



# **Activity Report**

## **2020**

## Prevention and Training department

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### Prevention programme in schools

Since 2002, the Action Innocence team has been working in schools and spreading its prevention programme in French-speaking Switzerland.

In 2020, the programme was composed of several modules tailored to the different target audiences:

- **« Les Monstres du Net » (Net Monsters) for school year 5H (8-9-year-olds)**
- **« Tim, Tam et les TIC » (Tim, Tam and ICT) for school year 7H (10-11-year-olds)**
- **« Atelier-Ados » (Teen Workshop) for school year 9H (12-13-year-olds)**
- **Specific sessions for people with special needs**
- **Adult training sessions/conferences aimed at education, health, and social workers**
- **Debate for parents**

Following the implementation of the new prevention policy in 2018 (see the 2018 Activity Report), Action Innocence has gradually scaled down its school-based interventions. However, it is still very active in schools and makes its prevention resources available; these are progressively being adjusted to meet the needs of professionals and teachers in particular.

### **Interventions in schools**

Action Innocence ran 168 workshops for school year 9H during the academic year 2019-2020 in the Canton of Vaud pursuant to its agreement with the *Unité de promotion de la santé et de prévention (PSPS)* and the *Service de l'enseignement spécialisé et de l'appui à la formation (SESAP)* under the aegis of the *Département de l'éducation et de la famille (DEF)*.

The prevention team has continued to work in classes for school year 5H and 7H in several private schools that have requested it.

In 2020, despite the health restrictions linked to the pandemic, there were all in all **271** interventions, with **5600** individuals - children, teenagers and adults (including both parents and professionals) benefitting from the prevention programme offered by the Foundation.

### **Prevention resources**

The various intervention modules and prevention resources are updated every year so as to reflect new developments in the Internet and its use by young people, as well as new knowledge on prevention.

The following resources were made available in 2020:

- **Illustrated guide for parents**
- **« Lorsque j'utilise Internet et les réseaux sociaux » (Using Internet and social media) leaflet and poster for children aged 10 and up**
- **« Tim, Tam et les TIC » (Tim, Tam, and ICT) poster for children aged 10 and up**
- **« Cyberkit » poster for children aged 8 and up**
- **« Écran mon amour » (Screen my love) - comic strip for children aged 6 and up**

The «Écran mon amour » comic strip was launched in spring 2020. It deals with the issue of hyperconnectivity and all those things we don't do whilst we're using a screen. It tells the story of a hyperconnected family who have to adjust and organise their daily life to do without screens after a power cut.

### **Special needs**

Interventions have been carried out with special needs pupils using adaptations of « Les Monstres du Net », «Tim, Tam et les TIC » and «Atelier-Ados ».

5 comic panels have been created to meet the needs of disabled teens and young adults. These are used during interventions, enabling issues such as creating a social media account, meeting the wrong kind of people, digital reputation, cyberbullying, and disturbing content to be addressed.

## **Prevention campaigns**

The Foundation conducts campaigns in schools to raise pupils' awareness, using original and participatory approaches.

The « **Ose en parler** » (**Speak up**) campaign to prevent (cyber)bullying for aged 12-16 that has been launched in 2018 has continued go round schools in French-speaking Switzerland.

A set of desks has also been purchased by the Canton of Neuchâtel, which wanted to circulate the campaign in several of its schools without the Foundation's own schedule constraints.

Despite the pandemic, several secondary schools in Geneva hosted the campaign in 2020, and the feedback from teachers has been very positive:

- *"An excellent project that opens up the way for a lot of interesting discussion."*
- *"The pupils are intrigued and the issues engage their interest. They enjoyed the learning experience."*
- *"The pupils welcomed the message about bullying and the cards; they were very happy when it was their turn for the desk."*
- *"During the first class together, there was a lot of response from pupils to the drawings; they asked for explanations, and about the aim of the campaign. They talked about their own experiences and things they had witnessed."*
- *"Almost every child had their turn with the desk. The graffiti led to lively, interesting discussions, in particular during a form class when we reviewed all the graffitied desks and their topics using the Action Innocence website."*
- *"It really is an excellent way of dealing with the problem of bullying and its consequences."*
- *"Once again I commend the excellent idea of having combined various contemporary illustrators with such a traditional resource as a school desk: pupils find it both impactful and engaging."*

A new **prevention campaign to prevent (cyber)bullying** is currently being drawn up, in collaboration with the Tambourine-Vigne Rouge-Troinex School in the Canton of Geneva and

the *Ecole cantonale d'art de Lausanne (ECAL)*. Students in the last year of their Bachelor's degree were asked to invent a bench to symbolise « le bien vivre ensemble » (getting on together). To help them in their thinking and provide them with objective information (school settings, uses, displays, etc.), 150 pupils from years 4 to 8 took part in a workshop organised by the students in October 2020. At the same time, activities relating to the campaign were organised with all classes in all levels throughout the 2020-2021 school year.

