

# ADOLESCENT HEALTH & THE INTERNET ARIADNE II

**GREEK NATIONAL LAUNCH EVENT**  
UNESCO Chair on Global Health & Education

**Advocating for Adolescent Health**  
16 April 2024 9.30 - 14.00 EEST

**PROGRAMME:**  
9.30 - 10.00 Registration  
10.00 - 10.30 Official opening  
10.30 - 11.30 Advocating for adolescent health  
11.30 - 12.00 Award ceremony  
12.00 - 13.00 Press conference  
13.00 - 14.00 Light lunch

**LOCATION:**  
P. & A. Kyriakou Children's Hospital  
Auditorium

**WHO COLLABORATING CENTER**  
UNESCO CHAIR  
**Global Health & Education**

**Artemis K. Tsitsika MD. PhD**

As. Professor Pediatrics-Adolescent Medicine/Health  
Head of the Adolescent Health Unit (A.H.U.)

Second Dpt of Pediatrics - "P. & A. Kyriakou" Children's Hospital  
Chair MSc "Str. Developmental and Adolescent Health"  
President of the Greek Society of Adolescent Medicine/Health

***Technology offers youth  
unique possibilities for education, entertainment,  
communication and progress***





ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ

Εθνικόν και Καποδιστριακόν  
Πανεπιστήμιον Αθηνών

— ΙΔΡΥΘΕΝ ΤΟ 1837 —

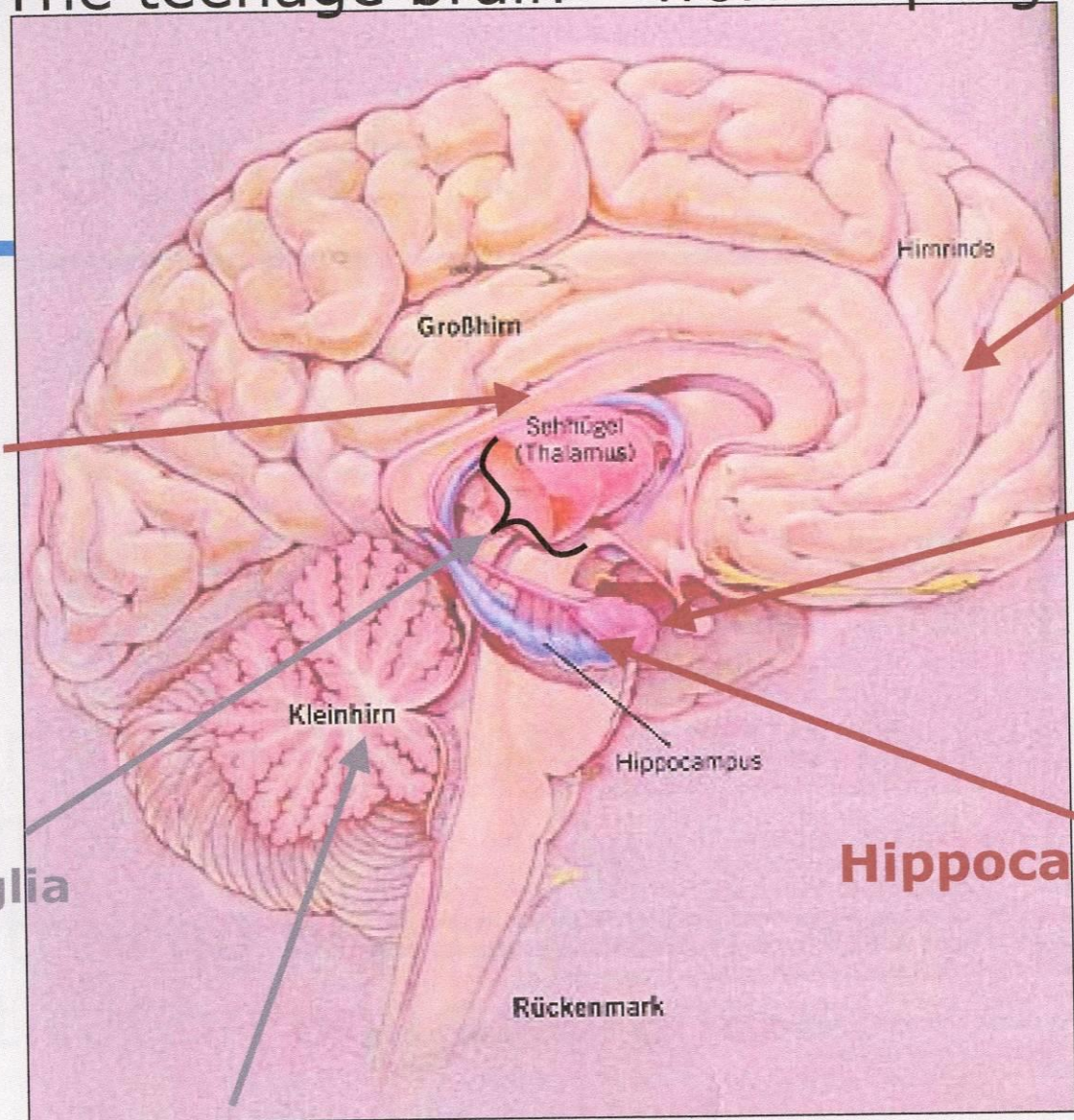


An introduction to the  
**World Health  
Organization**

# ***ADOLESCENTS ARE NO LONGER CHILDREN, NOR ADULTS***



# The teenage brain – work in progress



**Corpus Callosum**

**Prefrontal cortex**

**Amygdala**

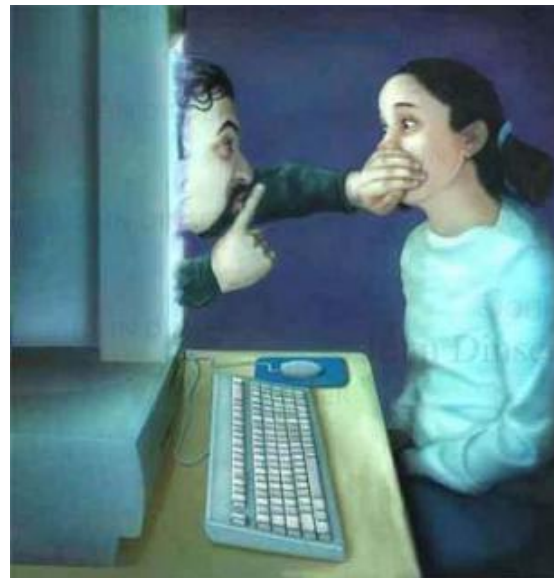
**Hippocampus**

**Basalganglia**

**Cerebellum**



# Digital high risk behavior – “new” morbidity



- *92% of European adolescents are members of at least one Social Networking Site (SNS)*
- *39.4% of adolescents spend at least 2 hours on SNS on a normal school day*
- *Using SNS more than 2 hours daily is associated with Internet Addictive Behavior (IAB)*
- *More girls than boys use SNS*
- *Having more than 500 online friends is associated with IAB*



*Tsitsika AK et al.*

*Online social networking in adolescence: patterns of use in six European countries and links with psychosocial functioning, J Adol Health 2014 Jul;55(1):141-7.*

