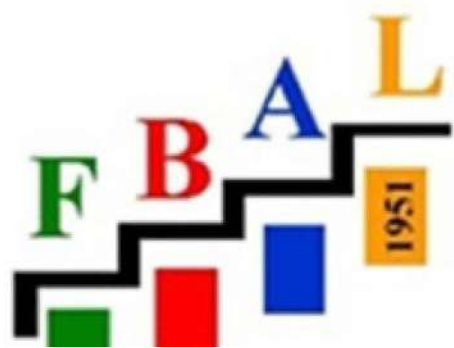




"Digital Harmony"- Steering Social Media Towards Positive Mental Health and Active Societal Participation

20224-1-FR01-KA220-SCH- 000253473

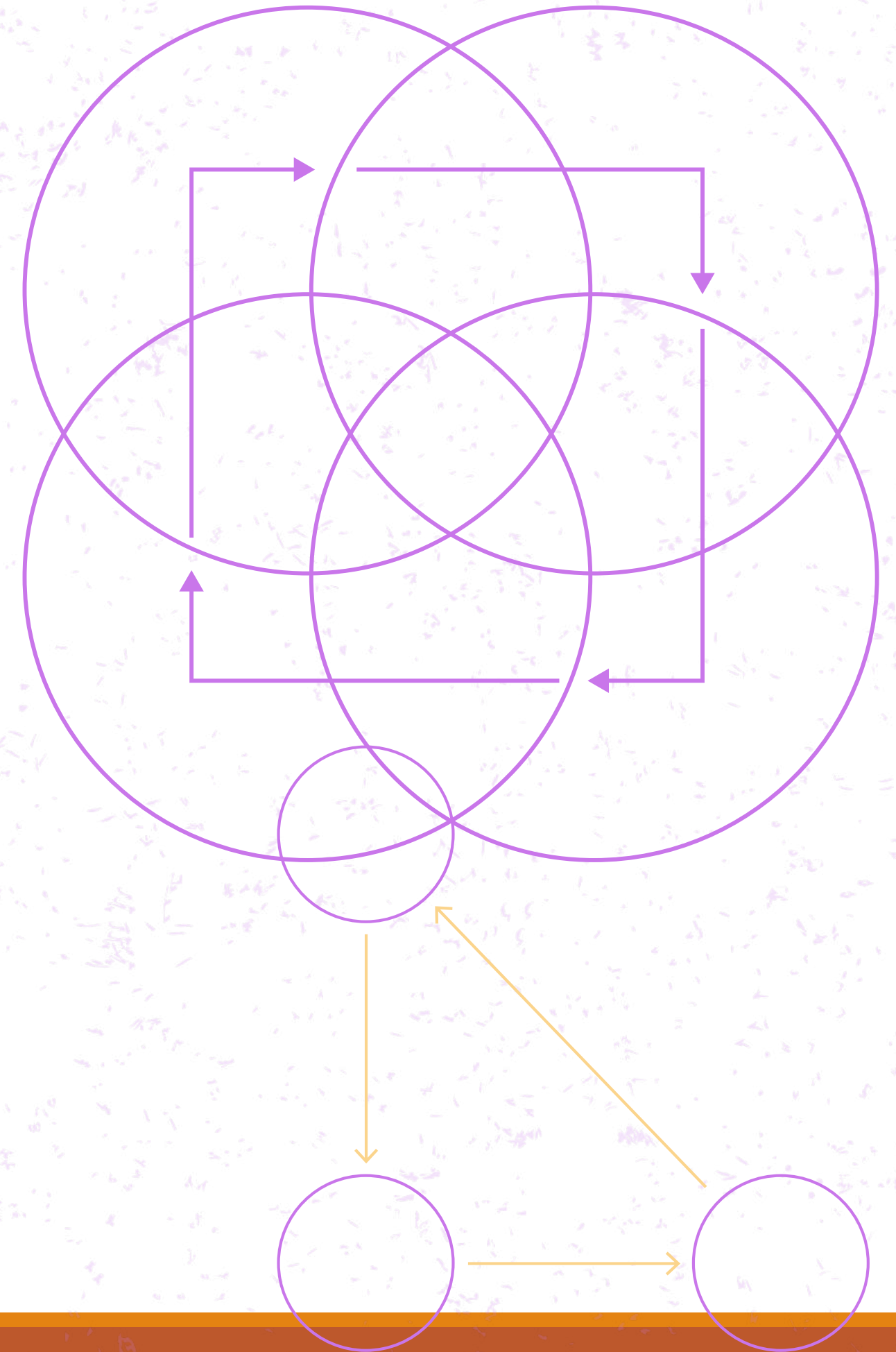
Learning Teaching and Training Activity 1

