STRONGER YOU(TH)

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Competence Framework

Support Material for Learning Module Development

STOWARZYSZENIE
MŁODYCH
ARTYSTÓW

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Platform
LIETUVA

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PROJECT INFORMATION

NUMBER: 2024-1-PL01-KA220-YOU-000253958

ACRONYM: STRONGERYOU(th)

TITLE: STRONGERYOU(th): PROMOTING MENTAL HEALTH THROUGH THE DEVELOPMENT OF A PREVENTION AND INTERVENTION PROGRAMME THAT WILL ENHANCE YOUTH WORKERS KNOWLEDGE AND SKILLS ON MENTAL HEALTH AND SELF CARE, FOSTER YOUTH RESILIENCE AND PROMOTE WELLBEING

ACTION TYPE: KA220-YOU - Cooperation partnerships in youth (KA220-YOU)

WEBSITE: https://strongeryouthproject.eu/

STRONGER YOU(TH)

WHAT IS IT FOR?

This template builds a competence-based learning module for youth, based on our mental health survey findings. Each partner chooses one topic and develops it using this format. Modules will be compiled into a final learning resource for the STRONGER YOU(th) project.

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Suggested Topics (based on survey results):

- Understanding youth emotional challenges
- Promoting self-acceptance and self-esteem
- Music and hobbies as mental health tools
- Mindful use of social media and digital detox
- Physical activity and healthy lifestyle
- Developing emotional regulation skills
- Building resilience and motivation
- Using creativity for self-expression
- Yoga, mindfulness, and meditation
- Peer support and combating loneliness

TOPICS

TOPIC	PARTNER
YOGA AND MEDITATION	BULGARIA
CREATIVITY, MUSIC & UPCYCLING	POLAND
EMOTIONAL LIFE SKILLS FOR TAKING CARE AND MAINTAINING OUR MH	CYPRUS
PROMOTING SELF-ACCEPTANCE AND SELF-ESTEEM	LITHUANIA
MINDFUL USE OF SOCIAL MEDIA AND DIGITAL DETOX	ITALY

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CATEGORY / TOPIC	YOGA AND MEDITATION
Learning Objective	To explore and understand the mental health benefits of yoga and meditation, and to develop the ability to apply these practices effectively.
Topics (main subthemes or sections)	1. Introduction to Yoga and Meditation 2. Yoga and Mental Health 3. Meditation and Mental Health 4. Scientific Research and Case Studies 5. Integrating Yoga and Meditation into Daily Life
Learning Outcomes – Knowledge & Understanding	Learners will be able to: 1. Explain the physiological and psychological effects of yoga and meditation. 2. Identify various styles of yoga and types of meditation and their specific benefits. 3. Discuss scientific evidence supporting the mental health benefits of yoga and meditation.
Learning Outcomes – Skills	Learners will be able to: 1. Demonstrate basic yoga and meditation techniques aimed at improving mental well-being. 2. Apply mindfulness and breathing techniques to manage stress and emotional states. 3. Develop a simple, personalized yoga or meditation plan to support mental health.

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CATEGORY / TOPIC	CREATIVITY & MUSIC
Learning Objective	Learners will: • Explore the role of creativity and music in supporting emotional and mental well-being. • Understand how musical expression can facilitate emotional processing, communication, and self-discovery. • Develop personal strategies for using music and creativity as tools for stress reduction and emotional balance.
Topics (main subthemes or sections)	• Exploring the Power of Music and Creative Expression • Music as Emotional Expression and Regulation • Creativity and Mental Health • Scientific Research and Case Studies • Developing Personal Musical or Creative Practices
Learning Outcomes – Knowledge & Understanding	Learners will be able to: • Explain the psychological and emotional effects of music and creative expression. • Identify different forms of musical creativity (e.g., songwriting, improvisation, sound exploration) and their potential mental health benefits. • Discuss scientific research on the relationship between creativity, music, and emotional well-being.
Learning Outcomes – Skills	Learners will be able to: • Engage in basic creative exercises using sound, lyrics, or instruments to explore personal emotions and thoughts. • Use music or other creative tools to manage stress, express difficult feelings, and foster self-awareness. • Design a personal creative routine or musical practice that supports emotional resilience and mental health.

