



DigRight

The correct use of technology to prevent digital addictions

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Welcome to DigRight Project

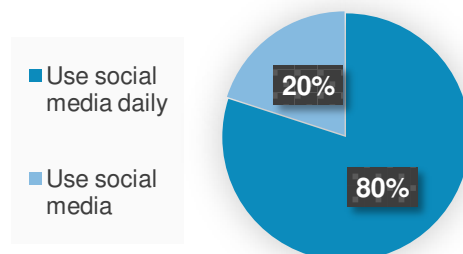
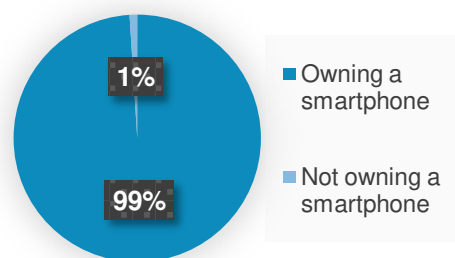
We are excited to introduce you to **DigRight**, an Erasmus+ project dedicated to empowering teachers with innovative tools and resources to prevent and address digital addiction while enhancing their digital skills. Recognizing the widespread use of technology among students, DigRight equips educators with effective methods to combat Internet Addiction and digital misuse, which have become serious concerns, particularly among adolescents.

Why is it important?

With nearly **99% of students** owning a smartphone or laptop and **80% using social media daily**, the need for digital literacy is more critical than ever. However, only **30% of students** use their devices for studying, highlighting a significant gap in how technology is utilized for educational purposes.

Excessive internet use leads to:

- ✓ Gaming disorder 🎮
- ✓ Social media addiction 📱
- ✓ Online gambling issues 🎰
- ✓ Compulsive online shopping 🛒
- ✓ Sleep disturbances and mental health struggles 😴



Progress so far!

1. DigRight App

The development of the DigRight App is underway! This tool aims to help educators and students recognize and address digital addiction while enhancing digital literacy. The first phase involved **preliminary research** across project partners to gather insights into the **main issues related to the lack of digital competencies and digital addictions**. Each partner contributed findings from their local educational contexts, including:

- ✓ Examples of specific digital-related problems observed among teachers and students.
- ✓ Relevant scientific research papers on these issues.
- ✓ Existing applications or tools in the market addressing these challenges.

Building on the above information, we are now moving forward with developing **risky situations** for the app to provide interactive and engaging content that will help students and educators navigate digital challenges effectively.

DigRight Partners' Meeting

On **March 7, 2025**, the first **transnational project meeting (TPM)** of the project took place in **Warsaw, Poland**, bringing together partners from across Europe! During the meeting, partners discussed the project's concrete objectives, with a primary focus on the development of **Work Package 2 – DigRight App**, the core of the project



Through collaborative discussions, they outlined the next steps for implementation, defined tasks for the coming months, and reviewed administrative procedures to ensure smooth project development.

Key areas of discussion included:

- ✦ Planning upcoming activities and deliverables
- ✦ Setting deadlines and defining communication strategies
- ✦ Preparing for the next project meetings

By the end of the meeting, partners had established a clear roadmap for the next stages of DigRight, ensuring continued progress in developing innovative tools to promote **digital well-being**.

Follow us

We invite you to follow our journey and contribute to the conversation on digital well-being:

 www.digright.eu



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