01-05 September 2025 / Reunion, France



Digital Protest: Voices for Change

Digital Protest



Definition and Purpose of Digital Protest

01 Expressing Opinions

Digital protest provides a platform for individuals to **voice their opinions** on critical social issues.

02 Raising Awareness

It helps to **spread awareness** globally, attracting attention to causes that might otherwise be overlooked.

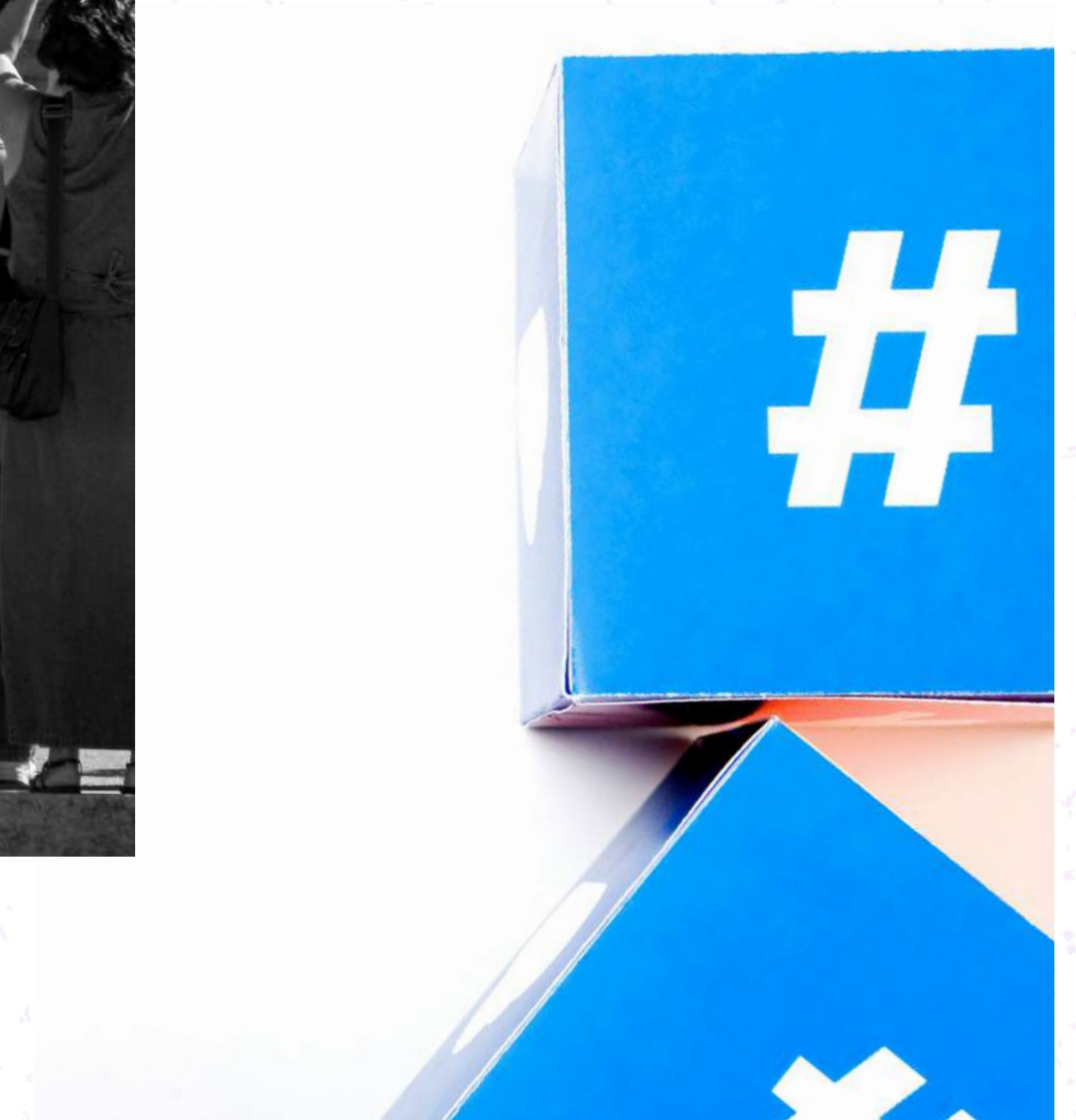
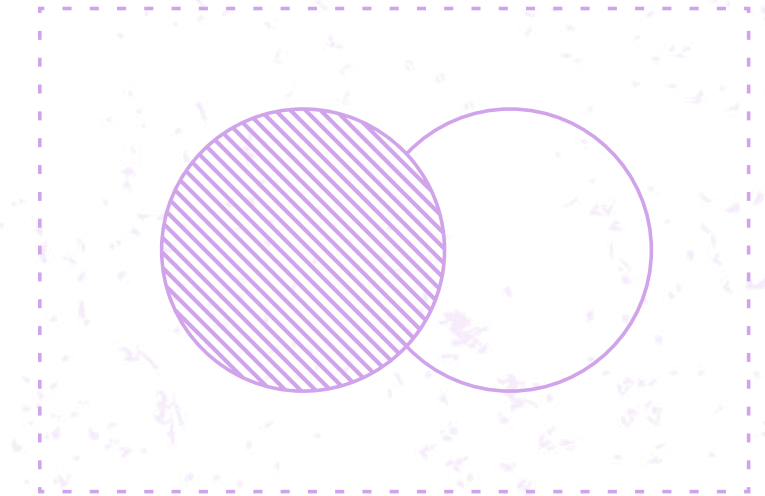
03 Demanding Change

