My relationship with the digital world

Objective:

Practice digital inclusion skills by starting from where young people and you as a youthwoker are in the digital world.

Participants:

Youth workers

Ideas for activities:

One of the core principles in youth work is to understand and feel the reality that young people are living in. Watch the following video and place yourself (virtually) in relation to two axes.

The **horizontal axis** shows a distance from the digital world of young people you are working with.

If you think you know and understand what young people do online, what media they consume and what online tools they use, place yourself towards the end of the horizontal axis.
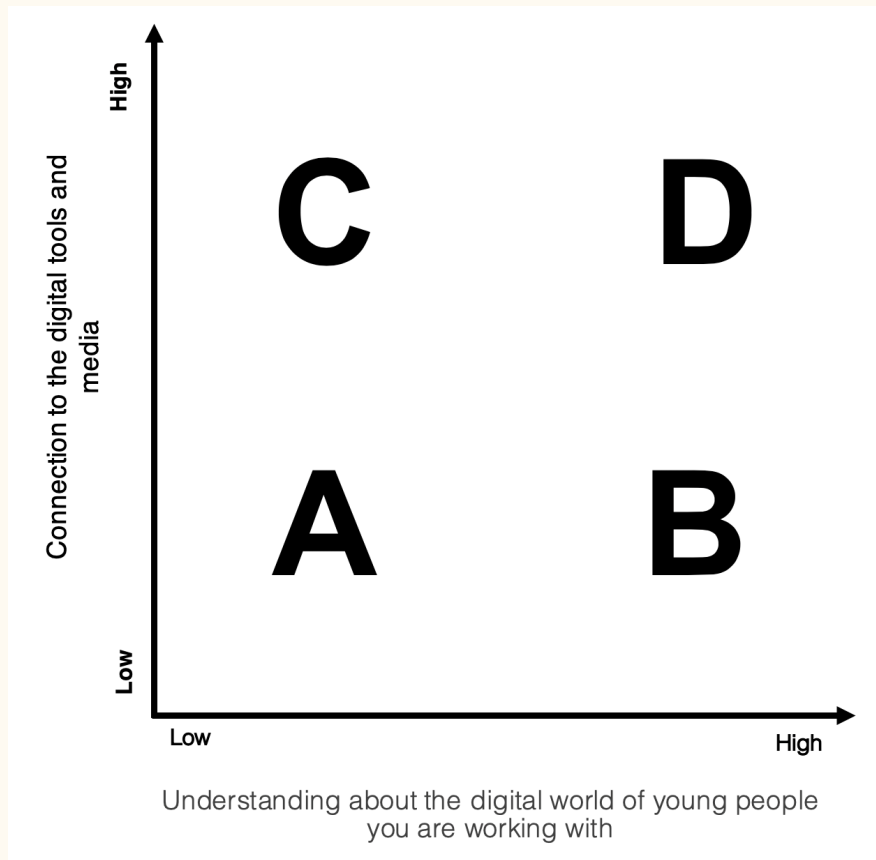
And on the contrary, if you feel that many things are a mystery to you or hard to understand, place yourself towards the start of the horizontal axis, towards the left side.

Now, look at the **vertical axis** – your personal connection with digital technologies. If you use digital tools and online media daily and you understand them well, then place yourself higher on the axis.

If you feel that the digital world is not your 'cup of tea' and many things remain sort of 'alien' to you, place yourself on the lower part of the vertical axis.

Go to the next page to reflect on areas you find yourself in.

The chart shows a two-axis matrix. The vertical axis is labeled "Connection to the digital tools and media" ranging from Low to High. The horizontal axis is labeled "Understanding about the digital world of young people you are working with" ranging from Low to High. Four quadrants are marked: C (top-left), D (top-right), A (bottom-left), B (bottom-right).

If you are in **area A**, stretch yourself and open your curious side – take an effort to investigate what young people are doing in the digital world. Look for articles, research or just simply talk to young people you are working with. Try some social media networks or some tools yourself. Check your feelings about using these?

If you are in **area B**, you might be well aware of young people's digital world, but you feel that digital tools or media are not for you. That's OK, you don't have to suddenly become a digital guru to start digital youth work. If you are already aware of the digital world of the youth, it's a good starting point. Involve young people in helping you to navigate the digital world. Consult them what tools and themes could be addressed in youth work settings.

If you found yourself in **area C**, you feel comfortable with technology and you understand how it works. You might not know well how young people interact with technology and digital media. Stay curious – keep a conversation with young people, dig into research, try to investigate what their digital world is.

If you are in **area D**, you are well aware of young people's digital world and you are good at using digital tools and media yourself. You might be a good resource in your community of youth workers to support their development pathway in this digital world.

We believe that better understanding of the digital world and how young people experience it will open a range of themes and activities for your youth work.

Duration: 1.5-2 hours

Outcomes:
- Skills to increase inclusion for all participants when using digital environments for activities