

INTERNET SAFETY AND ARTIFICIAL INTELLIGENCE

12 sessions, 36 hours of interactive free online training workshop

13 January-9 February 2026





In Brief

This 12 session, 36 hours, free online training equips participants with essential skills supporting identifying and protecting youth in using internet safely. Designed for aspiring trainers and mentors, teachers, social and youth workers, the program combines interactive sessions, hands-on activities, and expert insights to foster impactful learning.

KEY TOPICS COVERED

MODULE 1 – DIGITAL SAFETY AND AI FOR YOUTH WORK

- Internet safety
- Cybersecurity basics
- Online risks for adolescents
- AI and digital platforms
- Information reliability and trust online

MODULE 2 – AI LITERACY FOR YOUTH WORKERS

- How AI works
- AI-generated content
- Bias and hallucinations
- Critical reading of AI outputs
- Educational uses of AI

MODULE 3 – ETHICAL & RESPONSIBLE AI FOR YOUTH

- AI ethics and responsibility
- Deepfakes and digital manipulation
- Social and cultural risks
- Trust, perception of reality, and media
- Guiding youth towards responsible AI use

MODULE 4 – FINAL COLLABORATIVE PROJECT: DESIGNING YOUTH WORKSHOPS

- Designing youth workshops
- Group facilitation
- Participatory methodologies
- Intercultural group work
- SAFE CHANGES toolkit and activities design

why join?



- » Gain essential skills to support youth in digital safety, communication, and its relationship with AI for personal and professional development.
- » Learn to navigate challenges such as the risks induced by AI tools
- » Empower youth in achieving their personal and professional goals by fostering critical thinking, cross-cultural collaboration, and resilience in the digital age.
- » It's completely **free**
- » Receive a prestigious **certificate** from Sapienza University (Rome, Italy)

The training will be in English with consecutive interpreting En<>Arabic. Group activities will be in the local language (English, Italian, Arabic or Turkish). English knowledge is adviced but it is not mandatory.



Internet Safety and Artificial Intelligence

SAFE CHANGES training agenda.

SafeChanges Training of Trainers – Agenda

Topic: *Internet Safety and Artificial Intelligence*

Format: **Fully online** | Total duration: **36 hours**

All live sessions are held in Central European Time (CET).

Each module includes additional local group work hours, organised independently by each partner organisation.

For all synchronous and restitution sessions, the time slot is 15:30–18:30 *Central European Time (CET, Italy, Algeria, Tunisia)* (corresponding to 17:30–20:30 in **Turkiye**; 16:30–19:30 in **Lebanon**)

Module 1 – Digital Safety and AI for Youth Work

Prof. Isabella Chiari

Focus:

Building a shared foundation on internet safety in youth work, with attention to digital risks, youth vulnerabilities, and the role of AI-driven platforms in shaping online experiences.

Key objectives:

Participants understand the main digital risks affecting young people; recognise how AI-based systems influence exposure to content and information; analyse youth vulnerabilities across different contexts; and develop awareness strategies applicable in youth work settings.

Session 1. Synchronous session - foundational concepts, case discussion, guided reflection

Tuesday, 13 January 2026, 15:30–18:30 CET

Session 2. Three hours of local online group work

organised by each partner organisation (date and time to be defined locally) - date and time defined by referring organization

Session 3. Virtual Exchange / restitution - presentation and comparison of local group mappings

Monday, 19 January 2026, 15:30–18:30 CET



Module 2 – AI Literacy for Youth Workers

Prof. Nicola Mattina

Focus:

Developing critical AI literacy for professionals working with young people, with particular attention to how AI systems work, their limitations, and their impact on information and education.

Key objectives:

Participants understand how AI systems function at a non-technical level; recognise bias and hallucinations in AI-generated content; critically analyse AI outputs; and design simple educational activities to foster AI literacy among young people.

Session 1. Synchronous session - conceptual input, practical demonstrations, guided analysis

Tuesday, 20 January 2026, 15:30–18:30 CET

Session 2. Three hours of local online group work

Organised by each partner organisation (date and time to be defined locally) – date and time defined by the referring organisation

Session 3. Virtual Exchange / restitution - presentation and discussion of national outputs

Monday, 26 January 2026, 15:30–18:30 CET

Module 3 – Ethical & Responsible AI for Youth

Prof. Filomena Diodato

Focus:

Exploring ethical, social, and cultural implications of AI in relation to young people, with a focus on manipulation, deepfakes, and responsible use.

Key objectives:

Participants understand key principles of AI ethics; recognise risks linked to deepfakes and digital manipulation; analyse the impact of AI on trust and perception of reality; and develop strategies to guide young people towards ethical and responsible AI use.

