



empower

EMPOWER Trainers Guide

Helping young people to
make responsible choices
about what they do online

<http://www.empowerme-project.eu/>



Erasmus+

This project has been
funded with support from
the European Commission

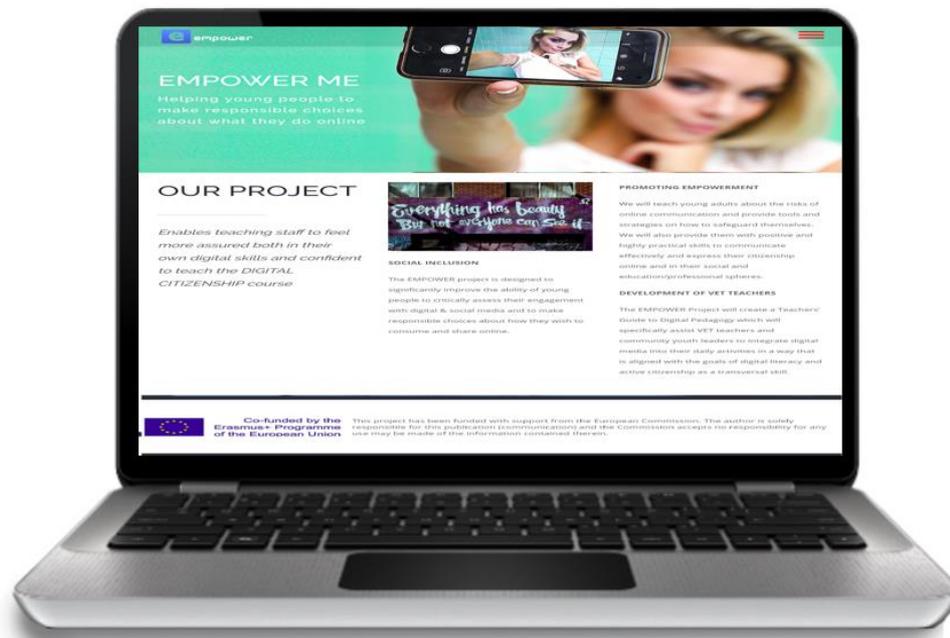
This programme has been funded with support from the European Commission. The author is solely responsible for this publication(communication) and the Commission accepts no responsibility for any use that may be made of the information contained therein.

EMPOWER Trainers Guide Contents

1. About EMPOWER Project	2
2. EMPOWER Course	8
3. EMPOWER Course Delivery	24
3.1 Delivering in a Traditional Classroom Training – with minimum digital tools.....	24
3.2 Sample 5 Day EMPOWER Training Timetable.....	27
4. More EMPOWER Training Resources Available	27
5. Get In Touch With The EMPOWER Course Creators	38

EMPOWER ME Project

The EMPOWER project was designed with a clear purpose to significantly improve the ability of young people to critically assess their engagement with digital & social media and to make responsible choices about how they wish to consume and share online. It also enables teaching staff to feel more assured both in their own digital skills and confident to teach the DIGITAL CITIZENSHIP course



SOCIAL INCLUSION

Specifically, the aim is to:

Encourage knowledge sharing and peer learning among education and youth sector stakeholders to develop a **Good Practice Catalogue** of leading and innovative approaches to teaching media literacy and critical thinking as linked to healthy online behaviour and active citizenship. Create and promote **Digital Citizenship Education Toolkit** comprising open, online resources that Teachers and Educators can use with young people to explore the topic and strengthen their own skills.

PROMOTING EMPOWERMENT

It teaches young adults about the risks of online communication and provide tools and strategies on how to safeguard themselves. Empower also provide them with positive and highly practical skills to communicate effectively and express their citizenship online and in their social and education/professional spheres.

DEVELOPMENT OF VET TEACHERS

The **Empower Project Teachers' Guide** to Digital Pedagogy is designed to specifically assist VET teachers and community youth leaders to integrate digital media into their daily activities in a way that is aligned with the goals of digital literacy and active citizenship as a transversal skill. It is developed and widely disseminated as a user-friendly, interactive online resource to support teaching staff in developing their own digital competences and mainstreaming digital literacy skills in their teaching and youth work activities.

Our main focus is on developing education and training programmes to strengthen the skill base of young people and adults working in Digital Citizenship. The outputs include innovative study modules aimed at teachers, educators, as well as students. Cross-cultural forums will be created to ensure an alliance that pools resources, expertise and experience from across the trans-national partnership. The project will help SMEs to upskill in marketing and digital technologies. Learners will acquire the technical skills required to implement effective digital marketing, as well as the product innovation skills that are critical to entrepreneurship and businesses growth.

The EMPOWER project is transformative since it creates lasting impact for VET teachers and community youth leaders through its 4 main sections which include a;

1. Good Practice Catalogue for Media Literacy and Critical Thinking in VET

The Good Practice Catalogue encourages knowledge sharing and peer learning among education and youth sector stakeholders to develop a Good Practice Catalogue of leading and innovative approaches to teaching media literacy and critical thinking as linked to healthy online behaviour and active citizenship.

<http://www.empowerme-project.eu/learning-portal/good-practice-catalogue/>

2. Digital Citizenship Toolkit

Create and promote Digital Citizenship Education Toolkit comprising open, online resources that Teachers and Educators can use with young people to explore the topic and strengthen their own skills.

Module 1: Digital Footprint and Reputation

Module 2: Self Image and Identity

Module 3: Online Privacy, Security and Safety

Module 4: Digital Citizenship, Digital Literacy and Critical Thinking

Module 5: Recognising Misinformation, Radicalisation and Fake News

Module 6: Digital Drama, Cyber Bullying and Conflict Resolution

<http://www.empowerme-project.eu/learning-portal/digital-citizenship-toolkit/>

3. Digital Tools Showcase

The Digital Tools Showcase is designed to help you learn some of the top tools in under 1 hour. A quick and easy guide to the best tools on the market. The tools are divided up into 10 unique categories which classify each tool by their best use, making it easy to find the best tool for the task. These tools range from Course Creation Tools to Collaboration and File Sharing Tools.

