

INTERNET SAFETY AND HEALTH AND MENTAL HEALTH

12 sessions, 36 hours of interactive free online training workshop

24 April-21 May 2026





In Brief

This 12-session, 36-hour free online training equips participants with essential skills to understand and support youth mental health in digital environments, addressing online risks, digital stress, and safe behaviours. Designed for trainers, teachers, social and youth workers, the programme combines interactive sessions, practical group work, and expert guidance to foster effective and context-based interventions.

KEY TOPICS COVERED

MODULE 1 – DIGITAL STRESS & MENTAL WELLBEING

- Digital overexposure and attention
- Cognitive overload and mental fatigue
- Social media and identity pressure
- FOMO, comparison, and validation
- Digital use as coping mechanism
- Recognising signals of distress

MODULE 2 – DIGITAL WELLBEING & SAFE BEHAVIOURS

- Digital wellbeing and balance
- Self-regulation and awareness
- Safe online behaviours and risk prevention
- Privacy and digital safety
- Youth empowerment and agency
- Critical understanding of online content

MODULE 3 – DIGITAL TRAUMA & ONLINE VIOLENCE

- Types of harmful online content
- Conflict narratives and polarisation
- Secondary trauma and re-traumatisation
- Emotional impact of violent content
- Specific risks for refugee and migrant youth
- Psychological responses (triggers, hypervigilance)

MODULE 4 – ONLINE SUPPORT & CRISIS RESPONSE TOOLS

- Online communication in crisis situations
- Active listening and supportive language
- Identifying risk signals
- Basic psychosocial support techniques
- Managing disclosures and boundaries
- Referral pathways and coordination

why join?



- » Gain essential skills to understand and support youth mental health in digital environments, including digital stress, online risks, and safe behaviours.
- » Learn to navigate challenges such as exposure to harmful content, online violence, and their psychological impact.
- » Empower youth by fostering resilience, critical awareness, and healthy digital habits in diverse and vulnerable contexts.
- » 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 advised but it is not mandatory.

Internet Safety and Health and Mental Health



SAFE CHANGES training agenda.

SafeChanges Training of Trainers – Agenda

Topic: *Internet Safety and health and mental health*

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.

All synchronous and restitution sessions will take place from 17:00 to 20:00 **Italy** time (CEST), corresponding to 16:00–19:00 in **Algeria and Tunisia**, and 18:00–21:00 in **Türkiye and Lebanon**.

Module 1 – Digital Stress & Mental Wellbeing

Prof. Isabella Chiari

Focus:

Building a shared understanding of how digital environments affect young people's mental wellbeing, with particular attention to digital stress, overexposure, and vulnerabilities in different contexts.

Key objectives:

Participants understand the main effects of digital overexposure on attention, emotions, and behaviour; recognise signs of digital stress and mental fatigue among youth; analyse how social media and online environments shape identity and wellbeing; and develop awareness strategies applicable in youth work settings.

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

Friday, 24 April 2026, 17:00–20:00 (Italy time – CEST)

Session 2. Three hours of local online group work

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

Session 3. Virtual Exchange / restitution – presentation and comparison of group work

Thursday, 30 April 2026, 17:00–20:00 (Italy time – CEST)

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



Module 2 – Digital Wellbeing & Safe Behaviours

Rafida Alhajali

Focus:

Promoting safe and balanced use of digital environments among young people, with a focus on prevention, self-regulation, and awareness in diverse and vulnerable contexts.

Key objectives:

Participants understand the principles of digital wellbeing and healthy online habits; recognise risks related to unsafe behaviours and lack of awareness; develop strategies to promote safe and responsible use of digital tools; and design educational activities to strengthen youth agency and critical understanding of online environments.

Session 1. Synchronous session – conceptual input, practical examples, guided discussion

Friday, 1 May 2026, 17:00–20:00 (Italy time – CEST)

Session 2. Three hours of local online group work

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

Session 3. Virtual Exchange / restitution – presentation and discussion of group work outputs

Thursday, 7 May 2026, 17:00–20:00 (Italy time – CEST)

Module 3 – Digital Trauma & Online Violence

Dr. Ammar Beetar

Focus:

Understanding the psychological impact of exposure to online violence, harmful content, and conflict-related narratives, particularly among refugee and migrant youth.

Key objectives:

Participants understand the effects of exposure to violent and distressing content in digital environments; recognise mechanisms such as secondary trauma, re-traumatisation, and emotional dysregulation; analyse the impact of conflict narratives on identity and perception; and develop strategies to support young people in processing and responding to harmful online content.



