

IT'S HARDER FACE TO FACE

AIM:

The apparent freedom of life on the Internet may have real-life impacts on lives and especially the mental health and wellbeing of young people. This space is a social space like any other and although it gives us the opportunity to play with the presentation of our identity and control it more than in direct "face-to-face" contact, in the end, it is always the person and their own emotions, their relationship to oneself and other, that are at stake. The aim of the activity is to open up a discussion about how online communication intertwines with the offline world and what are the commonalities and differences between communication online and face to face. Through this activity, young people can experience and discuss the fact that messages sent in chat or posted on social networks evoke emotional reactions and have consequences just like communication in the offline world.

TYPE OF ACTIVITY:

main activity / follow-up activity

TARGET GROUP:

group size: 5 to 25 participants
age: 15–25 years
gender: not relevant

DURATION:

- ▶ The recommended time to work with one dialog is 60–90 minutes.

ACCESSIBILITY:

- ▶ Two trainers act out a simple scene. The trainers do not need to have experience with acting.
- ▶ Participants will work in groups and present and discuss the results.

MATERIALS:

- ▶ printed dialogs for trainers and participants

PROCESS:

Trainers act out a scene using a selected dialog. They can read the dialog from printed materials. Next, they pose questions to the group that also has a copy of the dialog. They can ask for example the following questions:

How do people in the dialog feel? Why do they feel like that?

Has any problem arisen in the communication between them? What was it?

Participants will then have a chance to change the dialog so that people involved in it do not end up feeling bad.

Next, depending on the participants' and trainers' preferences, the groups may read the changes they suggest or the trainers reenact the "corrected" dialogs.

The group discusses why were certain changes made and what other changes could be made and why.

REFLECTION:

- ▶ How did you feel hearing the original and "corrected" dialogs?
- ▶ Do you think that a situation like that could actually happen?
- ▶ Have you experienced something similar in your life?