1. Course Creation Tools
2. Bookmark and Curation Tool
3. Quizzing, Polling and Assessment Tool
4. Presentation and Animation Tool
5. Video Hosting and Editing Tool
6. Webinar and Meeting Tools
7. Screen casting and Audio Tool
8. Collaboration and File Sharing Tools
9. Blogging and Social Media Tool
10. Course Management Tool

<http://www.empowerme-project.eu/empower-digital-tools-showcase/>

4. Digital Pedagogy Course

Develop and widely disseminate a Teachers' Guide to Digital Pedagogy as a user-friendly, interactive online resource to support teaching staff in developing their own digital competences and mainstreaming digital literacy skills in their teaching and youthwork activities.

Module 1: Introduction to Innovative Teaching

Module 2: The Flipped Classroom

Module 3: Problem Based Learning

Module 4: E-learning Trends

Module 5: Collaborative Learning Spaces and Peer Connections

<http://www.empowerme-project.eu/module-1-modern-webinar/>

Useful Main Website Links

Official EMPOWER Website	http://www.empowerme-project.eu/
Good Practice Catalogue	http://www.empowerme-project.eu/learning-portal/good-practice-catalogue/
Digital Citizenship Toolkit	Module 1 – 6: http://www.empowerme-project.eu/learning-portal/digital-citizenship-toolkit/
Digital Tools Showcase	http://www.empowerme-project.eu/empower-digital-tools-showcase/
Digital Pedagogy Course	<p>Module 1: http://www.empowerme-project.eu/module-1-modern-webinar/</p> <p>Module 2: http://www.empowerme-project.eu/module2-the-flipped-classroom/</p> <p>Module 3: http://www.empowerme-project.eu/module-3-problem-based-learning-io4/</p> <p>Module 4: http://www.empowerme-project.eu/module-4-elearning-trends-io4/</p> <p>Module 5: http://www.empowerme-project.eu/module-5-collaborative-learning-spaces-peer-connections-io4/</p>
Facebook	https://www.facebook.com/EmpoweringDigitalCitizenship/

The Partners and Developers Behind the Empower Project

Empower Me is delivered by five organizations from **Sweden, Romania, Belgium, Spain UK and Ireland**, who all share a commitment to excellence in teaching and innovative pedagogic approaches.

1. **Folkuniversitetet**, Sweden
2. **Efvet**, Romania
3. **Orizon**, Cultural Belgium
4. **Cebanc**, Spain
5. **Canice Consulting**, UK
6. **Momentum Consulting**, Ireland

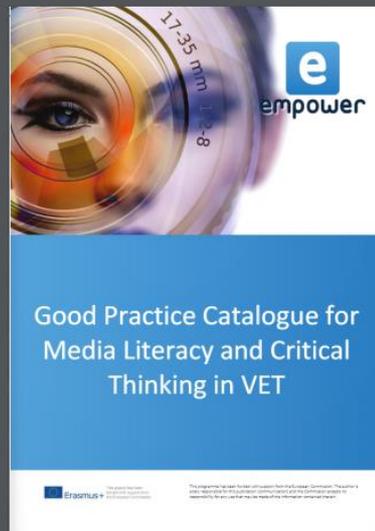
<http://www.empowerme-project.eu/the-team/>

EMPOWER Good Practice Catalogue for Media Literacy and Critical Thinking

The **Good Practice Catalogue** encourages knowledge sharing and peer learning among education and youth sector stakeholders to develop a Good Practice Catalogue of leading and innovative approaches to teaching media literacy and critical thinking as linked to healthy online behaviour and active citizenship. It does this by **creative and participative approaches** to developing media literacy and critical thinking in vocational education and training. It was developed so educators can gain a full understanding of the opportunities, challenges and risks associated with digital media that young people face and provide guidance and support to them in addressing these issues.

This tightly focused resource on media teaches **global best practice** in different areas by providing a collection of good practice in several regional contexts. These regions have shared experiences and recognised the need to **improve digital media skills and competences** in students and young people who are, or are at risk of becoming, marginalised. The guide will **discuss, showcase and recommend more effective ways of imparting complex ideas** around media literacy for citizenship for students and young people. Educators can use it as a basis to generate ideas to **solve their region's own specific challenges** associated with low level of media literacy skills. These ideas will then allow for the development of good practice within individual education and training institutions which, once implemented, will create a multiplier effect that can set the students and young people on a path **towards greater engagement in economic life and civic society**, showing respect for the values and attitudes of others by using newly-acquired media literacy skills and critical thinking.

1 / 45



Download the Good Practice Catalogue

Please click the link below to download the Good Practie Catalogue



<http://www.empowerme-project.eu/learning-portal/good-practice-catalogue/>

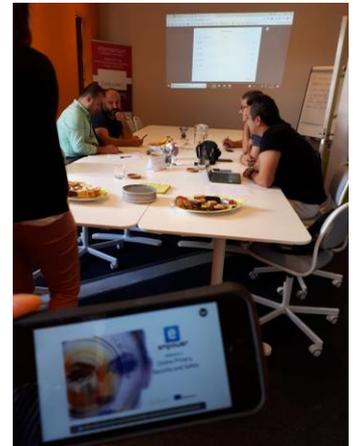
EMPOWER Digital Citizenship Toolkit

The Digital Citizenship Education Toolkit comprises of an open, online resources that Teachers and Educators can use with young people to explore the topic and strengthen their own skills.

Resource for: Teachers and youth workers who are involved in educating and supporting the wellbeing of young people.

This course is designed to be delivered by VET teachers and community youth leaders. Educators can easily adapt our set of EMPOWER training materials and resources to design and deliver training sessions using high-quality content which has been developed, tested and reviewed in Ireland, Sweden, Roman, Belgium, Spain and the UK.

We provide all the necessary resources and materials to successfully deliver the course in a number of settings and formats (see course delivery for more.) As such, previous experience of delivering training in the field of digital and social media is not a prerequisite however some technology and social media knowledge is preferable especially when understanding and clarifying different terms and comparing different platforms. Facilitators of this course should be experienced in participatory training techniques and materials development at local level.



Target of the training: Young People

Objectives of the Digital Citizenship Training Course:

- To significantly improve the ability of young people to critically assess their engagement with digital and social media and make responsible choices about how they consume and share information online.
- Encourage young people to become active citizens through their engagement in digital and social media and teach them the risks of online communication and how to safeguard themselves.
- Assist teaching staff and community leaders with up to date training resources with regard to digital literacy and active citizenship as key transversal skills for young people.

Who created this course?

