

DIGITAL CONDOM

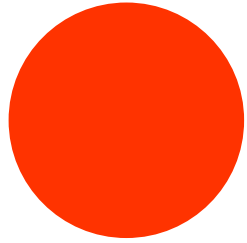
preventing online harassment

HUNGARY | SLOVAKIA | POLAND | GERMANY | LATVIA | ITALY | SPAIN

- Up-to-date topics of sex education
- Discrimination of sexual minorities
- Peer pressure and cyberbullying
- Relationships and self-esteem
- Fighting against hate speech
- Gender roles and identity
- Peer education

September 20-28th; Hungary





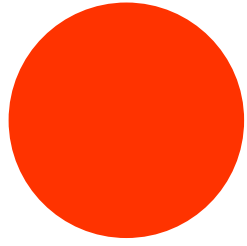
HUNGARIAN RED CROSS AND RED CROSS YOUTH

The Hungarian Red Cross (HRC) is one of the biggest humanitarian non-profit NGOs in Hungary whose mission is to save lives and to improve living conditions of humans. HRC was established in 1881. The activities are based on the Geneva Conventions and their Additional Protocols, the Statutes of the Red Cross Movement, as well as the Act on the Hungarian Red Cross.

The Hungarian Red Cross Youth (HRCY) is a part of the HRC without separate legal status. The main focus of HRCY is youth development to increase well-being of youngsters through volunteering and education and to raise awareness about social issues. Our activities are based on non-formal methods, such as experiential learning and peer-to-peer education. Since HRCY emphasizes the importance of communities to reach well-being, they support teachers and youth workers by providing methodology that they are able to use on their field of work.

DIGITAL CONDOM: Preventing Online Harassment is an Erasmus+ Youth Exchange by the HRCY, where youngsters are able to broaden their non-formal experiences in focus of sex education and to share their best practices so as to reach our common goal: creating a more inclusive society.





TOPICS OF THE YOUTH EXCHANGE



Erasmus+



MAGYAR VÖRÖSKERESZT
HUNGARIAN RED CROSS

HUMANITARIAN VALUES:

We would like to create a safe place through implementing humanitarian values such as empathy, tolerance, human equality, neutrality, mutual respect, courage and integrity.

PEER PRESSURE AND CYBERBULLYING:

Through discussing the similarities and differences between online and real-life abuse, we would like to raise awareness of the specific risks that occur in cyberspace to be able to use online platforms more consciously.

UP TO DATE SEX EDUCATION:

By discussing the motives behind sexting, we would like to clarify the advantages and disadvantages of online erotica and protective factors against online abuse.

SELF ESTEEM:

Through emphasizing acceptance and tolerance, we would like to increase courage and decrease shame to enable participants to find and express their real selves.

SEXUAL MINORITIES:

Focusing on diversity of nature (and sexuality as well), we would like to emphasize the importance of tolerance and acceptance and raise awareness on the similarities we share as human beings to decrease discrimination and marginalization.

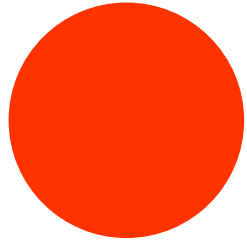
GENDER ROLES :

By discussing the psychological and cultural background of our behavior, we would like to introduce how societal norms form our thinking unconsciously.

ONLINE INFO-SHEET AND FOLLOW-UP:

By creating an online platform about the topics we discuss, we will provide youngsters information about how they can cope with the difficulties they face in everyday life. Not only that, but follow-up activities will be also organized to reach our target group more effectively.





PROFILE OF PARTICIPANTS

YOU ARE ABLE TO APPLY IF YOU...

- have experience or interest in peer education
- are curious about modern challenges of youngsters
- would like to broaden your knowledge about sexuality
- have interest in an intercultural learning process
- are interested in protecting sexual rights
- are above 18 years, but not older than 26
- learn English

ALSO WE REQUIRE DURING THE PROJECT:

- Active participation on the training
- Using the gained knowledge in follow-up activities





DAY 1
(21/9)

DAY 2
(22/9)

DAY 3
(23/9)

DAY 4
(24/9)

DAY 5
(25/9)

DAY 6
(26/9)

DAY 7
(27/9)