- *Excessive social networking use may lead to limitation of **social skills***
- *Lack of personal contacts lead to limited interpretation of **body language**, loss of ability to handle true relationships and real life situations etc*



- Youth having low self esteem may present themselves with a *fake-“desired” profile*
- “Desired” personality/appearance traits
- Difficulty to achieve *self identity goals* and *self improvement*



# *Internet Addictive Behavior (IAB)*



*Internet Addictive Behavior (IAB)*

*is defined as a behavioral pattern characterized by a loss of control over internet use.*

*This behavior potentially leads to isolation and neglect of social, academic and recreational activities or personal hygiene and health.*

*Tsitsika AK et al Internet addictive behavior in adolescence: a cross-sectional study in seven European countries  
Cyberpsychol Behav Soc Netw 2014 Aug;17(8):528-35.*

.....  
*The European Journal of Public Health*, Vol. 26, No. 4, 617–622

© The Author 2016. Published by Oxford University Press on behalf of the European Public Health Association. All rights reserved.  
doi:10.1093/eurpub/ckw028 Advance Access published on 25 April 2016  
.....

## Association between problematic internet use, socio-demographic variables and obesity among European adolescents

Artemis K. Tsitsika<sup>1</sup>, Elisabeth K. Andrie<sup>1</sup>, Theodora Psaltopoulou<sup>2</sup>, Chara K. Tzavara<sup>1</sup>, Theodoros N. Sergentanis<sup>2</sup>, Ioannis Ntanasis-Stathopoulos<sup>2</sup>, Flora Bacopoulou<sup>3</sup>, Clive Richardson<sup>4</sup>, George P. Chrousos<sup>3</sup>, Maria Tsofia<sup>5</sup>



# *Lack of sleep & overweight/obesity*

- ✓ *Melatonin secretion delay*
- ✓ *Grelin/leptin ratio disturbance*
- ✓ *High calories snacks consumed*
- ✓ *Use of devices during night time – delay of deep sleep stage (REM)*
- ✓ *Radiation and lower melatonin levels*