It was written by experts who are passionate about student's digital well-being and providing teachers with the best possible tools and resources so they can equip their students with up to date on how to safeguard themselves, provide them with highly practical skills to communicate effectively and express their citizenship online in both official civic spaces and in their social and educational/professional spheres.

Module 1: Digital Footprint and Reputation

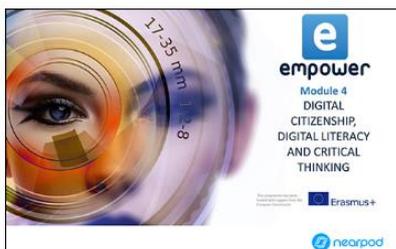
Module 2: Self Image and Identity

Module 3: Online Privacy, Security and Safety

Module 4: Digital Citizenship, Digital Literacy and Critical Thinking

Module 5: Recognising Misinformation, Radicalisation and Fake News

Module 6: Digital Drama, Cyber Bullying and Conflict Resolution



Download "Powerpoints"
powerpoints.zip – Downloaded 154 times – 118 MB



<http://www.empowerme-project.eu/learning-portal/digital-citizenship-toolkit/>

Module 1	Digital Footprint and Reputation
Overview	Students today are very engaged in the online world, but they are often unaware of how their actions online leave a permanent trace and can affect their future reputation. In this module, we introduce the idea of digital footprints, how what you do online leaves traces behind, and how these traces can impact your current and future professional life, health, career and online experience.
Module Outline	<ul style="list-style-type: none"> • Your Digital Footprint • How Social Media Content Can Impact Your Career Goals • Your Digital Shadow • Managing Your Reputation Online • Keeping Personally Identifiable Information Safe • Privacy and GDPR
Learning Objectives	<ul style="list-style-type: none"> • Understand what a digital footprint is • Create a visual representation of what your digital footprint might include • Understand the differences between your digital footprint and your digital shadow • Realise why businesses and companies collect your information online • Recognise that your online reputation is as important as your offline and you must protect it
Exercises & Activities Included	<p>Polls, Videos, Open Ended Questions throughout</p> <p>Activity Create your digital footprint</p> <p>Activity Find out the size of your digital footprint</p> <p>Activity Social Media Profile</p>



ACTIVITY

FIND OUT THE SIZE OF YOUR DIGITAL FOOTPRINT



<https://websites.com/2008/01/24/new-tool-calculates-your-digital-footprint/>

If you're interested in the current size of your own digital footprint, you can download a copy of the [Personal Digital Footprint Calculator](#) on the next slide.

This tool walks you through a questionnaire that calculates your impact based on the responses to questions about your computer usage, email usage, digital camera/camcorder usage, web downloading habits, potential surveillance areas, and geographical information, among other things. The questions do make you think about your online activities, but they may be hard to answer if you're not really aware of your online activities or good at coming up with averages for things like "number of emails sent per week," for example.

www.empowerme-project.eu

Did you know that you also play a role in other peoples digital footprint?



A. Yes

B. No

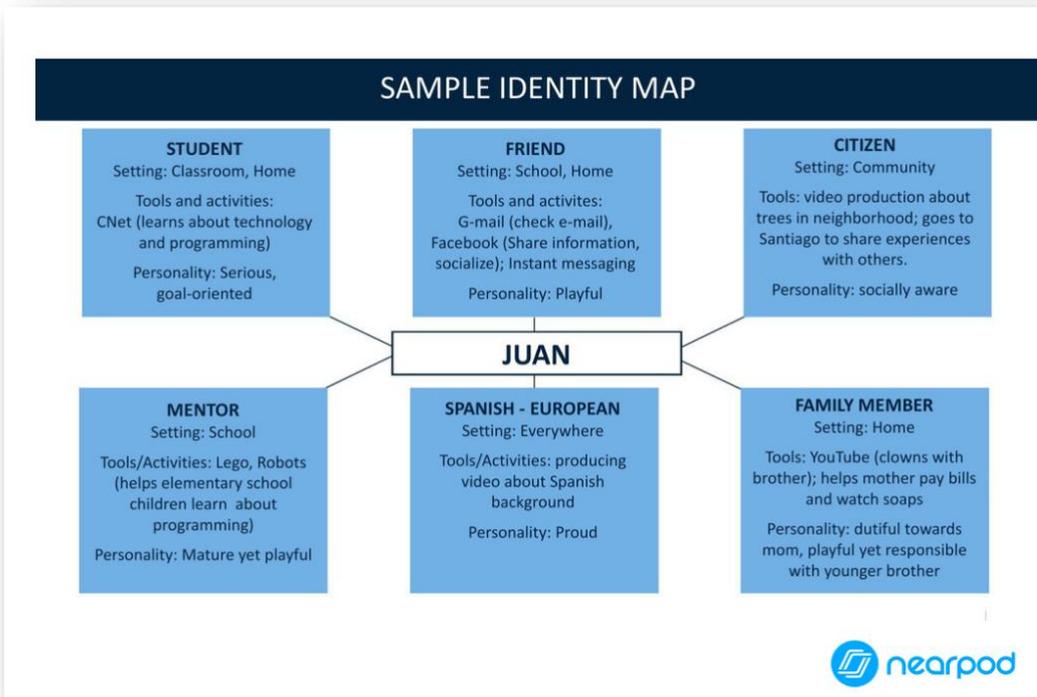
C. Not sure

Select one or more answers

Submit

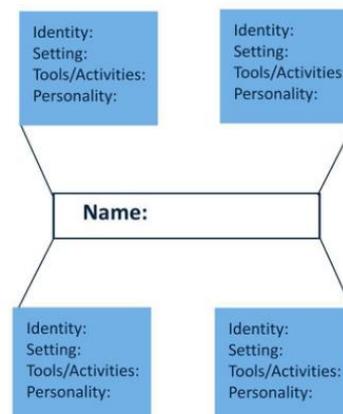
Module 2	Self-Image and Identity
Overview	<p>Whether designing avatars for virtual worlds, selecting profile pictures, or crafting texts to friends, people have countless opportunities to express themselves through digital media. This module demonstrates how having a different persona online can also be a real gift for someone who's particularly shy. It also teaches when we are disguised or anonymous, we can push limits and act in ways we wouldn't in the real world. Some of us may explore antisocial or harmful identities. Others may simply overshare and create reputations that might come back to haunt them. This module shows how you can fragment your sense of self (especially when the online identity gets a lot of feedback and the we become dependent on it).</p>
Module Outline	<ul style="list-style-type: none"> • Your Different Online Identities • Social Media, Self-Image and Self Esteem • Online Offline Personas and Profiles • Finsta V's Rinsta • Social Media and Duck Syndrome • Manipulating Your Identity Online • How to be yourself online
Learning Objectives	<ul style="list-style-type: none"> • Gain a better understanding of your identity and how you may have more than one • Understand that users create different personas online and why they might do so • Think about how social media can influence your identity – real self vs online self • Consider the use of perception vs reality – why we shouldn't jump to conclusion about people's identities • Explore anonymity vs authenticity and credibility online
Exercises & Activities Included	<p>Polls, Videos, Open Ended Questions throughout</p> <p>Activity Identity Map Exercise</p> <p>Activity How to think about your different identities</p>

