¡NEW ERASMUS + PROJECT!

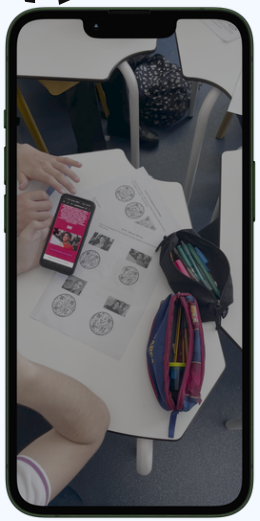
Newsletter 2

PEERCO

Empowering Secondary students Against Social Media-caused Distortion through Collaboration

Co-funded by the European Union

Social Media & AdoleScents



Key Findings from the Analysis

Behavior in the classroom:

- 78% of students use social media at school, even during class.
- Teachers report noticeable effects such as:
  - Difficulty maintaining eye contact (51%)
  - Reduced participation in discussions (45%)
  - Increased social withdrawal (47%)
  - Only 8% of students recognize social withdrawal in their peers, suggesting a lack of emotional self-awareness

with the right tools, young people don't just navigate social media — they transform it

Emocional impact

1

- 46% say they feel "the same" after using social media.
- 36% say their mood depends on how they use it.

2

- 7% feel worse after using it.
- 39% "somewhat" want to change their appearance due to social media imagery

3

- 12% explicitly wish to change — a clear sign of social comparison's psychological toll

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

Cognitive effects

1. Both students and teachers highlight challenges such as:
   - Critical thinking
   - Time management
   - Navigating misinformation

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.

Change begins when we listen to teenagers and give them space to reflect, express themselves, and grow together

Our Team



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t's the key to building free, critical, and emotionally strong minds

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