# Covid-19 Psychosocial consequences

- *Routine loss/sudden change*
- *Stress/anxiety and phobia*
- *Insecurity – loss of perspective*
- *Loss of social contacts*
- *Anger/aggressive behavior*
- *Depression feelings*



*Stavridou A, Stergiopoulou AA, Panagouli E, Mesiris G, Thirios A, Mougias T, Troupis T, Psaltopoulou T, Tsolia M, Sergentanis T, Tsitsika A. Psychosocial consequences of COVID -19 in children, adolescents and young adults: a systematic review Aug 25 2020.*

# COVID-19 & screen time/internet high risk behaviors

- *Significant increase in screen time during lockdowns*
- *Boys : **5,0 hrs/day** during lockdown vs 2,1 hrs/day prior*  
*Girls : **4,7 hrs/day** during lockdown vs 1,9 hrs/day prior*
- ***62,7%** internet addictive behavior during covid-19 (vs **40%** prior)*
- *Cyberbullying has also increased to **50%** (vs 25%)*



López-Bueno Rubén, López-Sánchez Guillermo Felipe, Casajús José, Calatayud Joaquín, Gil-Salmerón Alejandro, Grabovac Igor, Tully Mark, Smith Lee, Health-Related Behaviors Among School-Aged Children and Adolescents During the Spanish Covid-19 Confinement, *Frontiers in Pediatrics*

# COVID-19 – Closing of schools

- *Drop of school performance during COVID-19 - 0,32SD*
- *Loss of education level up to 38 point values in PISA (Programme for International Student Assessment) which equals to 0,9 school yrs !*
- **During screen education period students have managed to comprehend only 27,5% of the curriculum**



During the period that **sexual experimentation** and flirting are essential in setting the basis for future sexual health and personal identity/self esteem, lockdowns deeply altered the status of youth relationships



# “LOVE KILLS...”



*A lot of teens grew apart and experienced sudden loss of their relationship , disappointment, difficulty in dealing with their emotions and negative impact in their school performance. Evidently, there was significant obstacles in “getting together” and social media emerged once more as a feasible option*

*“I really wanted to see him, but we «split up»... I often wonder if it was my fault. It seems that we are covid-19 victims. It was my first relationship, I «gave it all». I was devastating for me. I still think about him»*

*Melina 16 yrs*



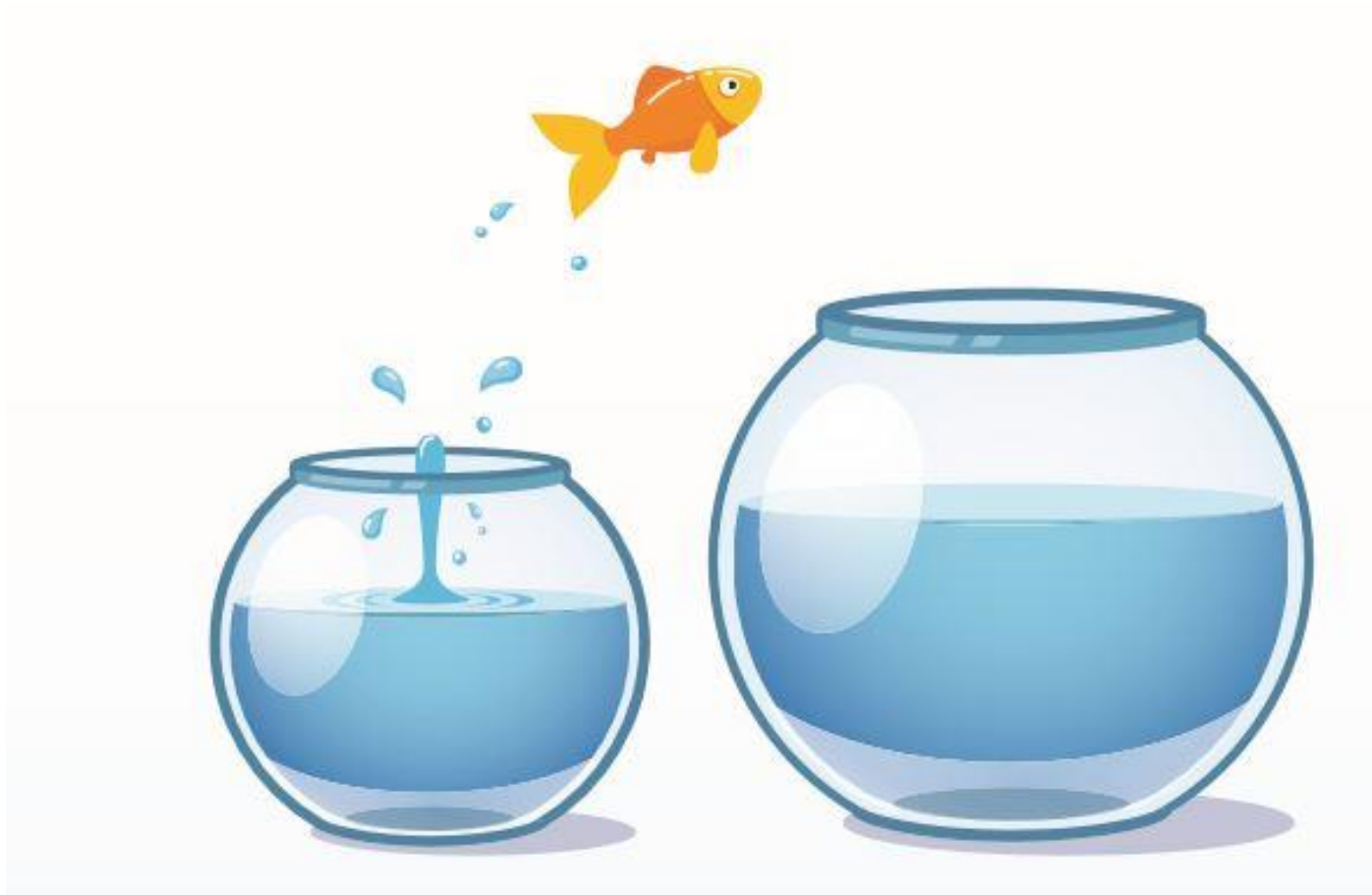
- *Online dating, sexting and online sex - all increased significantly*
- *Especially in boys, research findings reveal addictive behaviors relating to pornography for self satisfaction*
- *Use of such porn material > 3 times/weekly, may have negative impact in future sexual health and psychosocial status*

