



A Systemic Approach to social media and pre-adolescents through thinking skills education

Across Europe with ASAP

What does it mean to grow up in a digital world?

How can schools, families, and communities work together to support preadolescents in becoming thoughtful, resilient digital citizens?

These are the core questions explored by the ASAP project across five European countries. Now you can read the national newsletters from Italy, Slovenia, Portugal, Czech Republic and Croatia — each one packed with field insights, pilot results, and powerful stories from classrooms, families, and communities.

While local challenges vary, one clear message echoes across countries: young people don't need more control — they need better listening, trust, and space to reflect.

Discover each country's experience and dive into the key takeaways



Italy: "We want to be heard!"

Italian pre-teens are navigating social media intensely and mostly on their own. **88% use smartphones daily**, yet many say they don't talk to adults when something goes wrong.

The Italian newsletter highlights how building intergenerational trust is more urgent than ever — and making sense of digital life from their perspective.



[Read the newsletter from Italy](#)

Slovenia: bridging the communication gap

In Slovenia, parents and children “speak different languages” about digital life. **Only 20% of the population has above-basic digital skills**, and children face risks like cyberbullying and hate speech.

Through interactive learning units and creative pilot activities from ASAP — like emoji decoding and post-it compliments — students and parents reflected on transversal skills and behaviours, such as empathy, emotional expression, and listening, both online and offline.



[Read the newsletter from Slovenia](#)

Portugal: increasing the intergenerational dialogue

Portuguese teachers noticed **a growing need for digital literacy and emotional awareness** among students — especially when it comes to offensive messages or online

exclusion.

The ASAP pilots created space for reflection, debate, and collective growth. One highlight: students supporting classmates with cognitive disabilities, proving that **empathy can be learned and practiced**.

[Read the newsletter from Portugal](#)

Czech Republic: “Don’t Text Your Crush When You’re Mad”

Czech students brought wisdom and also humor to the project — but also they shared real concerns about online pressure, unwanted content, and not being taken seriously by adults.

ASAP activities helped them **explore emotions, identity, and digital habits** in meaningful ways. Teachers praised the ready-to-use materials that sparked honest conversation without lectures.



[Read the newsletter from Czech Republic](#)

Croatia: role models, real talk



In Croatia, most **pre-teens get a phone before age 10** and spend hours online — yet few turn to adults when facing problems. The Role Models learning unit from ASAP helped students reflect on the influencers they admire and the values they share.

One standout moment?

Students role-playing as parents to debate screen time — a humorous and powerful way to foster mutual understanding.

Read the newsletter from Croatia



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