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NOT ANYMORE - Addictions and Dependencies on Youth

6 Participating countries:      [VIEW PROJECT MAP](#)[DOWNLOAD AS PDF](#)**Start:** 01-01-2021 - **End:** 31-12-2021**Project Reference:** 2020-3-PT02-KA105-007452**EU Grant:** 26675 EURProgramme: **Erasmus+**Key Action: **Learning Mobility of Individuals**Action Type: **Youth mobility**[Youth \(Participation, Youth Work, Youth Policy\)](#)[Access for disadvantaged](#)[Inclusion - equity](#)

Summary

Objectives

a) CONTEXTUALIZATION

Adolescence is characterized by behavioural and neurobiological changes and is marked by constant discovery, the search for autonomy and independence by young people. This process is accompanied by a decrease in the perception of risks, an increase in the relevance of social and peer interaction and the construction of identity. The various contexts in which young people are inserted (such as family, school, peers, neighbourhood) carry with them social risks that can decrease the youngsters resilience and increase their vulnerability to the practice of behaviours that are revealed later in addictions and dependencies.

According to SICAD's study, in 2019, carried out with young people aged 13-18 years, "alcohol is the main substance consumed, followed by tobacco. With a much lesser expression are the consumption of certain drugs and illicit substances. The use of internet, namely access to social networks, is now a widespread practice, as are electronic games".

Addictive behaviours and addictions (ABD) in young people are a growing reality. In addition to the consumption of substances that insist on not disappearing, a new dimension related to the internet and abusive and unconscious use emerges. With easy access to new experiences and, often, without maturity and without a strong personality to know how to differentiate what is positive or negative, young Europeans tend to embark on deviant paths. Without proper and adjusted intervention, these paths translate into scenarios of profound social exclusion, given the separation of young people from the social and professional sphere and the disconnection of their own personality that stagnates and does not evolve with the ambition and motivation necessary to build of the life project. In a Europe that claims to be inclusive, supportive and foster multiple opportunities, we cannot, at all, not react to these growing concerns (which are intensifying in the current pandemic situation).

We therefore want to implement the Youth Exchange so that young people have an opportunity to develop their competences, interact with other young Europeans (namely who also face ABD), to experience on the spot a methodology capable to contribute to their social transformation (based on non-formal education - NFE), and to become aware about the challenges they face. All of this will make it possible to eradicate the identified social problem.

b) SOCIAL PROBLEM

Existence of young people with ABD, which obscures their ability to act and participate in society and, through this, generates social exclusion.

c) NEEDS

We identified the need to:

- Sensitize the community to the importance of strengthening the work with young people, thanks to gains in

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Organisation type: Non-governmental
organisation/association/social enterprise

Partners

 **Avatud Űhiskond MTÜ**
 **Asociación de Desarrollo Social Participativo IMAGINA JUST DO IT**
 **CENTRO DI SOLIDARIETA' DI REGGIO EMILIA ONLUS ASSOCIAZIONE**
 **ENTREPRENEURSHIP AND SOCIAL ECONOMY GROUP**
 **UNIVERSIDADE CATOLICA PORTUGUESA**

understanding/intervention on ABU;

- Explore in a multicultural context intervention strategy that allow preventing and/or eradicating ABD in young people;
- Encourage multicultural and European interaction and cooperation of young people with ABD, so that they can develop competences and experiment with methodologies (such as non-formal education) in an environment truly conducive to their development.

d) OBJECTIVES

General: promoting social inclusion and active participation in society by young people, through the implementation of methodologies that prevent and/or eradicate ABD in young people.

Specifics:

- Sensitize young people to the importance of adapting their behaviour, so that they do not deviate from additions and dependencies, which tend to promote situations of social exclusion, failure, defragmentation, etc.;
- Improve the quality of life and life prospects of young people, particularly with ABD, through the training process (development of key competences);
- Foster the incorporation of common European values, through the opportunity to "Connect" young Europeans and place them in the same space (physical and virtual) for sharing, empowerment and learning;
- Enhance the debate on ABD in young people, encouraging the implementation of effective interventions that combine the potential of different methodologies (including NFE).

Activities

MAIN ACTIVITIES PLANNED

a) PREPARATION

It includes preparatory sessions, which aim to prepare young people for participation in the project and for mobility activities in particular.

There will be preparation prepared jointly by the consortium so that it is inclusive and egalitarian. Even so, although the general outlines are the same, the preparatory sessions will be adapted to the specific needs of each participant (with a special focus on participants with fewer opportunities) and each local group.

These sessions will be open to any young person who wants to get involved in the project and who fits the profile, even if (for budget reasons) he/she does not have the opportunity to participate in mobility. This is, from the outset, a way of ensuring participation for all who are committed and motivated to contribute to the success of the project. Taking into account the dynamic team that makes up the consortium and its stakeholders, we believe that there will be a lot of adherence.

b) EXECUTION

b.1) APV

APV corresponds to a preparation activity for the main mobility, that is, for the Youth Exchange. It is planned that this activity will run from February 24, 2021 to February 25, 2021, adding two days of travel. This activity will take place in Braga, Portugal, and is the responsibility of the project's coordinating organisation (CeS.B).