*Tsitsika AK et al. Sexual Activity in Adolescents and Young Adults through Covid-19 Pandemic Children 2021 Jul 5;8(7):577. doi:10.3390/children8070577.*

# Challenges for significant adults in the family



# *What can be done?*



**Adolescent Health Unit (A.H.U.)**  
**Second Dpt of Pediatrics - National and Kapodistrian University of Athens**  
**“P. & A. Kyriakou” Children’s Hospital**

**Audit 2018 - good practice «Youth Friendly Services - YFS»**

- *Trained and motivated personnel*
- *«Drop in», appropriate hours*
- *Confidentiality*
- *Services at low cost or free in public sector*
- *Adequate time of interview*
- *Multidisciplinary team - coordination*



# Social emotional empowerment - life skills

Social emotional empowerment, is a tool aiming to **adaptation, emotion management and positive behavior patterns.**

**Minors and adults learn to set goals, have empathy and grow functional relationships, take realistic decisions - create a healthy environment.**



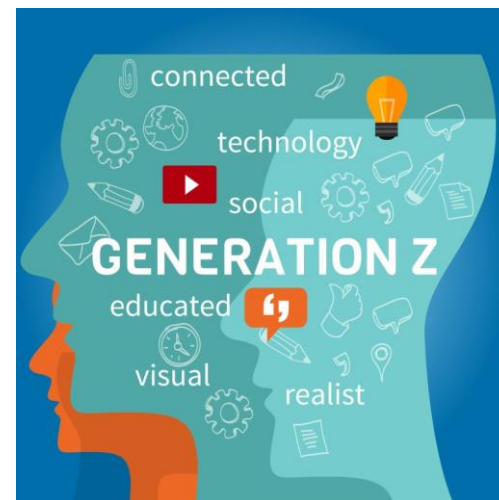
- *Problem solving, coping & goal setting*
- *Acknowledgement of emotions*
- *Management of stress and unhappy feelings*
- *Creation of a positive climate – self esteem*
- *Anger management*
- *Human rights/empathy/relationships*



# *Social Emotional Empowerment*



The key word is ***empathy***, to put ourselves in the position of others, less fortunate people, to inspire youth to act positively..