Session 1. Synchronous session - ethical frameworks, case studies, guided discussion

Tuesday, 27 January 2026, 15:30–18:30 CET



Session 2. Three hours of local online group work

Organised by each partner organisation (date and time to be defined locally) – date and time defined by the referring organisation

Session 3. Virtual Exchange / restitution - comparison of guidelines and construction of a shared framework

Monday, 2 February 2026, 15:30–18:30 CET

Module 4 – Final Collaborative Project: Designing Youth Workshops **Prof. Isabella Chiari**

Focus:

Transforming knowledge from previous modules into concrete, replicable workshops on internet safety and AI for young people.

Key objectives:

Participants design short educational workshops for youth; apply participatory and intercultural methodologies; adapt content to different local contexts; and strengthen facilitation and group management skills.

Session 1. Synchronous session

Tuesday, 3 February 2026, 15:30–18:30 CET

Session 2. Three hours of local online group work

Organised by each partner organisation (date and time to be defined locally) – date and time defined by the referring organisation

Session 3. Virtual Exchange / final restitution

Monday, 9 February 2026, 15:30–18:30 CET



Join Zoom Meeting:

<https://uniroma1.zoom.us/j/84191560248?jst=2>

Internet Safety and Artificial Intelligence

CALENDAR



The Training of Trainers takes place between **13 January and 9 February 2026** and is structured into four modules, each combining presentation sessions and international exchange. All sessions are held online.

Time for all live sessions:

15:30–18:30 Central European Time (CET)

Module	Title	Synchronous Session	Virtual Exchange
Module 1	Digital Safety and AI for Youth Work	13/01/2026	19/01/2026
Module 2	AI Literacy for Youth Workers	20/01/2026	26/01/2026
Module 3	Ethical & Responsible AI for Youth	27/01/2026	02/02/2026
Module 4	Final Collaborative Project: Designing	03/02/2026	09/02/2026

Local online group work (3 hours per module) is organised by each partner organisation between the synchronous session and the corresponding Virtual Exchange.



A short presentation of the project.



The SAFE CHANGES Project is an innovative initiative co-funded by the [European Union under the Erasmus+ program Virtual Exchanges](#), aimed at equipping facilitators, youth workers, and mentors with the skills and tools to support young people in navigating the digital world and building resilience. The project focuses on fostering safe internet practices, communication, mentorship, and career guidance to address challenges like cybersecurity, internet addiction, and social risks, aligning with the EU's mission to enhance education, inclusion, and career readiness globally.

Coordinated by [Sapienza University of Rome, Italy](#), in collaboration with [key partner organizations in Turkiye, Italy, Lebanon, Tunisia, and Algeria](#), this strategic partnership draws on the diverse expertise of institutions to deliver impactful, high-quality training programs.

The free online training engages [240 youth workers](#) across three cycles and five countries, providing hands-on modules covering topics like digital safety, communication strategies, mentorship techniques, and tools to navigate local labor markets. Participants gain practical skills to foster critical thinking, cross-cultural collaboration, and personal growth among youth, empowering them to address challenges and achieve their goals.

Upon completion, participants will receive a certification from Sapienza University, recognizing their expertise in youth empowerment and their commitment to fostering digital resilience and inclusion.



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SAPIENZA UNIVERSITY in Rome, Italy (www.uniroma1.it), is the largest university in Europe and has extensive experience in fostering student orientation and professional development. Each year, the university organizes events focused on job orientation, understanding the labor market, and preparing students for integration into the workforce. Through its Career Service, Sapienza equips students with essential tools for job searching, while offering permanent mentoring services and peer-to-peer support across all departments.

The university has developed specialized programs, such as Short Specialization Programmes in communicative and soft skills for life and the labor market. It also facilitates connections between students and companies through its JobSoul service, which maps opportunities and coordinates internships and apprenticeships. Beyond its university programs, Sapienza collaborates with the Territorial Unit LazioDisco to enhance employability for youth outside traditional academic paths. This includes analyzing youth needs, improving service delivery for territorial mobility, enhancing learning quality, and providing regional labor market insights.



The Safe Changes 2nd ToT trainers Internet Safety and Artificial Intelligence



ISABELLA CHIARI (Rome, Italy) is a Professor of Linguistics and Computational Linguistics at Sapienza University of Rome. She has authored over 70 books and journal articles, with a focus on communication, migration studies, and language education. Renowned for her expertise in corpus linguistics, multilingualism, and the interplay between language and identity, she has significantly advanced both theoretical research and practical applications in these areas. Isabella has

led numerous international and EU funded projects. Fluent in multiple languages, including Italian, English, and Arabic, she combines academic skills with practical humanitarian efforts to foster cultural understanding and empower vulnerable communities. Isabella Chiari is Chief Coordinator of the Safe Changes project.



