CyberHealthY

Co-funded by the European Union

CyberHealthY
Youth Worker Infopack
Project 2025-2-BE04-KA220-YOU-000387743

1 Welcome

CyberHealthy aims to promote mental health in young people through the cyberanimation approach, in response to the emotional impact arising from their interaction in digital environment. The project aims at strengthening the competences of youth workers in cyberanimation, empowering young people to co-create safe and inclusive cybercommunities against digital threats, enhancing digital resilience and self-efficacy, providing innovative and transferable educational resources, fostering EU values.

Young people today are immersed in digital environments that profoundly shape their daily life and wellbeing. The digital world offers unprecedented opportunities for education, socialisation, and activism, but it also exposes youth to serious risks: cyberbullying, online hate speech, disinformation, addictive behaviours, and the deterioration of mental health. These challenges disproportionately affect young people with fewer opportunities, those from rural areas, migrant backgrounds, or living with disabilities, who often lack access to safe online spaces and guidance on how to navigate digital life constructively. At the same time, youth workers and educators face increasing demands to respond to these complex issues, but they often lack structured, inclusive, and evidence-based tools to support young people effectively. In many contexts, digital literacy initiatives remain fragmented, do not address wellbeing, and rarely connect online participation to offline civic engagement. CyberHealthy responds directly to these needs with a holistic and innovative approach. It combines digital literacy, youth work innovation, and mental health promotion in a single, coherent initiative that empowers both young people and those who work with them. The project will create the CyberMentalHub, a multilingual, accessible platform serving as both an elearning environment and a safe community space. It will host the cybercommunities, through interactive resources, peer challenges, podcasts, and co-created content aimed at strengthening resilience and fostering positive digital participation.

2 Objectives

CyberHealthY objectives are:

- Strengthen the competences of youth workers in digital wellbeing and cyberanimation.
- Empower young people to co-create cybercommunities for mental health promotion.
- Enhance young people's digital self-efficacy, awareness, and resilience in digital environments.
- Provide innovative, inclusive and transferable resources for youth work.
- Promote EU values, civic engagement and democratic participation. Young people will not only benefit from safer online environments but also engage in policy dialogues, community-based actions and youth-led campaigns.

3.Youth workers selection and expected commitment

Action Synergy is looking for 6 youth workers living in Greece (preferable in Athens, or available to come to Athens independently):

We are looking for youth workers who:
- have an **active connection with young people** through work, volunteering or community involvement.

-are interested in **youth mental health, digital wellbeing and inclusive online participation.** Previous expertise in these topics is recommended.

- are willing **to learn, work with others and listen** respectfully to different experiences.

- have basic confidence using **online tools** or are willing to learn with support. Advanced digital skills are not required.

- are available for the **blended learning pathway** and willing to contribute to the national **Cybercommunity**.

- accept **safeguarding, confidentiality, data protection and professional boundaries**, and are willing to learn the relevant procedures.

No specific academic degree, clinical qualification, minimum number of years of experience or previous Erasmus+ participation is required.

Selected participants will train to become Cyberanimators: facilitators who help young people participate safely, build relationships and access appropriate support. They will not diagnose, provide psychotherapy or replace specialist services.

The training pathway includes:

- **Five training modules** combining self-paced learning, practical activities and reflection.
- **7 live transnational webinars** and national team assignments
- A **five-day transnational training in Athens, Greece**, scheduled from **16th to 20th March 2027**.
- Co-designing and testing a **National Cybercommunity Blueprint**, including participation, moderation, safeguarding and referral arrangements.
- Preparing a **90-day Launch Plan** and contributing to the implementation of the national Cybercommunity with young people and local stakeholders.

The online course is scheduled from December 2026 to February 2027.

Training covers digital wellbeing and mental health in youth work; principles and practice of Cyberanimation; safe online facilitation and moderation; emotional support, active listening and safeguarding; and youth engagement, inclusion and Cybercommunity design.

Mandatory: at least 80% participation and completion across the blended pathway, all essential safeguarding and role-boundary content, required practical simulations, contribution to the national portfolio and Blueprint, and final reflection and personal action plan. These are learning requirements, not competences candidates must already possess.

4 Simple criteria for reviewing applications

- Motivation
- Connection with young people
- Commitment
- Collaborative and ethical