Session 1. Synchronous session – conceptual input, case-based analysis, guided discussion

Friday, 8 May 2026, 17:00–20:00 (Italy time – CEST)

Session 2. Three hours of local online group work

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

Session 3. Virtual Exchange / restitution – presentation and discussion of group work outputs

Thursday, 14 May 2026, 17:00–20:00 (Italy time – CEST)

Module 4 –Online Support & Crisis Response Tools

Asad Al Khader

Focus:

Providing practical tools for youth workers to respond to distress, risk situations, and psychosocial needs emerging in digital environments.

Key objectives:

Participants develop skills in online communication and active listening; recognise signs of distress and risk among young people; apply basic psychosocial support techniques in digital contexts; understand boundaries and responsibilities of their role; and identify appropriate referral pathways when needed.

Session 1. Synchronous session – practical tools, case scenarios, guided exercises

Friday, 15 May 2026, 17:00–20:00 (Italy time – CEST)

Session 2. Three hours of local online group work

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

Session 3. Virtual Exchange / final restitution – presentation and discussion of group work outputs

Thursday, 21 May 2026, 17:00–20:00 (Italy time – CEST)

Join Zoom Meeting:

<https://uniroma1.zoom.us/j/82550203669?jst=2>



Internet Safety and Health and Mental Health

CALENDAR



The Training of Trainers takes place between 24 April and 21 May 2026 and is structured into four modules, each combining presentation sessions and international exchange. All sessions are held online.

Time for all live sessions:

All synchronous and restitution sessions will take place from 17:00 to 20:00 Italy time (CEST), corresponding to 16:00–19:00 in Algeria and Tunisia, and 18:00–21:00 in Türkiye and Lebanon.

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 3rd ToT trainers Internet Safety and Health and Mental Health

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.



RAFIDA ALHAJALI (Hitchin, UK) Rafida Alhagiali is a Italian-Syrian professional with extensive experience in community support work with vulnerable populations, refugees, and people in addiction recovery. A native Italian speaker, she is also fluent in English and Arabic, a combination she has put to direct use as an interpreter for the Refugee Council of Hertfordshire under the Syrian refugee resettlement programme.



Since 2015 she has worked as an administrator and support worker at the North Herts Minority Ethnic Forum, providing information, advice and guidance services to migrants and refugees, managing intercultural social clubs, and supporting Arabic and Italian speakers through settlement bureaucracy. Previously she served as a Recovery Worker Assistant at CRI (Community Recovery Initiative), working directly with clients recovering from drug and alcohol dependency, facilitating structured group sessions, and shadowing clinical assessments.

AMMAR BEETAR (Gaziantep, Turkiye) Syrian psychiatrist with over a decade of experience in humanitarian mental health, specialising in the treatment of

survivors of torture, sexual violence, and detention. Following his psychiatric residency in Syria (graduating 2011) and a role as Head of Department at Ibn Sina mental health institute, he moved into humanitarian response, working with UNHCR, WHO, and Syria Bright Future across Northwest Syria. He co-



led the MHPSS Working Group for Northwest Syria and holds a Master's in Psychosocial Support and Conflict Transformation (Ankara Social Sciences University / IOM). He is co-author of peer-reviewed research on decolonial models of clinical supervision in humanitarian settings. Dr. Beetar's clinical expertise centres on survivors of rape and torture, and on the long-term psychosocial consequences of imprisonment and forced disappearance. He

has spoken extensively on the collective dimension of the Syrian detention experience — arguing that the prison system's impact extends far beyond the individual prisoner to encompass families and entire communities, who experience what he describes as a form of ambiguous loss, suspended between hope and mourning. He emphasises that individual responses to trauma are shaped not only by the nature of the violence experienced, but also by personal psychological resilience, upbringing, and prior exposure to threat. He has also written and spoken about the growing opioid crisis among conflict-affected Syrians.

ASAD AL KHADER (Kilis, Türkiye) Asad al Khader is a Syrian psychologist working in the Turkish-Syrian border region, affiliated with the Deutsch-Syrischer Verein



zur Förderung der Freiheiten und Menschenrechte e.V. (DSV), a German non-governmental organisation headquartered in Darmstadt that has been delivering humanitarian and development programmes in Syria, Türkiye, Jordan and Lebanon since 2011. Within the DSV's psychosocial programme, he serves as the resident Syrian psychologist permanently based at the organisation's training centre in Gaziantep, providing on-the-ground clinical support and supervision to

participants in between training sessions, and enabling Syrian mental health professionals to discuss cases and field challenges both in person and through online exchanges. He combines direct psychological support with training and capacity-building. The DSV's programme in Gaziantep has trained Syrian psychologists, psychotherapists, physicians and educators on trauma psychology, crisis management and the consequences of war.



how to register



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

<https://ee.kobotoolbox.org/x/DyNj7IEt>

- » 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://ee.kobotoolbox.org/x/DyNj7IEt>

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.