



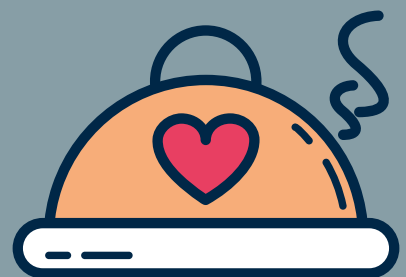
AID: INTERNET ABUSE IDENTIFICATION AND PERSONALISED WITHDRAWAL STRATEGIES

SOCIAL ENGAGEMENT ACTION CARDS



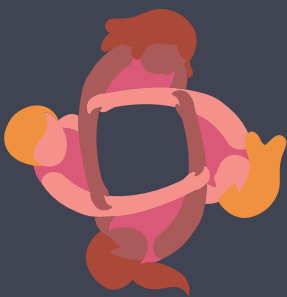
DISCOVER EVENTS IN YOUR CITY/NEIGHBORHOOD

This action will provide you with some ideas about things that you can do alone or with friends in your neighborhood and places that you can visit.



INVITE YOUR FRIENDS AND FAMILY FOR A DINNER

This action proposes the idea of organising a dinner or a simple hang out in your place with your closest people.



JOIN A VOLUNTEERING ORGANIZATION

This action will provide you with information about the opportunities that are in your country for volunteering.



PLAN A GET-TOGETHER ON A DAY OF WEEK.

This action will point out the importance of real, face to face interaction. Having a real conversation is much better than texting.



MAKE NEW FRIENDS OFFLINE

This action will give you some information about the ways you can make new friends while you are offline.



BECAME MORE OPEN TO OTHER PEOPLE

This action will provide you with some information on how to communicate more effectively with other people.

PROJECT NUMBER: 2019-1-UK01 KA204-062021



Co-funded by the Erasmus+ Programme of the European Union

This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.