	<p>Activity Drawing exercise about your online vs offline identity</p> <p>Activity Finsta vs Rinsta</p> <p>Activity Understanding different personas online</p> <p>Activity Exercises on anonymity and pseudonym</p>
--	--



Here are some prompts to help you think about your different identities:

1. What name(s) do people call you by at home, in school, on the sports pitch?
2. What do you do in each place?
3. What can't you do in each place?
4. How do you dress differently?
5. What do you get to say (or what can't you say) in each place?
6. How do you behave in this place?
7. How do you think other people would describe you in this context?
8. What responsibilities do you have?
9. What technologies do you use?
10. What activities support your being a particular way?
11. What elements of yourself do you carry with you into each of these contexts?
12. Are any of these identities "false" or do they simply represent different aspects of who you are?



Module 3	Online Privacy, Security and Safety
Overview	<p>In everyday life we are conscious of security and taking measures to keep ourselves and our belongings safe. When we are online, we also need to keep ourselves and our computers safe and we need to be aware of how online trolls and criminals work. In this module, we introduce the different security issues you may face online such as personal threats like cyberbullying, trolling, grooming and technical threats like viruses, phishing and malware. Most importantly we offer some insights and practical tips you can implement to protect yourself and your computer/mobile device from attacks.</p>
Module Outline	<ul style="list-style-type: none"> • Why Privacy, Security and Safety Is Important Online • Different Types of Online Personal Threats • Different Types of Online Technical Threats • Different Online Inappropriate Behaviours • What has Lead to the Rise of Inappropriate Online Behaviour • The Steps You Can Take If You Feel Threatened • How Our Online Information is Collected for Good and Bad • Oversharing and The Dangers • Permanent Information • Identity Theft Online and Identity Spoffing • Tips for Safe and Secure Surfing
Learning Objectives	<ul style="list-style-type: none"> • Explore some potential threats on the internet • Look at over sharing and how users can put themselves at risk when inappropriately sharing online • Explore ways to use social media an discuss best practice • Understand identity theft and how the internet makes it possible • Identify ways to protect themselves
Exercises & Activities Included	<p>Polls, Videos, Open Ended Questions throughout</p> <p>Activity Reading the most common technical based threats online</p>

	<p>Activity Have you overshared?</p> <p>Activity Drawing exercise about your online vs offline identity</p> <p>Activity What happens when you reply to spam?</p> <p>Activity Further reading and resources</p>
--	--

Personal Threats

CYBERBULLYING

Cyberbullying is a growing Internet safety issue. It is similar to physical bullying, the difference being that Internet services are used to carry out the attacks.

Services such as social networking sites, e-mail, chat rooms, discussion forums and instant messaging can all be used in this type of bullying. Cyberbullying is a criminal offence and is punishable by law.







NEXT 5 MINUTES

Spend a few minutes reading the pdf resource which follows – it provides some more information on some of the most common technical based threats online...



Module 4	Online Privacy, Security and Safety
Overview	Although digital citizenship potentially begins when you sign up for an email address, post a picture online, or use an e-commerce to buy merchandise online, the process of becoming a digital citizen goes beyond simple Internet activity. In this module, we explain why digital citizenship is important and how to engage safely, responsibly and ethically in the digital world...
Module Outline	<ul style="list-style-type: none"> • Why Digital Citizenship is Important • Building your Digital Identity • How to be Your True Self Online • Online Identity – Authenticity • Identity and Authenticity – Living Behind a Mask • Online vs Offline Identity • How to Show Your True Identity Online • How to Engage Safely with Others • Protecting Your Online Posts • The Benefits of Protecting Yourself Online • Digital Literacy and Respecting the Work of Others • How to Use Others Work Correctly • What Fair Use is and What to Do! • Digital Compass Storylines – Self Image and Identity
Learning Objectives	<ul style="list-style-type: none"> • Learn about digital citizenship – what it is and why it is important • Consider your online and offline identities • Examine ways you can be more ‘real’ and true to yourself online • Respect using others work • Test your digital citizenship
Exercises & Activities Included	Polls, Videos, Open Ended Questions throughout Activity How to show your true identity online

- Activity** How to engage safely with others
- Activity** Do you know the steps to protecting your online posts?
- Activity** Do you know what plagiarism is?
- Activity** Discussion on how you can use other people's work correctly
- Activity** The consequences of plagiarism
- Activity** Why some creators stop others from using their content
- Activity** Test Your Digital Citizenship

WHY IS DIGITAL CITIZENSHIP IMPORTANT?

Digital Citizenship teaches you how to live in the digital world safely, responsibly, and ethically. Although digital citizenship potentially begins when any child, teen, and/or adult signs up for an email address, posts pictures online, or uses e-commerce to buy merchandise online, the process of becoming a digital citizen goes beyond simple Internet activity.



IDENTITY & AUTHENTICITY – LIVING BEHIND A MASK

What point do you think this video makes about identity?