**Παιδιά/έφηβοι στις ημέρες COVID-19  
Κοινωνική/Συναισθηματική Ενδυνάμωση &  
Ψυχική ανθεκτικότητα**

**ΟΡΓΑΝΩΣΗ ΚΑΙ ΥΛΟΠΟΙΗΣΗ  
ΤΑΧΥΡΡΥΘΜΟΥ ΠΡΟΓΡΑΜΜΑΤΟΣ ΚΑΤΑΡΤΙΣΗΣ  
ΣΕ ΕΠΑΓΓΕΛΜΑΤΙΕΣ ΥΓΕΙΑΣ ΚΑΙ ΣΤΕΛΕΧΗ ΑΛΛΩΝ ΤΟΜΕΩΝ**

**ΠΡΟΚΗΡΥΞΗ ΠΡΟΓΡΑΜΜΑΤΟΣ**

Το Υπουργείο Υγείας, Γενική Διεύθυνση Υπηρεσιών Υγείας/Διεύθυνση Ψυχικής Υγείας, σε συνεργασία με τον φορέα Α.μ.Κ.Ε. «ΙΑΣΩΝ» και την Ιατρική Σχολή του Εθνικού και Καποδιστριακού Πανεπιστημίου Αθηνών, προκηρύσσει 250 θέσεις συμμετεχόντων στο πρόγραμμα κατάρτισης για την κοινωνική/συναισθηματική ενδυνάμωση και ψυχική ανθεκτικότητα παιδιών και εφήβων στις ημέρες Covid-19 σε επαγγελματίες υγείας και στελέχη άλλων τομέων.

# SELMA

## HACKING HATE



Funded by the Rights, Equality and Citizenship Programme (2014-2020) of the European Union



# Πρόληψη (πρωτογενής & δευτερογενής)

- **ENABLE** [www.youth-life.gr](http://www.youth-life.gr)



- **YOUTH POWER** [www.youth-med.gr](http://www.youth-med.gr)





**“ORIGAMI CRANE” award**  
**“WEs”, the winning team, interview on Counter-narratives**  
***12<sup>th</sup> State of the Art Adolescent Health Meeting***  
***April 5-6<sup>th</sup> 2019, Zappeion Megaron, Athens***



***Nicolas, Alexia, Margarita, and Nikolas***



**WE**  
*know how*

Ελληνική Εταιρεία Εφηβικής  
Ιατρικής / Μαζί για την εφηβική  
υγεία



ΕΛΛΗΝΙΚΗ  
ΕΤΑΙΡΕΙΑ  
ΕΦΗΒΙΚΗΣ  
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Μαζί για την ΕΦΗΒΙΚΗ υγεία

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**Μ.Ε.Υ** υποστηρίζω

ΜΟΝΑΔΑ ΕΦΗΒΙΚΗΣ ΥΓΕΙΑΣ (Μ.Ε.Υ)

ΧΩΡΙΣ ΧΡΕΩΣΗ: **80011 80015**



**Operational Programme NSRF  
"Ionian Islands" 2021-2027  
Region of Ionian Islands**

**Title:  
ARIADNE II  
Children, adolescents and the internet:  
Opportunities and challenges of the online world**

# Objectives of the ARIADNE II

- 1. Training of health personnel, mental and social health specialists (psychologists, sociologists, social workers, etc.), as well as teachers* on the development and behaviour of children and adolescents, the possibilities and challenges of the online world and the enhancement of functional parenthood
- 2. Creation of materials for the implementation of programmes in primary and secondary education* with teacher's manuals and materials for students. The material will be multimedia and will include teaching modules, quizzes, games and videos.
- 3. Development of a mobile app* aimed at the safety of children and adolescents in the online world and a related platform of material (cyberbullying, online games, information and misinformation and personal data, digital identity, online rights, digital consumer, sexual harassment, etc.).

# Objectives of the ARIADNE II

4. *Communication and dissemination of the programme to the public* through events, ambassadors, youth group, etc. A project website, brochures and posters, audiovisual and publicity material (spots, videos, radio messages, press releases) will be created and used to disseminate the results of the project to the general public.
5. *Research on the* subject of the project and publication in international scientific journals
6. *Creation of a network of* scientific cooperation throughout the territory and implementation of actions and programmes
7. *Support and development of "friendly" structures for children and adolescents according to the WHO guidelines* that support requests related to their digital life and safety and develop related action, implementing social-emotional empowerment (SEL) protocols



# Leading the Consortium

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## Coordinator :

Institute of Digital Biomedicine  
University Centre of Research and Innovative Work  
Ionian University

## Scientific Supevision :

Adolescent Health Unit (A.H.U.)  
Second Dpt of Pediatrics  
“P. & A. Kyriakou” Children’s Hospital

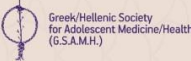
Save the date



# International Conference on Social Pediatrics and Children's Rights 17th STATE of the ART Adolescent Health/Medicine Congress (Joint event)

October 10-12 th 2024  
National and Kapodistrian University of Athens (N.K.U.A.)  
Panepistimiou 30, Athens, Greece

Organised by the:



in collaboration with



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