

Project Partnership



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EM&M

EMotional intelligence & cybersecurity
environMents in youth education

Equip Yourself to Protect Youth:

The EM&M Cybersecurity & Emotional Intelligence Manual for Youth Workers

Impact & Benefits

Focus: Online Safety + Emotional Wellbeing

Methods: Blended, Inclusive, Youth-Friendly

Risks: Cyberbullying, Scams, Oversharing, Misinformation

Foundations: Infrastructure, Pedagogical Innovation, Emotional Support



Evidence: EM&M Study, 6 Countries, 329 Participants

Tools: Ready-to-Use Activities & Annexes



Bridging the Gap

Young people face growing digital risks driven by emotions and online behavior, not just technology. This manual helps youth workers move from awareness to prevention, teaching strategies to pause, reflect, regulate emotions, verify information, and make safer choices online.

Empowering Youth Work

The Manual strengthens digital resilience, critical thinking, and responsible participation, supports inclusive education for diverse learners, and provides practical tools for real-life youth work. Aligned with Erasmus+ priorities, it promotes digital readiness, inclusion, and quality youth work.

Main sections

Introduction: Purpose of the manual and combining emotional intelligence with cybersecurity in youth work.

1

Cybersecurity & EI Basics



2

Training Framework



3

Inclusive Blended Methods



4

Risk Assessment Exercises



5

Youth Ambassador Role



6

Resources Repository