Module 5	Recognising Misinformation, Radicalisation and Fake News
<p>Overview</p>	<p>The rapidly evolving media and information landscape is increasingly creating challenges for teachers and students. Students are targeted by extremist groups through propaganda, while fake news and conspiracy theories challenge the curriculum. Teachers are confronted with issues on a wider scale, and many find it difficult to catch up on this shift of the digitally infused socio-cultural reality of their pupils. This module covers media literacy which can be a solution and play a role in the prevention of radicalisation leading to violent extremism and terrorism. This module explains how we can use this change as an opportunity to confront violent extremism and boost democracy</p>
<p>Module Outline</p>	<ul style="list-style-type: none"> • Social Media as a Mass Communication Tool • Social Media as a News Source • Social Media Impact on News

	<ul style="list-style-type: none"> • Citizen Journalism • Social Media as a News Source • Understanding Disinformation, Fake News • Steps to Being News Literate • Extremism, Radicalisation and Terrorism • How Social Media as a Tool is Used to Spread Radicalisation • Spotting Radicalisation
Learning Objectives	<ul style="list-style-type: none"> • Explore the power of social media as a news source • Consider the impact of social media for breaking news stories • Learn about fake news and how to test the validity and credibility of news • Examine the 7 stages of hate and social media as a tool for radicalisation and the promotion of extreme news • Learn about critical thinking and the 5 C's of Critical Consumption
	<p>Polls, Videos, Open Ended Questions throughout</p> <p>Activity News Source Poll - Where do you get your news from?</p> <p>Activity Real vs Fake News Poll</p> <p>Activity Fake News Quiz – can you guess which stories</p> <p>Activity Extremism Quiz</p> <p>Activity Further Reading Resources</p>



SOCIAL MEDIA AS A MASS COMMUNICATION TOOL

- Over a third of the world’s population is using some form of social media to communicate
- Most people join a social media site as they see it as an effective and efficient way for people to communicate and stay connected with their friends and family all over the world
- Others join social media to for entertainment, news, shopping and more.
- Fake news, propoganda and radicalisation are all real world threats that you may encounter online.

<https://en.unesco.org/news/unesco-releases-new-research-youth-and-violent-extremism-social-media>

www.empowerme-project.eu



EXTREMISM – TRUE OR FALSE

	True/False
You can tell if someone has extreme views by looking at them	
People of the same religion all have the same views about important issues	
There is extremism in almost every country	
A person who becomes involved with any extremist group can be said to be radicalised	
Certain extremist actions can tarnish whole communities	
Radicalisation is the process which turns someone into an extremist	
Extremism can apply to things like fox or whale hunting, nuclear power and veganism	

www.empowerme-project.eu



Module 6	Digital Drama, Cyber Bullying and Conflict Resolution
Overview	Are you respectful online? Everyone has different feelings and opinions and it is important to respect differences online. You may wish to comment on something someone has shared but always remember that behind every account is a real person. In this module, we explore Netiquette and also look at the issues of Digital Drama and Cyberbullying
Module Outline	<ul style="list-style-type: none"> • Check How Your Netiquette Is • How to React to the Negativity • Understanding Digital Drama • Understanding Cyberbullying and the Different Types • What to do When you are Being Cyber Bullied • Hate Speech and the Motives Behind It • Hate Speech and Counter Hate Speech • Tips for Countering Hate Speech Online
Learning Objectives	<ul style="list-style-type: none"> • Review how is your Netiquette? Online cruelty and cyberbullying, what can improve or deteriorate the situation? • Explore user’s inputs to negative online activity and how or when to step in • Reflect on your own experiences of online cruelty, what is right and wrong to do • Analyse other user’s perspectives, motives and feelings • Create guidelines for dealing with online cruelty as well as offline cruelty in school or other parts of life
Exercises & Activities Included	<p>Activity Netiquette – What would you do?</p> <p>Activity Netiquette 2 – What would you do?</p> <p>Activity Have you ever been affected by cyber-bullying?</p> <p>Activity Watch Video: Can you figure out why this girl is being bullied?</p> <p>Activity Online Cruelty Quiz - Multiple True or False Questions</p> <p>Additional Reading Resources</p>



COUNTER SPEECH

HATE SPEECH & COUNTER HATE SPEECH

“This story is based on a poorly researched news article. Actually only a few Christmas markets are called winter markets.

The reason they are, however, is that they start before the Christmas season and continue into January. You can read more about it in a number of places, including the Bild Blog”

<https://www.bosch-stiftung.de/en/story/what-can-be-done-combat-online-hate-speech>

www.empowerme-project.eu



STOP – BLOCK - TELL

IF YOU EXPERIENCE CYBERBULLYING



STOP! Don't do anything. Take 5! to calm down.

BLOCK! Block the cyberbully and limit online communications to close friends and family.

TELL! Tell a trusted adult, you don't have to face this alone.

www.empowerme-project.eu



EMPOWER Digital Citizenship Toolkit – General Instructions for Trainers

The **EMPOWER Digital Citizenship Course Curriculum** can be delivered in a number of ways including classroom, flipped, interactive or blended delivery. The traditional classroom delivery format can be greatly enhanced through introduction of

- **A Flipped Classroom** - learners study module content prior to class with a focus on exercises and assignments in class. In this setting, lectures are brief and serve to motivate the activity for the class.
- **Blended Learning** combines online digital media with traditional classroom methods. It requires the physical presence of both teacher and student, with some element of student control over time, place, path, or pace. Learners still attend a classroom setting with a teacher present, face-to-face classroom practices are combined with computer-mediated activities regarding content and delivery. Blended learning is most used in professional development and training settings.



EMPOWER Delivering in a Traditional Classroom Training – with Minimum Digital Tools

Classroom training remains one of the most popular training techniques for trainers. Typically, it is instructor-centered face-to-face training that takes place in a fixed time and place.

EMPOWER Classroom Delivery Materials

Classroom Tool	Suggested Uses in the Classroom	Additional Resources Required
PowerPoint® presentation	Training materials are developed in PowerPoint. We suggest that these be displayed on a large	Laptop/Computer Projector Large Screen

	screen for classroom delivery.	
Videos	Videos are used to explain certain sections of the training content and to present case studies for discussion.	Audio/sound system
Interactive Assessments and Quiz's	EMPOWER Modules 1-6 contains multiple quizzes and assessments intended to help learners retain the course information, put their new skills and knowledge into practice and stimulate classroom discussions to encourage further understanding.	Laptop/Computer Projector Large Screen Internet access

Suggested delivery mechanisms as part of this delivery method:

Small group discussions. Break the participants down into small groups and give them quizzes and assessments or drawing exercises to do together, discuss or solve. This allows for enhanced knowledge transfer between learners.

Q & A and discussion sessions. Informal question-and-answer sessions as a result of the quizzes and assessments are most effective once instant answers are received for live discussion with small groups. This allows students to learn in an informative, practical, fun and discussion-based delivery maximising learning retention.