Digital protest is effective in **mobilizing support** and pressuring authorities for necessary changes in policies.



Digital protests utilize social media platforms to amplify voices and drive social change.

Hashtag campaigns like **#MeToo** and **#BlackLivesMatter** have significantly increased awareness and mobilized **global movements** for justice and equality.



Advantages of Digital Protests



01 Fast Spread

Digital protests can **rapidly disseminate messages** , reaching millions worldwide within moments, making a wareness happen quickly.

02 Low Cost

Utilizing online platforms minimizes **financial barriers** , allowing movements to mobilize without the burden of traditional advertising.

03 Global Participation

The internet allows voices from **diverse backgrounds** to unite, promoting inclusivity and widespread engagement in social justice issues.

Risks and Criticism of Digital Protest



01 Cybersecurity threats

Digital protests can expose **participants** to **hacking**, data breaches, and surveillance by malicious actors or government agencies.

02 Slacktivism

Online activism may lead to **superficial engagement**, where individuals feel they have contributed just by sharing a post, instead of taking meaningful action.

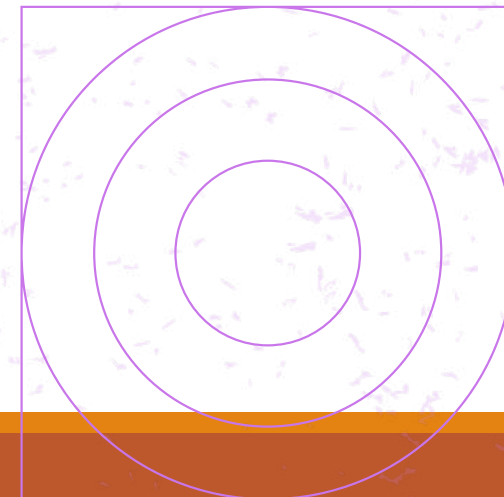
03 Censorship issues

Governments and platforms may impose **restrictions** or remove content, stifling the voices of activists and limiting the reach of digital protest efforts.