Participants in this meeting will be: 1 young man with fewer opportunities and 1 Group Leader, for each organisation.

b.2) YE

The second and major mobility activity is intended to be a vehicle to promote among young people:

- Social inclusion and increased involvement and participation in society;
- Development of key competences;
- Awareness and reduction of individual risk factors in view of the development of ABD and increase of individual protective factors in view of the development of possible behaviours;
- Personal development and growth;
- Improvement of interpersonal relationships;
- Self-knowledge and self-confidence;
- Respect for the other and understanding of citizenship;
- Self-control and emotional regulation;
- Awareness of common European values;
- Approaching the community and the different contexts in which they operate.

This activity is thus seen as a first step towards the transformation of their reality, namely through multicultural work and with young Europeans who have detected the same needs and problems.

YE participants are as follows:

- 5 young people (4 with fewer opportunities) per organisation;
- 1 GL per organisation;
- 1 GL responsible for supporting the fewer opportunities of CeS.B.;
- Another CeS.B staff.

c) FOLLOW-UP

In this phase there are evaluation sessions (which include evaluation and monitoring), in order to monitor the development of the project and evaluate its success.

There are also dissemination sessions, by sharing the results, their example and encouraging the exploitation of the results (interaction with external parties for information and arousing interest).

All young people involved in the project participate (according to instructions given for preparation).

PROFILE OF PARTICIPANTS

a) YOUNG PEOPLE

a.1) With fewer opportunities

- Has less opportunities, especially in social and educational terms;
- Little or no participation in transnational projects;
- With low knowledge about the Erasmus+ Programme.

- 20.16. Formative activities

a.2) NO FEWER OPPORTUNITIES

It is expected that these young people have greater knowledge of the points described above when compared to the other young people and that they do not present any obstacle to participation.

a.3) Common

- Preferably, aged between 15 and 21 years;
- With motivation to develop your key competences;
- With motivation to be an active and co-responsible part of the project;
- With motivation to learn about new realities and practices and to foster relationships with other young Europeans.

b) Group leaders

- Age = or > to 18 years;
- Youth worker, therefore, with experience in working with young people;
- With knowledge about the themes of the project, especially in ABD, social inclusion and youth;
- Motivated to discover new realities and practices, foster European relations and deepen theoretical and practical knowledge in order to improve youth intervention;
- With experience in participation and/or knowledge about the Erasmus+ Programme;
- With knowledge about NFE.

Specifically, the profile of the group leader responsible for supporting the least opportunities:

- Youth worker with experience in supporting and accompanying young people, particularly with fewer opportunities (and, more specifically, of young people with ABD);
- Experience in deconstructing obstacles to participation;
- Experience in facilitating groups, particularly multicultural;
- Experience in communication;
- With capabilities to promote comfort, well-being and a sense of belonging between the group (local and international).

Impact

a) PROJECT RESULTS

a.1) TANGIBLE RESULTS

- Booklet: it is a document with all the necessary information, materials and relevant results of the project, which will end up facilitating the level of dissemination and the level of exploitation of results.

a.2) INTANGIBLE RESULTS

- Key competences and learning within the European Framework of Reference for Key Competences for Lifelong Learning;
- Multilingual competence;
- Personal, social and learning to learn competence;
- Citizenship competence;
- Entrepreneurship competence;
- Cultural awareness and expression competence;
- Digital competence;
- Mathematical competence and competence in science, technology and engineering;
- Literacy competence.

b) PROJECT IMPACTS

We highlight the main impacts:

- Empowerment of young people, through participation in a European project that will allow the acquisition and/or improvement of key competences for lifelong learning and multiple learning;
- Empowerment of young people with competences and learning that will encourage motivation and predisposition to participate actively in society;
- Social inclusion of young people, especially those who face situations and/or are at risk of engaging in addictive behaviours and dependencies;
- Sensitization and awareness of the ABD theme and the effects on social exclusion of young people (personal, social, professional, etc.);
- Awareness of the importance of prevention and the individual role in combating problems and needs common to young people;
- Awareness and reduction of individual risk factors in view of the development of ABD and increase of individual protective factors in view of the development of possible behaviours;
- Improving the quality of life of young people, thanks to empowerment for prevention, accountability to their active role in society and awareness and information about the themes;
- Fostering a predisposition to integrate local, regional, national and European activities to combat common problems and needs among young people, either through the Erasmus+ Programme, or through other programmes such as the European Solidarity Corps, etc.;
- Promotion and sharing of common European values, through the opportunity to "connect" young Europeans and place them in the same space (physical and virtual) for sharing, empowerment and learning;
- Fostering the involvement and contribution of young people in identifying efficient and effective solutions for resolving emerging issues by the ABD;
- Increased feeling of personal growth, self-recognition and self-confidence, self-control and emotional management;
- Increased capacity to respond to youth problems and challenges, particularly with regard to ABD;
- Development of common work to prevent and/or eradicate ABD in young people, so that it can be implemented in different contexts of youth;
- More qualified youth workers and, with that, improvement of the interventions developed through a highly competent staff;
- Increase in the international contact network, which increases the opportunities for carrying out new projects in the future;
- Increased capacity for local, national and international dialogue;
- Recognition of the potential of the Erasmus+ Programme (and other European opportunities);

Increased awareness of the needs and rights of the population

- increased recognition of the work done by the organisation;
- Increased availability to participate in new European initiatives in the youth field;
- Improving the environment of organisations: more dynamic, more attractive, more modern and highly capable of responding to the challenges of youth.

Results

Results for this project are not yet available. They might become available after the project's end date.

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