

WELCOME TO SELF-ID PROJECT

NEWSLETTER

[HTTPS://MY-SELF-ID.EU](https://my-self-id.eu)



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ISSUE 1

LAUNCH EDITION

HELPING YOUNG PEOPLE UNDERSTAND WHO THEY ARE IN A DIGITAL WORLD

SELF-ID is a new **Erasmus+** project bringing together four organisations from Italy, Slovenia, Croatia and Austria to address one of the most pressing challenges facing young people today: how growing up online shapes identity, self-image and self-esteem.

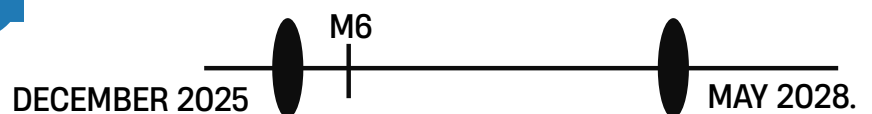
WHAT WE ARE WORKING ON

Over 30 months, the SELF-ID team is developing a research-informed **handbook**, an educational **table escape room**, and a set of **practical tools for teachers**, all grounded in evidence and tested in real classrooms.

WHO IT IS FOR

Our primary focus is preadolescents aged 10–14, with teachers as the essential bridge. We are especially interested in the preventive window: reaching young people before entrenched habits form online.

THE PROJECT TIMELINE



This first newsletter marks Month 6: the team has met, the research has begun, and the first outputs are taking shape.



Co-funded by
the European Union





Four countries, one shared goal

Italy · Slovenia · Croatia · Austria.

Each partner brings a distinct expertise, such as research, communication, media literacy, game design that makes the project stronger as a whole.

What does growing up online mean for today's preadolescents?

Through **surveys** and **focus groups** involving more than 300 young people in Croatia, Slovenia and Italy, the SELF-ID project explored **how social media**, algorithms, online trends and digital self-presentation **influence identity development**.

Despite national differences, the **research points to shared concerns around authenticity, peer pressure, privacy and self-esteem**. The results will help shape new educational resources for schools and young people. Stay tuned: a special newsletter dedicated to the research findings is coming soon.



FOLLOW US ON INSTAGRAM

Behind-the-scenes moments from transnational meetings, classroom sessions, co-created content and partner events, plus updates as the project develops.

@selfid_project



EXPLORE THE PROJECT REPOSITORY

All SELF-ID materials, research reports, tools and outputs, are published in open-access format on our website as they are completed. Visit us to stay up to date.

@www.my-self-id.eu

Digital identity is not something that happens to young people. With the right support, it is something they can shape, understand and own. That is the premise of everything SELF-ID does.