The students' work will be presented in February 2021 in an exhibition open to all pupils. Together with the other members of the panel representing the school's management, the management of Action Innocence, ECAL's management and the municipality, they will be able to choose the bench which they believe to be the best illustration of « le bien vivre ensemble ». The selected bench will be constructed and placed in the playground shelter at each of the three schools in September 2021.

### **School projects**

In 2020, Action Innocence supported the organisation of several school projects in the Cantons of Geneva and Vaud. The Foundation made its prevention resources available to professionals, in particular teachers, and led several teacher training sessions.

### **Conference for parents**

Despite the pandemic, Action Innocence was able to host some talks for parents in 2020.

However, it was not possible to begin the prevention workshops for communities catering to allophone families and families from a migrant background in 2020.

## Platform for professionals

Since 2019, the Foundation has been developing the **www.pro-tic.org** platform in collaboration with the *Haute Ecole de Travail Social (HETS)*. Aimed at education professionals, in particular teachers, this online platform will ultimately bring together all the « Parcours numérique » (digital journey) resources developed by the Foundation.

A new resource was added in 2020. To date, « Les Monstres du Net » and « Tim, Tam et les TIC » teaching series are available on the platform.

More than 270 education professionals, mainly teachers, were registered on the platform as of the end of 2020. Action Innocence assists teachers with the use of the teaching series in class, offering specific training courses on request.

In 2020, the researchers at the *Haute Ecole de Travail Social (HETS)* of Geneva, in collaboration with Action Innocence, continued to analyse and use videos made during interventions in schools to produce additional resources to be added to the platform.

A partnership with the Center for Learning Sciences (LEARN) of the *Ecole polytechnique fédérale de Lausanne (EPFL)*, that is tasked for coordinating the Canton of Vaud's digital education project, began in September 2020. Under this arrangement, Action Innocence makes its prevention resources available to LEARN so that they can be included in the resources provided for teachers and other key contacts addressing digital issues in Vaud schools. New resources are also being designed together. The partnership is also a way for the Foundation to evaluate its material resources, to understand their actual impact, and adjust them as necessary.

## Programme for toddlers

### Prevention resources

In 2020, the booklet « Viens Kenza ! » (Come on Kenza !) was added to the series of booklets produced as part of its programme « Si petits et déjà connectés » (Online at such a young age!). The booklet was distributed to over 6000 families with children in early childhood facilities in the City of Geneva in February 2020.

To date, three booklets developed in partnership with the City of Geneva, more specifically with the *Service de la petite enfance (SDPE)*, are available:

- « **Le Dimanche de Louis** » (**Louis' Sunday**), which addresses the subject of hyper-connectivity;
- « **Christophe et l'écran magique** » (**Christophe and the Magic Screen**), which deals with the exposure of young children to inappropriate content.
- « **Viens Kenza !** » (**Come on Kenza**) the subject of which is the presence of screens within families, and in particular the early exposure of children to screens and everything that this prevents them from doing.

### Puppet show

Despite the pandemic, 15 performances of the puppet show « **Les Mondes de Tilapin** » (**Little Rabbit's Worlds**), funded by the Action Innocence Foundation and the Carfagni Foundation, were staged in 2020 in several early childhood facilities in Geneva. The show was much appreciated by children and professionals alike.

The puppet show is an opportunity to discuss with the children the topic of hyper-connectivity and the use of screens within families. The message for children is about all those things you do not do whilst you're using a screen.

### Support

Action Innocence provided financial backing for the production of a documentary on studies in sensorimotor development, focusing in particular on the works of André Bullinger (1941-

2015), assistant to Piaget and Professor of the Psychology Faculty at Geneva University from 1985 to 2002.

One of the goals of this documentary is to raise awareness of the importance of childhood experiences, serving as a reference for professionals in development support care. It could also be used in the prevention of exposure of very young children to screens. The documentary will be presented in late 2021.

*"We live in a world where new technologies have increased in number even within the private sphere of our daily lives. Babies are not protected from this overexposure to innovative context-free devices. Take the case of a baby that is not often touched, cradled, or fussed over, and exposed to screens rather than comforting arms, the fun of hand movements and tender gazes, loving voices, and the parents' skin smell. The question arises as to how a baby like that can feel the skin of another person in such a way that it is a familiar, pleasant, sought-after sensation – so that they in turn will one day carry, love, and cherish a baby of their own. The abuse of new technologies may well result in a new generation whose physical intimacy and ability to regulate their emotions has been severely impacted, along with the processes by which they can get to know another person's body, using all their different senses in the early years of life. Raising widespread awareness of this issue is therefore vital." (Source: funding application and presentation / Ayala Borghini – Haute école de travail social (HETS) of Geneva).*

## Partnership projects

### **City of Lausanne Campaign**

What role do screens play in our daily lives and that of our children and teenagers? How can we inform rather than prohibit; how can we engage with youngsters on this topic? Aware of these issues, the City of Lausanne is taking action in partnership with Action Innocence to review these questions and fulfil its duty of care. A campaign with the aim of attracting the attention of young people, those around them, and the wider population in general will be launched in September 2021.