Introduction

Cyberbullying

Relationships

Sexting

Self-esteem

STI Prevention

Evaluation

Group Forming

LGBT+

Peer Pressure

Online Abuse

Hate Speech

Content Creation

Closing

Game Night

Game Night

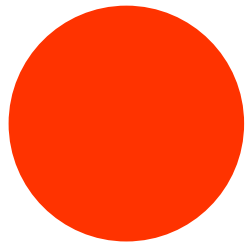
Game Night

Game Night

Game Night

Game Night

Game Night



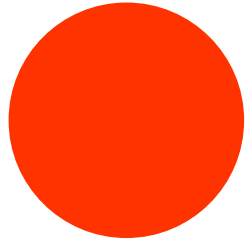
FACILITATORS



Kata Biró is a psychology student, specialized in developmental and child clinical field. Her interest in cross-cultural cooperation comes from her previous voluntary work in the United States. After she had written her thesis in the topic of sex education, she joined to the Hintalovon Child Rights Foundation in Hungary where she attended a training to become an online counsellor so as to support teenagers regarding sexuality.



Balázs Beda has been dealing with sex education, communication-skills trainings and program management in the field of youth development. Since he also facilitates workshops in the topic of stereotypes and prejudices for high-school students and deals with crisis intervention and drop-in counselling at festivals, he has got many experience in non-formal learning processes. He is also keen on researching in focus of adolescence during his studies in psychology.



TRAVELING AND VENUE

MEETING POINT:

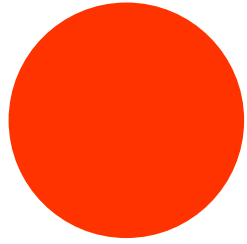
Location: 1051 Budapest Arany János Street 31.

Date and time: 20th September 2019; 4 PM

From the Headquarter of Hungarian Red Cross we will reach the project venue together by bus. It is really important to be at the meeting point in time. After the training we will leave the venue on 28th September early in the morning.

For those who would like to visit Budapest can arrive 2 days before or stay 2 days after the training, but the costs of accomodation, public transport and meals during these period cannot be reimbursed. If you are out of the 2 days, we cannot refund the ticket.



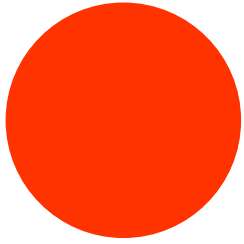


PARTNERS, COSTS AND TRAVEL REIMBURSEMENT



COUNTRY	ORGANISATION	PAX	TRAVEL REIMBURSEMENT UP TO	CONTACT
Hungary	Hungarian Red Cross	5	20 EUR/participant	balazs.beda@voroskereszt.hu
Slovakia	Slovak Red Cross	5	180 EUR/participant	livia.knapcokova@gmail.com
Poland	Polish Red Cross	5	275 EUR/participant	ewa.jakutajc@pck.pl
Latvia	Latvian Red Cross	5	275 EUR/participant	sigita.skujina@redcross.lv
Germany	German Red Cross	5	275 EUR/participant	e.adams@drk.de
Spain	Asociacion ESN Erasmus Almeria	5	360 EUR/participant	fabiano.esnalmeria@gmail.com
Italy	Associazione Vagamondo	5	275 EUR/participant	info@vagamondo.info

During the training, the costs of **accommodation, meals** and **travel** are covered by the Erasmus+. Before booking your tickets, please, wait for our approval.



THINGS WE PROVIDE AND THINGS YOU SHOULD BRING

WE PROVIDE AT THE VENUE:

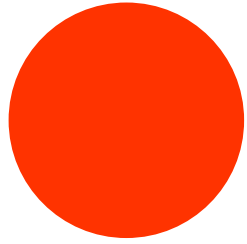
- Three meals/day plus snacks, coffee and tea in the breaks
- Clean bedsheet and bedsheet-cover during the training

TAKE WITH:

- European Health Insurance Card
- Comfortable shoes for outdoor activities
- Some warm clothes in case of bad weather conditions
- Toiletries and sunscreen
- Towels for shower

- Also we suggest to change currency (hungarian forint) before coming since there is no opportunity to do it near the venue.





HOW YOU CAN APPLY

APPLICATION

Please, contact the partner organisation of your country, who can provide further information about the project and the application form. Participants will be selected by the previously given criteria.

WE HOPE WE WILL MEET SOON! :)

APPLICATION DEADLINE: 11th August 2019