NICOLA MATTINA (Rome, Italy) Nicola Mattina is a Rome-based AI strategist, educator, and innovation professional with extensive experience in exploring how artificial intelligence reshapes organisations, work processes, and educational practices. He works at the intersection of AI literacy, strategic application of generative technologies, and human-centred AI adoption, helping leaders and teams understand

how artificial intelligence can be integrated responsibly and effectively into everyday work. He is the founder of Radical Curiosity, a public observatory on artificial intelligence that explores the transformative impact of generative AI on innovation, business models, and collaborative work, and that offers insights, frameworks, and tools to navigate change. Nicola's professional background also includes roles as product leader, entrepreneur, and technology educator, and he has supported organisations with customised training and seminars on AI adoption, strategic thinking, and responsible use of AI tools.



📍 **FILOMENA DIODATO (Rome, Italy)** is Professor of Semantics and Cognitive Semiotics at Sapienza University of Rome. Her research interests lie at the intersection of lexical semantics, structural semiotics, and cognitive semiotics, with particular attention to the dialogue between the Saussurean tradition (De Mauro, Coseriu) and developments in Cognitive Semiotics. Her work integrates structural and cognitive perspectives

in the study of meaning, contributing to an “integral” conception of semiosis. In recent years, she has developed a specific interest in the semantic dimension of Large Language Models, examining their theoretical implications for semantics and semiotics, as well as their broader communicative, political, and ethical implications. She is the author of numerous essays and is currently working on a monograph on lexical meaning from a cognitive semiotic perspective.



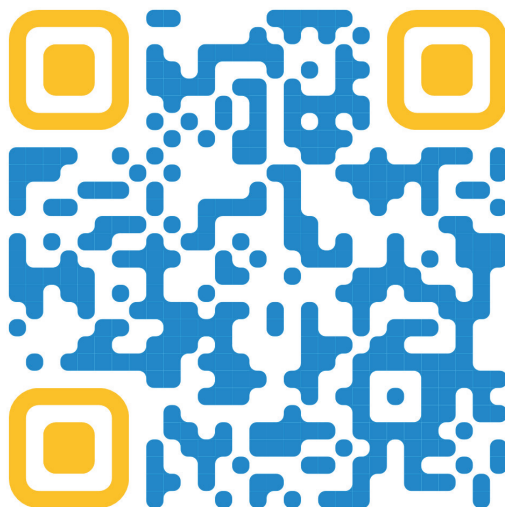
how to register



- » Follow the link to access the registration form and choose registration language (English, Arabic, Turkish)

<https://ee.kobotoolbox.org/x/qppgYTGA>

- » Contact: info@amaleducation.net





how to participate



You should participate if you are working with young people as a youth worker, social worker, psychologist, educator, teacher, NGO / university staff and you commit to complete the 36 hours of training.

Online Participation Guidelines

1. Camera policy (mandatory)

Keeping the camera ****on at all times**** during all synchronous activities is mandatory. This requirement is necessary to ensure active participation and real attendance.

Participants who do not accept to keep their camera on cannot be accepted as participants in the Training of Trainers, as it is not possible to verify their actual attendance. Sapienza University will not issue certificates to participants whose attendance cannot be clearly certified.

2. Individual connection and device use

The Training of Trainers (Rainbow Trainers) is a fully online activity.

Each participant must be connected using their own individual device.

Sharing devices with other participants is not allowed, as it prevents proper attendance tracking.

3. Name and identification on Zoom

Participants must join all Zoom sessions using their real first and last name, written in Latin letters corresponding to the name indicated in the Registration form. The Zoom name must follow this format: **First Name Last Name – Referring Organization - Country**



Participants who do not comply with this format may be asked to update their name during the session.

4. Active participation

Participants are expected to actively take part in all activities, including discussions and group work. Logging into Zoom without real participation is not considered valid attendance.

5. Attendance and certification

Certificates will be issued only to participants who:

- » Respect the camera and identification rules
- » Use an individual device
- » Actively participate in the sessions
- » Reach at least **70% attendance** of the total training hours

Connect

You can participate in the sessions in the calendar following the link:



Join Zoom Meeting:

<https://uniroma1.zoom.us/j/84191560248?jst=2>

If you are not registered and have not been selected by a partner organization you will not be issued certificates or allowed to participate, nor will you receive the emails concerning the training.

For the **4 sessions organized by the partner organizations** you will be provided a **link** opened by Sapienza directly by the organizations. Partner organizations are: Sapienza University, Amal for Education, Amal Insani Yardim Dernegi, Kilis Directorate of Education, Mousawat, Bezret Amal (Seed), University of Bouira and FHIRF.



you will receive



- » During the training you will receive the e-book  [Toolkit for Training Activities](#)
- » Upon acknowledgement of 70% of attendance and requirements indicate you will receive a final certification of completion provided by Sapienza University along a EU Youthpass by your referring organization.*



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* Sapienza does not issue participation certificates for students not having met the requirements indicated.