The Foundation is supporting the project financially and is part of the group of experts assisting and advising the project manager.

### **National 'Youth and media' programme**

Action Innocence has continued to be a member of the national work group « **Sexualité et Internet** » (Sex and the Internet), which in 2020 concentrated on the task of organising a symposium entitled « Sex, fun & education – is digital technology a positive thing for the sexuality of young people? » to be held in 2021, the health situation permitting.

### **Méthode de Préoccupation Partagée (Shared Concern Method)**

Action Innocence has remained very active within the Shared Concern Method Platform, the goal of which in 2020 was to organise in 2021 a second French-speaking symposium for professionals who use the Shared Concern Method.

### **CAS – 'Peer bullying and intimidation: prevention and intervention'**

A CAS (Certificate of Advanced Studies) has been developed by the *Haute école de travail social de Lausanne (HETSL)* in collaboration with the *Haute école pédagogique (HEP)* of the Canton de Vaud and with support from Action Innocence, aiming to study peer bullying and intimidation in schools and extra-curricular and institutional settings. Published in 2020, the course is based on a cross-disciplinary vision encompassing sociology, anthropology, philosophy, psychosociology, and political sociology. It is aimed primarily at teachers, social workers, social care workers, directors, managers of institutions, care professionals, nurses, psychologists, psychosocial healthcare workers, workers in all types of child and youth care, and workers in community non-profit organisations. The course will begin in spring 2021.

### **Partnership CIAO ([www.ciao.ch](http://www.ciao.ch))**

The partnership with the CIAO association has been renewed in 2020. Action Innocence is still CIAO's 'go-to' organisation for all questions relating to digital practices.

Two **videos** developed in close collaboration with CIAO were launched in 2020. The first video dealt with hyperconnectivity, the second with sexting. Feedback has been very positive and a large number of professionals have asked to use the videos in their teaching. In addition, in collaboration with the association REPER, Action Innocence and CIAO have developed teaching series to be used alongside the videos when shown to school audiences.

### **Media campaigns**

As well as its prevention work, and to reinforce the latter's impact, the Foundation aims to inform and raise general public awareness through major campaigns. A new media campaign was due to be released in 2020, dealing with the time young children spend looking at screens to the detriment of time spent with their families. Due to the pandemic, filming of the campaign was initially postponed; the campaign itself was later cancelled, since its content needed to be adjusted in the light of the paradigm shift following the 2020 lockdowns.

## **Research Department**

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### **Think Tank**

Since 2016, Action Innocence brings together experts from various fields in order to create think tanks for several topics.

### **Work group 1: Digital habits of children and teenagers - uses and misuses / prevention and treatment**

2021 project:

- A sub-workgroup has been formed to develop prevention material aimed at parents.

### **Work group 2: Impact of screens on children (0-3 year olds)**

2020 projects:

- Research launch: « Effects of the exposure of very young children (6-36 months) to screens with respect to the development of multisensory skills and early interactions »
- A sub-workgroup has been formed to develop prevention material aimed at future parents and parents of young children.

## **Research in progress**

Since 2018, Action Innocence has been actively engaged in research to help knowledge progress in its areas of concern and ensure its own prevention efforts are based on actual data. Action Innocence commissions and funds research and helps to disseminate the findings.

2020-2023

### **Effects of the exposure of very young children (6-36 months) to screens with respect to the development of multisensory skills and early interactions**

In September 2020, the University of Geneva Psychology and Educational Sciences Faculty began extensive research into the impact of screens on very young children, filling a gap in this field. The research will take place in two phases with a two-fold goal:

- Gathering epidemiological data in Switzerland on the use of and exposure to screens among very young children. This study is the first for this age bracket in Switzerland. For the purposes of the study, an online questionnaire will be widely circulated.

- Studying the impact of exposure to screens on the development of multisensory skills, motor coordination, and the quality of early interaction with the immediate emotional environment among children aged 6 to 36 months. The children will be asked to perform different tasks, by age group, in order to compare observed behaviours with the data collected. The psychomotricity department of the *Haute école de travail social (HETS)* of Geneva will be involved in the study of motor coordination and parent-child interactions.

Based on the findings of this scientific study, Action Innocence will produce prevention resources suitable for childcare professionals, parents, and parents-to-be.

## Events department

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Health restrictions linked to the pandemic prevented Action Innocence from organising events in 2020.