About Digital Protests

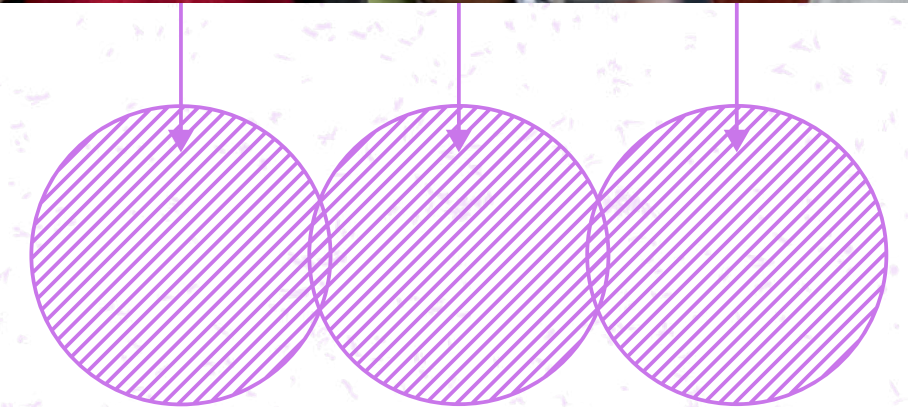
Highlighting impactful movements
for change

Digital protests utilize online platforms to
amplify voices, raise awareness, and
demand social change through collective
action.



Digital Protest: Unite for Real Change

JOIN THE MOVEMENT AND MAKE YOUR VOICE
HEARD!



Free Speech: Cornerstone of Democracy





The Importance of Free Speech: The Cornerstone of Democracy

A Fundamental Right Essential for Democratic Societies

Free speech allows individuals to **express their thoughts** and opinions freely, forming the basis of **democratic societies** and fostering open dialogue and debate among citizens.



What is Free Speech?

Understanding the definition and scope of free expression in society



Importance of Free Speech

The Pillar of Democracy

Free speech promotes **open dialogue**, diversity of thought, and accountability in governance. It empowers citizens to express their opinions and hold leaders responsible for their actions.

Limits of Free Speech

Understanding Restrictions and Their Necessity in Society

While free speech is **essential** for democracy, it comes with limitations to prevent **harmful speech**, hate speech, and the spread of misinformation that can undermine societal values.



Free Speech in Education

The Role of Free Speech in Learning

Free speech enables **critical thinking and debate** in educational settings, particularly in Erasmus projects that foster **cross-cultural dialogue** among students from diverse backgrounds.



“In a democracy,
free speech is
essential for
progress.”

– Supporting the foundation of
democracy



#MeToo

A global movement exposing sexual harassment and assault. Began on Twitter and spread to Instagram, encouraging survivors to share their stories.



<https://youtu.be/9VO5va9ylMM?si=leE0rTCWuM3n7chs>

Arab Spring

A wave of protests across the Middle East starting in 2010, where social media played a key role in organizing and sharing events.



https://youtu.be/I_D7LLqufVE?si=fvcrzNve-vrf1fiL

Fridays for Future

A youth-led global climate strike movement started by Greta Thunberg, mobilized heavily on Instagram, Twitter, and TikTok.



https://youtu.be/scJTCK5ZADY?si=N31AFZpmqz_YBcn5

■ Digital Protest & Free Speech – Mini Project Worksheet

■ Task

Create a digital poster or infographic that advocates for free speech online. This is your chance to show what you learned about digital protest, activism, and online rights.

■ Instructions

1. Choose Your Focus	Pick one key message about free speech or digital protest. Examples: • Free Speech is a Human Right • Censorship Limits Democracy • Youth Voices Matter Online
2. Select Your Tools	Use Canva, PowerPoint, Word, or any digital tool you know. Keep the design simple but eye-catching.
3. Content to Include	• A short slogan or headline • 2–3 key facts or arguments • At least one visual element (icon, picture, or symbol) • Optional: a hashtag (#FreeSpeech, #DigitalRights)
4. Design Tips	• Use big, bold text for your slogan • Choose colors that make your message stand out • Keep text short and easy to read
5. Final Step	Save your work as a PDF or image. Share with your class or teacher.

■ Reflection (Write 3–4 sentences)

- Why did you choose this message?
- How does your poster/infographic support free speech?
- What did you learn while creating it?