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CATEGORY / TOPIC	UPCYCLING
Learning Objective	Learners will: • Understand the environmental, social, and psychological value of upcycling. • Explore how reusing materials can reduce waste and promote sustainability and emotional well-being. • Discover how creative transformation of objects can support self-expression, agency, and a sense of purpose. • Develop practical skills in turning discarded materials into functional or artistic objects while enhancing focus, calm, and emotional resilience.
Topics (main subthemes or sections)	• Introduction to Upcycling and Sustainability • Environmental Impact of Consumerism and Waste • Upcycling and Mental Health: Mindful Creation and Self-Empowerment • Creative Thinking and Resourcefulness in Upcycling • Case Studies: Art, Fashion, and Functional Design • Designing and Executing Personal Upcycling Projects
Learning Outcomes – Knowledge & Understanding	Learners will be able to: • Define upcycling and distinguish it from recycling and downcycling. • Explain the environmental, economic, and psychological benefits of upcycling. • Recognize the connection between creative reuse and improved mental well-being (e.g. sense of agency, mindfulness, accomplishment). • Identify examples of successful upcycling initiatives that combine sustainability with creative self-expression.
Learning Outcomes – Skills	Learners will be able to: • Plan and execute basic upcycling projects using accessible materials. • Apply creative problem-solving to repurpose waste into useful or expressive items. • Evaluate the sustainability and functionality of their upcycled creations.

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CATEGORY / TOPIC	EMOTIONAL LIFE SKILLS FOR TAKING CARE AND MAINTAINING OUR MH
Learning Objective	1. To understand the concept of emotional intelligence and its role in maintaining mental health. 2. To provide young people with practical information that will help them become aware of their emotions and feelings and understand how they influence behavior in different contexts. 3. To help young people deal with negative emotions in their everyday lives.
Topics (main subthemes or sections)	1. Introduction to emotional intelligence. 2. Practicing self-awareness. 3. Managing emotions 4. Motivation

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CATEGORY / TOPIC	EMOTIONAL LIFE SKILLS FOR TAKING CARE AND MAINTAINING OUR MH
Learning Outcomes – Knowledge & Understanding	1. Young people will learn how emotions and the way people deal with them, can influence one's own as well as other people's mental health and well-being. 2. Young people will learn to identify/name different emotions, understand the difference between emotions and feelings and the impact their emotions and actions have on themselves and other people. 3. Young people will learn to acknowledge negative emotions and how they impact their mental health and well-being. 4. Understand the importance of being motivated for maintaining mental health and well-being.
Learning Outcomes – Skills	Young people will learn how emotions and the way people deal with them, can influence one's own as well as other people's mental health and well-being.

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CATEGORY / TOPIC	PROMOTING SELF-ACCEPTANCE AND SELF-ESTEEM
Learning Objective	To look into the basic principles of self-acceptance and self-esteem, understand how they affect mental health, and create practical strategies for creating a healthier self-image.
Topics (main subthemes or sections)	1. Understanding Self-Acceptance and Self-Esteem 2. The Inner Critic and the Power of Self-Talk 3. The Role of Identity, Body Image, and Social Comparison 4. Tools to Build Self-Esteem 5. Integrating Self-Acceptance Practices into Daily Life
Learning Outcomes – Knowledge & Understanding	Learners will be able to: 1. Define self-acceptance and self-esteem and explain their psychological significance. 2. Describe the factors that influence self-worth, including early experiences, culture, and media. 3. Recognize the impact of negative self-talk and internal beliefs on emotional health.
Learning Outcomes – Skills	Learners will be able to: 1. Identify and reframe self-critical thoughts using positive self-talk techniques. 2. Practice self-compassion and mindfulness based strategies to strengthen self-acceptance. 3. Create a personal self-esteem action plan with achievable, meaningful goals.

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CATEGORY / TOPIC	MINDFUL USE OF SOCIAL MEDIA AND DIGITAL DETOX
Learning Objective	To explore and understand the impact of social media and digital technology on mental health and well-being, and to develop the ability to apply mindful practices and digital detox strategies effectively for healthier technology use and improved psychological wellness.
Topics (main subthemes or sections)	- The psychology of social media engagement and digital dependency - Understanding digital addiction and its mechanisms - The concept of mindful technology use - FOMO (Fear of Missing Out) and attention fragmentation - Impact on anxiety, depression, and social comparison - Creating sustainable digital boundaries and healthy routines - Building supportive digital environments
Learning Outcomes – Knowledge & Understanding	- Identify various types of digital wellness practices, detox strategies, and mindful technology approaches with their specific mental health benefits - Discuss scientific evidence supporting the mental health benefits of mindful technology use, digital detox, and balanced social media consumption - Analyze how social media algorithms, design features, and usage patterns influence behavior, mood, and psychological well-being
Learning Outcomes – Skills	- Demonstrate basic mindfulness and digital wellness techniques aimed at improving mental well-being in relation to technology use - Apply mindful browsing, conscious consumption, and digital boundary-setting techniques to manage stress, anxiety, and emotional states triggered by social media - Implement practical strategies for reducing screen time, creating tech-free zones, and establishing healthy digital routines - Integrate digital wellness practices into daily life in a sustainable and balanced way - Adapt learned techniques to specific contexts such as work, study, social interactions, and leisure time for optimal mental health outcomes