Online/Interactive Learning Delivery via Nearpod

Nearpod is an interactive digital teaching tool which can be used to deliver the Digital Citizen Toolkit. This is the preferred method of course delivery as it is an interactive, fun and facilitated learning approach.



Classroom Tool	Suggested Uses in the Classroom	Additional Resources Required
<p>Nearpod www.nearpod.com</p>	<p>Our suggested delivery method for the EMPOWER project on Nearpod.</p> <p>Nearpod is an innovative digital tool for engaging young people and students in the subject via technology e.g. their mobile phones. Recently listed as #1 in a list of the 90 Hottest EdTech Tools of 2018 According to Education Experts, Nearpod fully captures the attention of all students encouraging learning through interactivity and action.</p> <p>Teacher Control: It allows teachers to control the lessons as to what gets covered at a particular time, share a live session, students enter a code and the lesson is synced to all devices. Students can freely navigate through the course or you can control students staying on one part of the course.</p>	<p>Laptop/Computer Projector Large Screen Internet access</p> <p>Access EMPOWER version on Nearpod</p>

Steps to getting started with Nearpod:

1. If you do not already have a Nearpod Account as an educator, you can set one up quickly [here](#). The students do not need to set up an account they can use yours once you are issued your code.

2. Once you have set up and logged into you Nearpod account, you can access the shared EMPOWER Digital Citizenship Nearpod Course [here](#). By following this link, you can add the shared folder to your won Nearpod account.

3. You can then edit, update and deliver the course as you want.



Sample 5 Day Empower Training Timetable

Day	Training Content
Day 1	09.00 – 13.00 Module 1 14.00 – 15.30 Module 2
Day 2	09.00 – 13.00 Module 2 14.00 – 15.30 Module 3
Day 3	09.00 – 13.00 Module 3 14.00 – 15.30 Module 4
Day 4	09.00 – 13.00 Module 4 14.00 – 15.30 Module 5
Day 5	09.00 – 13.00 Module 6 14.00 – 15.30 Module 6

EMPOWER More Empowering Digital Citizenship Training Available

Our partners have worked hard to develop a very holistic training experience. The training modules can be augmented by the following best practice tools. Click on the web enabled links below...

Digital Tools Showcase and **Digital Pedagogy Course** provide a set of tools that educators can use to introduce more innovative approaches to their digital teaching delivery. These Open Education Resources support and teach educators how to develop their digital competences and pedagogical skills to use new technologies and open education resources in their training.

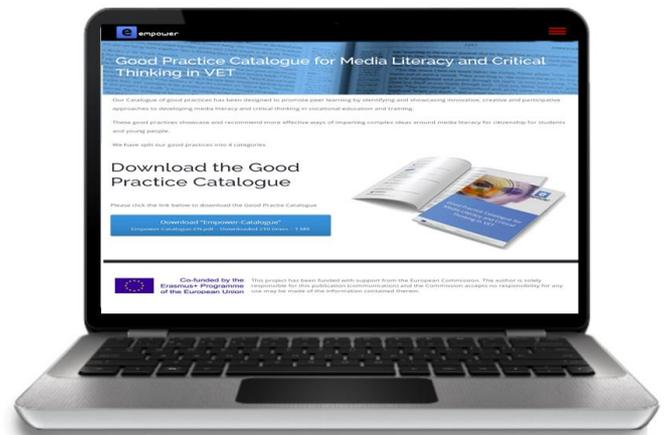
There are two components;

Digital Tools Showcase is an interactive toolkit showcasing the best digital learning tools and provides practical guidance for educators wishing to incorporate mobile and digital e-learning resources with highest potential during their daily teaching techniques.

Digital Pedagogy Course is a short course to motivate/guide and instruct educators to pursue more innovative pedagogic strategies and digital e-learning resources.

EMPOWER Digital Tools Showcase

The Digital Tools Showcase is designed to help you learn some of the top tools in under 1 hour. A quick and easy guide to the best tools on the market. The tools are divided up into 10 unique categories which classify each tool by their best use, making it easy to find the best tool for the task. These tools range from Course Creation Tools to Collaboration and File Sharing Tools.



Our showcase follows a simple 5 step approach:

1. **Watch** a short overview video on the tool and read our summary to gain a quick understanding of how the tool works and why we like it!
2. **Read** a variety of additional resources, blogs, info pages and “FAQs” on each tool to help you gain a better understanding of how the tool works.
3. **Learn from Others** allows you to watch a variety of our carefully selected videos on how other educators are using the tool in their teaching practice.
4. **Get Started with the Tool** provides a simple step by step approach to get you up and running with the tool.
5. **Action** encourages you to take part in some follow up activities, a quiz, a lesson or some other call to action, this is to help test your knowledge.

Give it a try and you will:

- Learn intuitive powerful tools for engaging students
- Deepen your understanding of the pedagogic potential of digital learning tools
- Be motivated to incorporate some of these new tools into your teaching practice
- Increase your own digital literacy enormously

1. Course Creation Tools

- Ed Puzzle
- Go Conqr
- Ted Ed
- Word Press

2. **Bookmark and Curation Tool**

- Diigo
- Pinterest

3. **Quizzing, Polling and Assessment Tool**

- Digital Assess
- Kahoot
- No More Marking

4. **Presentation and Animation Tool**

- Explain Everything
- Piktochart
- Thinglink

5. **Video Hosting and Editing Tool**

- YouTube

6. **Webinar and Meeting Tools**

- Gowtoweinar
- Skype

7. **Screen casting and Audio Tool**

- CAMTASIA
- ScreenCast-O-Matic

8. **Collaboration and File Sharing Tools**

- Dropbox
- Slack

9. **Blogging and Social Media Tool**

- Blogger
- Facebook

10. **Course Management Tool**

- Blackboard
- Moodle

<http://www.empowerme-project.eu/empower-digital-tools-showcase/>

Let's take one of the Course Creation Tools, TedEd as an example and show you what it looks like:



Category: Course Creation Tool

Website: www.ed.ted.com

Price: Free and Premium Versions available

1. Watch

TED is a global community that is passionate about the power of ideas to change attitudes and lives. TED Ed is the education wing of TED and is committed to creating lessons worth sharing. It has an extensive library of lessons where carefully curated educational videos are available.

