



Thematic Sheet 1/6

RELATIONSHIPS AND WELL-BEING

Sec. I and II

Eduki Competition 2025/2026

- Interconnected : human – digital - sustainable

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A) RELATIONSHIPS AND WELL-BEING

Impact on family, friends, leisure, mental and physical health

INTRODUCTION TO THE TOPIC

In a world where digital technology is everywhere, young people grow up constantly connected to screens and social networks. This reality profoundly transforms their relationship with themselves, others, and the surrounding world. This sub-theme encourages reflection on the impact of digitalization on personal well-being: mental health, social relationships, and the balance between connected and offline life.

This involves exploring **the effects of digital technology on our daily lives**, both its benefits and drawbacks, while seeking **concrete strategies to develop a more balanced, healthy, and mindful use of digital tools**.

TO START THE DEBATE

This sub-theme can be approached from different angles. Here are some possible directions:

→ Friendship and family relationships in the digital age

- Is it possible to build authentic relationships through digital tools?
- How do social networks transform the connections between young people, family, and friends?
- How can we maintain a balance between connected life and disconnection?

→ Mental health and social media

- Can social media also facilitate access to information or support for mental health?
- How does social media influence self-image, anxiety, or feelings of loneliness? What impact can constant online comparison with others have?
- What are the signs of screen overuse? How can we address it constructively, and what strategies can be used?

→Respect and empathy

- What behaviors should we adopt to ensure a safe and supportive digital environment?
- How do screens affect our emotions, concentration, sleep, and mood?
- Does online communication allow us to express emotions as effectively as face-to-face interactions? What are the potential losses and gains?

SOME KEY STATISTICS

- In Switzerland, more than one-third of young people aged 14 to 19 report having experienced mental health issues (anxiety, depression, distress). Intensive use of digital devices seems to play a role: teenagers spend an average of **6 hours a day in front of screens**, time often taken away from sleep, physical activities, or social interactions.
- According to the Swiss Health Observatory (Obsan), **7.1% of young people aged 11 to 15** exhibit problematic use of social media, with a significant impact on attention, mood, and relationships. Furthermore, **50% of girls** and **40% of boys** consider themselves "too fat," while only **20%** are actually overweight ([Santé Suisse](#)). These discrepancies are partly explained by the unrealistic beauty standards promoted online, notably through filters, social comparison, and influencers.
- Other risks are [associated](#) with adolescents' digital lives : **29 %** report having been victims of **cyberbullying**, ([JAMES, 2022](#)). Excessive video gaming habits have also been identified: **31% of 15-year-old boys** and **5% of girls** play online daily, and about **3%** show problematic use according to the [IGDT-10](#) test.

But the effects are not only negative. Many studies also highlight the **positive aspects** that digital technology can have on young people's well-being. Digital tools can also promote well-being:

- Easier access to information on mental health;
- Online spaces for self-expression and support;
- First steps towards seeking help (more accessible and anonymous);
- Reduction of isolation through virtual communities.

Some studies show that young people do not always perceive social media as sources of stress, and that they can find comfort, inspiration, or a sense of belonging there.

... And your students, what do they think?

DID YOU KNOW? (CASE STUDY)

Innovate to protect: when the police patrols in video games

→ An original example of prevention in the virtual world

In Denmark, a special police unit patrols digital worlds such as Minecraft or FIFA, sometimes even through live Twitch streams, to prevent cyberbullying, combat hate speech, and detect risky behaviors. This innovative approach illustrates how institutions adapt to new digital practices to ensure a safer environment for young people.

SOME NON-EXHAUSTIVE PROJECT IDEAS

CATEGORY: ARTWORK 🎨

Project idea	Description
Collective poster or collage – « <i>My Life with Screens</i> »	Visual representation of students' daily digital habits, created as a collective artwork.
Comic strip or photo novel – « <i>A Day Without a Phone</i> »	Narration or illustration of a day spent disconnected.
Artistic performance – <i>Interconnected</i>	Physical or theatrical expression of emotions related to our relationships with others and our quest for connection. Can be performed through acting, dance, or mime.
Art installation or sculpture – <i>My digital bubble</i>	A three-dimensional creation representing the personal or mental space in relation to digital technology (brain, cocoon, network, etc.).
Multimedia Art Project – « <i>Interconnected : human, digital, sustainable</i> »	A combination of media (posters, video, comics) to reflect on the connections between digital technology, humanity, and the environment.

CATEGORY: MEDIA CREATION 🎧

Project idea	Description
Audio clip or podcast – « <i>When I unplug, I feel...</i> »	Sharing emotions, reflections, or individual and collective testimonies.
Filmed street interview – « <i>Screens in our relationships</i> »	Cross-interviews between students, teachers, and families; analysis of the responses.
Photo or visual project – <i>Sports and Extracurricular Activities at School</i>	A series of contrasting photos accompanied by short texts.

CATEGORY : CONCRETE ACTION

Project idea	Description
Screen-Free Day or Week	Organizing alternative activities: games, creative workshops, debates, and sharing moments.
Digital Well-being Charter	Developed collaboratively; displayed in the classroom or shared throughout the school.
Peer discussion group or exchange space	Regular conversations about digital use, related emotions, and more.
Collective challenges around disconnecting	For example: "24 hours without screens," "1 day = 1 moment without digital", followed by experience sharing.
Awareness campaign	Possible themes: digital balance, mental health, information overload. Possible formats: posters, videos, etc.

DRAW IDEAS FROM PREVIOUS WINNERS OR OTHER EXISTING PROJECTS

- « Our ideal school » – Libellules School (1st prize Eduki competition 2021/2022)
- Travelling pavilion – Campaign « Ecrans, parlons-en! »
- Défi une semaine sans écran – Ayent-Arbaz School

USEFUL RESSOURCES

EDUCATIONAL RESOURCES

Title	Description
Comic Strip «Stories from the Internet» Link	Comics developed by OFCOM following the adventures of a family dealing with sexting, bullying, cyberaddiction, and more, aimed at raising awareness of internet risks in a fun and engaging way.

Declick Educational Brochures Link	Prevention brochures (such as «From Selfie to Self-Care», «The World of Screens», etc.) (in French or german) offering illustrated tips and information for healthy and responsible screen use.
Decod'Image Link	The Images et Société Foundation promotes the decoding and critical analysis of images, encouraging young people to question the values and socio-cultural issues they convey.
Animation Sets Link	26 cards to order for discussing screen use by age group (0-3, 4-10, 11-18 years). Covers a variety of themes and provides advice, questions, and resources for parents and educators, in french, german or italian.