



# WORKSHOP STRONG ONLINE: COMMUNICATION, EMPATHY & IDENTITY IN THE DIGITAL WORLD

**For whom:** Teenagers (Ages 12–19)

**Duration:** 4 hours (free lunch included). **Spoken language:** NL & EN

**Participation:** Free | Parent permission required for those under 18

**Where:** Vosselmanstraat 299 | 7311 CL | Apeldoorn | NL

**When:** June 1, 2025 11:00 - 15:00

## What's this workshop about?

In today's world, teenagers spend a lot of time online—chatting, posting, gaming, and scrolling. But the digital world can be full of pressure, conflicts and confusion. How to deal with it? We believe we can figure out the answers together! During the workshop we will be discussing how to:

- ❖ Respond to online hate or aggression without losing your cool
- ❖ Use empathy as a superpower to deal with tough or rude people and conversations
- ❖ Understand and manage how you present yourself online (and why it matters)

It'll be fun and engaging, we will share real tools you can use the very next time you are online.

## This workshop helps to build:

- ❖ Confidence to speak up online without attacking
- ❖ Clarity on who you are and what you want to share
- ❖ Emotional intelligence to keep online spaces safer for yourself and others

## What are you going to do during the workshop?

- ❖ Learn how to stay in control online
- ❖ Rewrite toxic comments into strong, nonviolent comebacks using real scenarios
- ❖ Understand what's really going on behind people's mean comments
- ❖ Learn to guess others' feelings/needs and write short, powerful replies that de-escalate tension
- ❖ Discuss real vs. curated identities and who sees what
- ❖ Explore types of online personas: which are safe, and which are risky
- ❖ ...and much more (the flyer is too small to fit all the cool stuff in :)

**Don't forget to choose your free lunch — check out page 2**



## PAGE 2:

# THE MENU

Just pick what you want for lunch and send us the numbers of the dishes (yep, more than one is fine!). Be kind to the planet — only order what you'll actually eat. And don't forget to mention any allergies!

### Fuel Up Stuff:

- 1. Vegetarian Panini**  
With grilled vegetables, sun-dried tomato, mozzarella, and pesto  
Served with olive and pesto mayo
- 2. Panini Jakarta**  
Our favorite! With pulled chicken, red onion, cheese, and sambal  
Served with chili sauce
- 3. Panini Mexico**  
With pulled chicken, cheese, homemade chipotle sauce.  
Served with "salsa on the side"
- 4. Deluxe Healthy Coda**  
Whole grain sandwich with cheese, tomato, cucumber, egg, raw veggies, olive, and pickle
- 5. Avocado/Egg Sandwich**  
Whole grain sandwich with avocado, boiled egg, capers, sun-dried tomato, and pea sprouts
- 6. Focaccia Brie Sandwich**  
Brie with honey, arugula, and walnuts
- 7. Croquettes on Bread (veggie option available)**  
On white sourdough bread
- 8. Special of the Day**  
Always a unique sandwich. Let yourself be surprised
- 9. Soup of the Day**  
A homemade surprise soup served with bread and a spread.

### Sweet Stuff:

10. Apple Pie
11. Cheesecake
12. Brownie
13. Carrot Cake
14. Muffin
15. Mini Petit Four
16. Petit Four
17. Mini Muffin
18. Vegan Cake



**Coffee, tea, and  
soft drinks are  
unlimited**

No ordering needed,  
just enjoy!

**Under 18? Make sure your parent signs the permission form on page 3!**

*Not to be allowed to eat (don't worry 🤪), just to be able to join the workshop!*



## PAGE 3:

# PARENTAL PERMISSION

To join the workshop: **STRONG ONLINE - Communication, Empathy & Identity in the Digital World**

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### What's this permission for?

We're hosting a fun and practical workshop to help teens navigate the digital world with confidence and empathy. If your child is under 18, we need your permission for them to participate. We'll also be offering lunch - please inform us about any food allergies!

### Teen's Information:

Teen's Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

I give permission for my child to join the workshop on June 1, 2025.

I understand the event is free, includes lunch, and that no data will be collected or shared.

### Photo/Video Consent:

Yes, I give consent for my child to appear in workshop photos/videos

No, I do not give consent

### Parent/Guardian Information:

Full Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Signature parent:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Please return this form before the workshop begins!**

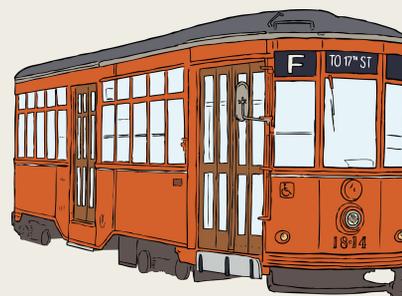
## PAGE 4:

# WHAT NOW?

**Just let us know if you're in and would like to participate!**

1. **Fill in the feedback-form on the website or just email us at [liza@mysociety.nl](mailto:liza@mysociety.nl) with the following: your name, age, the numbers of the lunch dishes you'd like + any allergies we should know about**
2. **Mark the date in your agenda!**
3. **Bring the signed permission form from one of your parents to the workshop or send it to [liza@mysociety.nl](mailto:liza@mysociety.nl)**

**Voilà — you're all set! We'll take care of the rest!**



**Travel costs? Don't worry — we'll reimburse those too!**  
*Just make sure to save a document or ticket that shows your transport costs.*

<https://online-safety.org>  
<https://mysociety.nl>