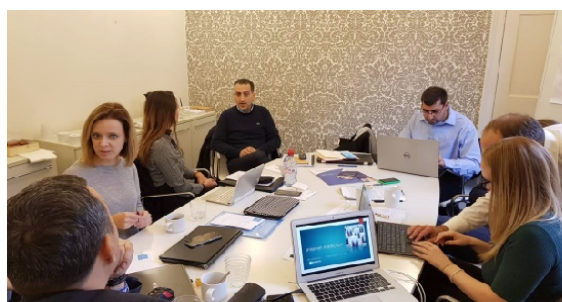


1st Press release - Launch of the Erasmus+ project

‘in Screen Mode’

[CrystalClearSoft \(CCS\)](#) is proud to announce the launch of the Erasmus+ Project ‘in Screen Mode’ that targets young people at risk for [Internet Addiction Behaviour \(IAB\)](#). The project aims at empowering young people (16-25 years old) to deal effectively with situations concerning excessive preoccupation with Internet or screen abuse, equipping them with the skills and the methodological and engineering tools to modify maladaptive computer behaviour for healthy computer use. In order to achieve its goal ‘in Screen Mode’ will create a personal eLearning environment integrating easily use tools (i.e. an Internet Addiction Genie) that will offer personalized Internet withdrawal or screen reduction plans for each specific user.

The consortium consists of seven organizations from six European countries:



- CIVIC UK (Coordinator)
- INT POLAND
- The Nottingham Trent University UK
- CRYSTAL CLEAR SOFT GREECE
- VšĮ Pasaulio piliečių akademija LITHUANIA
- EMPHASYS CENTRE CYPRUS
- ASOCIATIA DIRECT, ROMANIA

The 2nd project meeting was held in Kaunas (Lithuania) and partners discussed about new advances in the project: focusing on behaviours of young population that will be addressed by the training model, they have started the development of action plans to support individual users to moderate their screen time on specific online activities such as SSN, online gaming, gambling, online pornography, develop low level personality traits, and cope with negative behaviours and feelings due to problematic Internet use.

Soon, you will be able through our website to get a personalised report of your behaviour over Internet use and suggested action plans, if applicable to you, to moderate your excessive online behaviour for a healthier computer use.

Are you following along with our progress? Please visit our website www.inscreenmode.eu and the social media.



@inscreenmode



#in_SCREEN_MODE