The TED-Ed platform allows users to take any TED Talk, TED-Ed Lesson or educational video and easily create customized questions and discussions around the video. Users can then distribute these lessons, publicly or privately, and track their impact on the world, a class or an individual student.

3 Reasons to use Ted Ed in the classroom:

- Educators can choose lesson videos from a bank of videos on Ted Ed -subject categories include Arts, Literature and Language, Business and Economics, Health, Mathematics, Philosophy and Religion, Social Studies, Psychology, Science and Technical subjects and Thinking and Learning.
- Ted Ed offers a complete lesson plan structure – the THINK feature offers educators the opportunity to ask questions and test learners comprehension of the lesson topic, DIG DEEPER offers educators the opportunity to provide extra reading and resources while the DISCUSS feature facilitates class discussions and peer learning
- One of the most powerful features that TED-Ed offers is the ability to track and measure various forms of engagement within each TED-Ed lesson over time. Learners can track all their completed lessons, answers etc. and educators can provide direct feedback via email to individual learners



Here are just a few of the possibilities with TED Ed:

- Implement flipped classroom pedagogic approaches which that sees the typical lecture and homework elements of a course reversed. Short video lectures are viewed by learners at home before the class session, while in-class time is devoted to exercises, projects, or discussions with the teacher acting as a tutor, mentor and guide
- Create personalised learning experiences where learners can rewatch videos as many time as needs be to grasp topics and can then progress though the rest of the lesson at their own pace
- Encourage peer learning and discussions
- Open up lessons to students across the world or specific classes for shared learning experiences

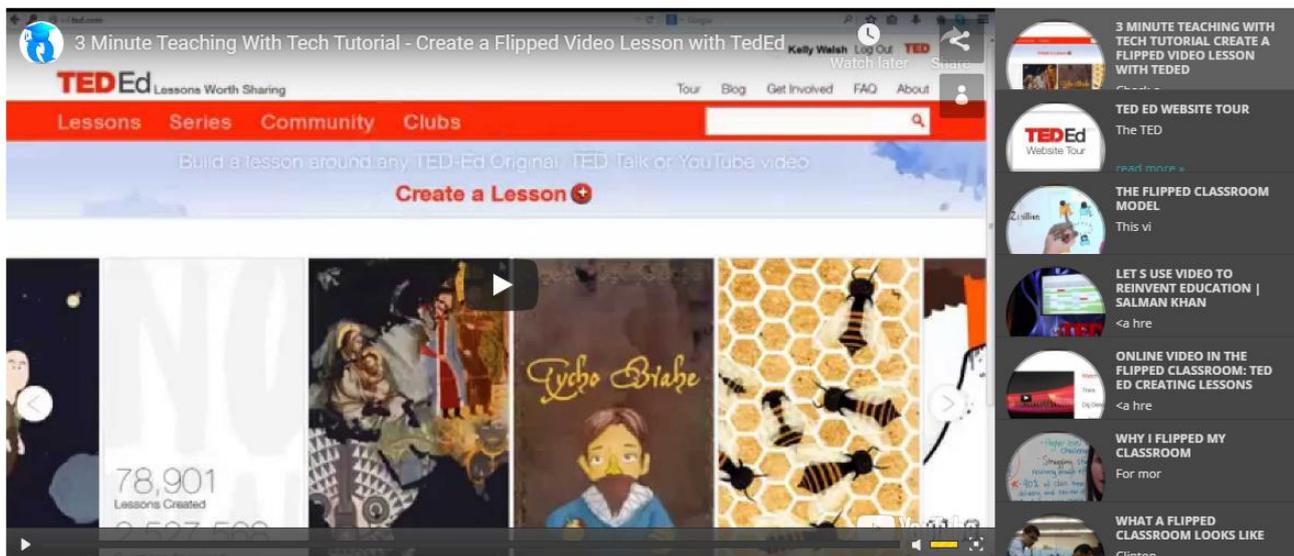
2. Read

Interested in finding out more about TED Ed and how you can use it your class or lecture room? Follow this link to find out more about this tool.

<https://ed.ted.com/about>

3. Learn From Others

We collected and created some explainer videos which include tutorials, case studies of educators using this tool and more. Watch and learn.



4. Get Started with TED Ed – how to create a flipped lesson

Step 1

Step 1: Go to ed.ted.com

- First head over to TED ED and Click on " Find and Flip "

Step 2

Step 2: Find YouTube Videos for your lessons

- You can search YouTube for a video to build a lesson around. Choose carefully – this video will be the centrepiece of your lesson.

Step 3

Step 3:

- Click to select the video then click on " Flip this video "

Step 4

Step 4: Listed /Unlisted

- Now you can choose whether you want your flipped lesson to be discovered by TED community or not simply by clicking on Listed/Unlisted button. You can also customize whether you want to allow others to flip it or not.

Step 5

Step 5: Title/ Description

- Now you can provide a title and description to your lesson

Step 6

Step 6: Customize your video lesson

- Next you have the choice to customise your video lesson and make it more engaging. Start by working on the sections featured in the right hand column. Click on:

A- Think

- Clicking on "Think" button enables you to add questions around on the video. The questions can be either multiple choice or open answer or both.

B- Dig Deeper

- Here you can provide more insight or questions to get learners thinking deeper.

C- Discuss

- Here you can open a new discussion, view old discussions and create new ones.

D- ... And finally

- Within a limit of 250 characters, you can add more food for thought for your learners around the video they have watched or why not use this section to link to another follow on lesson.

Step 7

Step 7: Click on " Finish Flip" when you are done.

- You can also preview it before saving it

Step 8

Step 8: Share

- When you click " finish flip" a pop-up window will be displayed showing a synopsis of your work and providing you with links to share it either via email or through social media websites. There is also an edit button that you can use to edit your lessons

Step 9

Step 9: Lessons stats

- When you share your video lessons with learners, they will be to watch the video then engage with the content and questions you provided on it. All they have to do is click on each category: (Think, Dig Deeper, Discussion, and Finally) to get started .
- You will be able to track how many learners answered the questions and how many discussions are created and all the other stats about your lesson right from your TED ED account

5. Action – Take our TED Ed Flipped Learning Module

Now that you have had a good introduction into TED Ed – why not test it out for yourself and learn more about the flipped classroom pedagogy which works very well with this tool

Start the module: <https://ed.ted.com/on/i8Pk1e3C>

5. Digital Pedagogy Course

Develop and widely disseminate a Teachers' Guide to Digital Pedagogy as a user-friendly, interactive online resource to support teaching staff in developing their own digital competences and mainstreaming digital literacy skills in their teaching and youthwork activities.

