium

Inova Consultancy: United Kingdom

Centro Superior de Formacion Europa Sur (CESUR): Spain

Association Professional Forum for Education: Bulgaria

Click on the names to find out more about the organisations involved in the DigitFIT project!

# FIRST PARTNER MEETING:

During February 2020, the 4 partner organisations of the DigitFIT project came together to meet for the first time! The meeting took place in Sheffield, UK and, over the course of 2 days, the partners got to know one another and start to develop the DigitFIT project and identify the next steps. These included:

- Developing the project branding, website and social media accounts
- Developing the content for the training sessions for young people
- Exploring the Mentoring CirclesTM methodology and its use in the project

The meeting was a huge success! Check out our social media page and website below, to keep updated with project information and upcoming training opportunities in 2021!

Like our DigitFIT Facebook Page:
https://www.facebook.com/DigitFitErasmus/

Check out the DigitFIT Website:
http://digitfit.eu/