what we are going to achieve together...

1. Development of an international report that will study the impact of social networks on the self-image and communication skills of adolescent students

2. Development of a teacher training programme in which collaboration and communication between students aged 15-19 will be enhanced

3. Students will be trained in the healthy use of social media and develop campaigns to encourage student civic engagement on social media.

Research, teacher training and youth empowerment for a healthy and civic use of social networks

Our Team



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¡NEW ERASMUS + PROJECT!

Newsletter 1

PEERCO

Empowering Secondary students Against Social Media-caused Distortion through Collaboration

Co-funded by the European Union

This is how we make a difference

1. Reduce the negative consequences of excessive use of social media in secondary school students aged 15-19, such as self-image distortion, isolation and hopelessness.

2. Train teachers to develop together with students healthy habits in the use of social media for content such as campaigns related to social problems.

3. Strengthen teachers‘ and pupils’ media literacy, as well as cooperation and mutual communication skills.

Raise awareness, educate and promote healthy digital habits.



Our mission

Today's teenagers are increasingly exposed to idealised images and unrealistic beauty standards on social media, leading to problems such as low self-esteem, body dissatisfaction and mental health problems.

So the project aims to reduce the negative consequences of the excessive use of social networks in secondary school students, such as self-image distortion, isolation and hopelessness. We want to train teachers to develop together with students healthy habits in the use of social networks.

‘Let's build a healthier and more hopeful digital future together.’

Follow us on our social networks

You will benefit from the results of this project

Together we will enjoy social media in a healthy way.

Instagram: @peerco_ka220
X: @Peerco_2024
Facebook: Peerco Empowering
YouTube Channel: @peerco_2024
Webproject: https://www.peerco.eu/

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