Module 1: Introduction to Innovative Teaching

Module 2: The Flipped Classroom

Module 3: Problem Based Learning

Module 4: E-learning Trends

Module 5: Collaborative Learning Spaces and Peer Connections

<http://www.empowerme-project.eu/module-1-modern-webinar/>

Taking **Module 1:** Introduction to Innovative Teaching as an example.



MODULE 1- INTRODUCTION TO INNOVATIVE TEACHING

Module 1- Introduction To Innovative Teaching

Duration: 1.5 hours

Structure: Self-guided learning including recorded webinar (online seminar) and extra reading

- When I hear, I *forget*
- When I hear and see, I *remember* a little.
- When I hear, see, and ask questions about it or discuss it, I begin to
- When I hear, see, discuss, and **do**, I *acquire* knowledge and skill.

(Silberman, 1996)

Why Innovative Teaching?

Innovation is the process of making lives better while Innovative Teaching is the process of making teaching and learning experiences better. There are many reasons why Innovative Teaching is required today – some of these are:

- Our society today needs people who are flexible, creative, and proactive – people who can solve problems, make decisions, think critically, communicate ideas effectively and work efficiently within teams and groups
- Technological and pedagogical advances are changing the way we learn and consume knowledge

In the context of the project, there are a few key areas of Innovative Teaching that particularly interesting:

- The trend for course to incorporate more social learning, more active learning, and more real-world assessments
- The collaboration angle on all fronts from faculty members working with colleagues and instructional designers to develop courses collaboratively to learners utilising the power of peer connections
- The shift towards optimized class time – which is seeing an increasing percent of formal instruction now taking place online with a view to web-enhanced and blended classes soon expected to become the norm.

Innovative Teaching and the Teacher

Traditionally, the teacher or trainer was seen as a figure of authority. Their knowledge and experience was respected, was way their standardised approach to promoting learning of written exercises and formal tests to instruct their learners.

Today though the role of the teacher or trainer has very much evolved into one more concerned with facilitation and support. Teachers and trainers work on supporting learners as they learn and develop skills in, for example, assessing evidence, negotiation, making informed decisions, solving problems, working independently and working with others. In the classroom and elearning spaces, learner participation and active involvement in their is essential.

Tutor-centred Model vs Learner-centred Approach



Teacher-centred Model

- Teacher-centred classroom
- Product-centred learning
- Teacher as a 'transmitter of knowledge'
- Teacher as a 'doer' for children
- Subject-specific focus

Learner-centred Approach

- Learner-centred classroom
- Process-centred learning
- Teacher as an organiser of knowledge
- Teachers as an 'enabler', facilitating pupils in their learning
- Holistic learning focus

Learners in the Classroom

FROM

- Being passive recipients of knowledge
- Focus on answering questions
- Being 'spoon fed'
- Competing with one another
- Wanting to have their own say
- Learners of individual subjects

TO

- Active and participatory learners
- Asking questions
- Taking responsibility for their learning (reflective learners)
- Collaborating in their learning
- Actively listening to opinions of others
- Connecting their learning

Some innovative Teaching Methods

- Technology-driven classrooms/ Digitisation in teaching, learning assessment and feedback/ BYOD – Bring your own device
- Flipped classroom
- Inquiry-based & problem-based learning
- Linking curriculum with life – emphasis on skill building, life skills/values and understanding of concepts
- Collaborative learning
- Differential learning – Differentiated instruction
- Activity-based learning and learning labs
- Interdisciplinary learning
- Integrative and social responsibility and civic engagement

Innovative Teaching and Delivery of this Module – What is a Webinar?

Short for Web-based seminar, a webinar is a presentation, lecture, workshop or seminar that is transmitted over the Internet using video conferencing software. A key feature of a Webinar is its interactive elements: the ability to give, receive and discuss information in real-time.

Using Webinar software participants can share audio, documents and applications with webinar attendees. This is useful when the webinar host is conducting an lecture or information session. While the presenter is speaking they can share desktop applications and documents.

Module Delivery Tool: Adobe Connect

Benefits of Webinars as a learning delivery tool:

- Webinars create a sense of event around your ideas, value and information
- The build up to your webinar attracts attention, traffic and positive awareness
- Webinars have a sense of being “live” and newsworthy, but also the viral impact of people sharing their intention to attend
- When you present your information live and interactive, the audience can question, clarify and drill down the parts that interest them most.
- Rather than guess at what your audience most wants, allow them to ask you! This means teaching is deeper and accelerated in comparison to other forms of presenting content online.
- You are creating products in real-time but recordings you make can be repurposed and redelivered in the form of video, audio, slides and transcripts (as we have done here)
- Because your audience gets to hear you and interact with you, your credibility and connection to your audience builds faster and deeper
- It's the next best thing to meeting you in person, but with the advantage that webinars scale to allow you to present in front of hundreds and even thousands of people all at once without any travel involved.

Why view watch our Recorded Webinar?

- Learn more about the concept of Innovative Teaching and its context to Empower Project
- Learn about Innovative Teaching in Practice:
Wordpress as Learning Management Tool
Facebook Groups for Peer Connections
Dropbox as a Collaboration Tool
- Gain a deeper learning by reviewing learners' questions from the webinar

How do you take this Module?

Easy – just watch the recorded webinar and review the questions answered and links mentioned in the webinar which are listed below. Got questions after the webinar, feel free to contact the speakers and/or join our Mobile and Digital Elearning Facebook Group.

EMPOWER Get in Touch with the Empower Course Creators

If you would like any further information on how to deliver this training or make the best use of our EMPOWER curriculum and resources, please contact us on our website or connect with one of our project partners, [CLICK HERE](#)



Empower Me is delivered by five organizations who all share a commitment to excellence in teaching and innovative pedagogic approaches.

- **Folkuniversitetet**, Sweden
- **Efvet**, Romania
- **Orizon**, Cultural Belgium
- **Cebanc**, Spain
- **Canice Consulting**, UK
- **Momentum Consulting**, Ireland

