

OUR 

 FEED

OUR 

FUTURE

A  Meta & *Think*Young COLLABORATION

***SHAPING A SAFER DIGITAL SPACE FOR  
EUROPE'S YOUTH***

# OUR FEED OUR FUTURE

A  Meta & *Think*Young COLLABORATION

## ***OUR CALL TO ACTION***

### **1. ENHANCE MENTAL HEALTH SUPPORT AND EDUCATION FOR YOUTH**

Expand mental health support services for young people, including access to counselling and peer support groups. Integrate mental health education into school curriculums, focusing on the impact of social media, building resilience, and promoting healthy online behaviours. Foster intergenerational dialogue between parents, educators, guardians, and young people to create a supportive environment and improve understanding of mental health challenges.

### **2. COLLABORATIVE NETWORKS FOR DIGITAL SAFETY**

Establish forums for continuous dialogue among young people, creators, parents, researchers, industry leaders, and policymakers to share their experience and co-design actionable policy recommendations and best practices on digital safety and wellbeing.

### **3. A HARMONISED REGULATION ACROSS THE EUROPEAN UNION**

Local and national initiatives should be coordinated and amplified at the European level to ensure all young people across Europe benefit from the same rights and protections online.

### **4. LONGITUDINAL RESEARCH INITIATIVES ON SOCIAL MEDIA'S IMPACT AT EUROPEAN LEVEL**

Conduct longitudinal studies on factors affecting the mental health of young Europeans, with 48% facing unmet needs. Ensure these studies are co-designed and co-delivered with youth, reflecting the diverse voices and practices across Europe.

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### **5. LEGISLATIVE AND EDUCATIONAL MEASURES TO COMBAT CYBERBULLYING**

Develop legislation to address cyberbullying, including ensuring existing protections specifically cover cyberbullying. Increase funding for youth mental health services and integrate mental health education into school curriculums.

### **6. CHAMPION DIGITAL LITERACY TO COMBAT DISINFORMATION**

Focus on enhancing digital literacy among young people by creating initiatives that equip them with critical thinking skills and tools to identify and combat disinformation and harmful content. Integrate comprehensive digital safety education into school curricula and offer workshops for parents and guardians to support their children's online safety.

### **7. TRANSPARENT GUIDELINES AI AWARENESS AND MEDIA CONSUMPTION**

Implement clear and transparent guidelines that require platforms to disclose the AI tools used in enhancing media content. Co-design these guidelines with young people and creators to ensure they promote informed decision-making and awareness.

### **8. ENHANCE ONLINE SAFETY ACCESSIBILITY AND AWARENESS**

Collaborate with youth, creators, parents, and researchers to develop and promote effective campaigns that improve the accessibility and awareness of online safety tools. Encourage platforms and industry leaders to continue working with these groups to ensure the campaigns are impactful and widely adopted.

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## ***ABOUT THE PROJECT***

Our Feed, Our Future, supported by Meta and ThinkYoung, brings together a network of young people from across Europe. Together with parents, industry leaders, and experts, we want to have our voices heard and help shape our digital future for the better.

Our mission: to bring an honest, fresh, and unique perspective about our online experiences and help shape regulations to ensure safer digital spaces for all of us. In the coming months, we will connect with other young people, meet experts, attend webinars, and host in-person events hoping to inspire, inform, and mobilise this growing youth movement, while exploring and promoting economic opportunities for young people and creators within the digital landscape.

# OUR YOUTH NETWORK



**Arianna**  
**@ariannamadonna**

A key voice in digital activism, using her platform to address and advocate for mental health awareness and safer online practices.



**Chiara**  
**@denkmallaut**

Influencer who uses her reach to discuss self-empowerment and mental health, providing a platform for open dialogue about the pressures of social media.



**Loulou**  
**@louloujoao**

Visual artist who uses digital platforms to express her unique artistic visions and connect with a broader audience, promoting creative self-expression and digital entrepreneurship.



**Gaétan**  
**@bouboule\_42**

Focuses on creating content that fights cyberbullying and promotes a supportive online community.



**Molly**  
**@molly\_h\_13**

Influencer and activist advocating for online safety and inclusivity.



# OUR EXPERTS



**Alessandro Tirapani**  
Assistant Professor  
Tilburg University



**Angélique Gozlan,**  
Doctor in psychopathology -  
Clinical psychologist -  
Trainer - Researcher



**Esther Rozendaal**  
Full Professor, Erasmus  
University Rotterdam



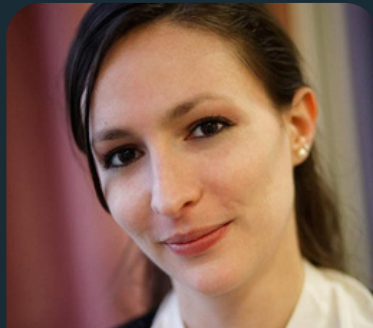
**Radha Modgil**  
Health and Wellbeing Expert



**Ruth Plackett**  
Senior Research Fellow,  
University College London



**Stephan Dreyer**  
Senior Researcher at the  
Leibniz Institute for Media  
Research



**Vanessa Lalo**  
Psychologist specialising in  
digital practices



**Yansie Rolston**  
Associate Director - Health  
and Wellbeing, The Ubele  
Initiative



## KEY ONLINE AND OFFLINE ACTIVITIES 2023/2024

From  
November 2023  
to May 2024

5 webinars on digital safety with experts and MEPs engaging with 1,000+ followers



September 2023

Content filming day with Meta's UK wellbeing collective

November 2023

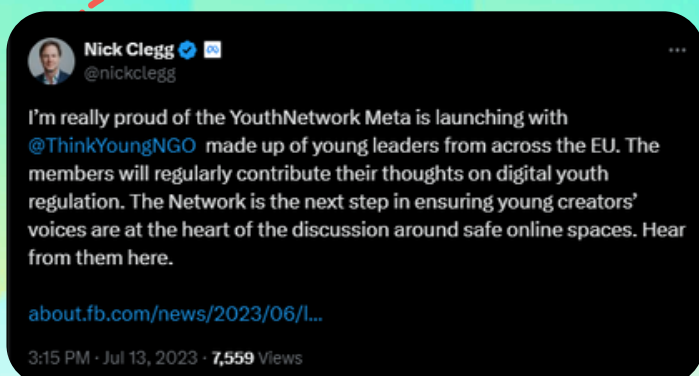
Onsite event at the European Business Summit: Digital Skills & Education: Enhancing Digital Literacy to Empower Young People Online




January 2024

Onsite participation at the World Economic Forum in Davos

8,691,281 views for our manifesto video. Watch our reel for more highlights [https://www.instagram.com/reel/C-21o9ao\\_s4/?igsh=dXhiODFwM3N1ZHZm](https://www.instagram.com/reel/C-21o9ao_s4/?igsh=dXhiODFwM3N1ZHZm)



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## SUPPORTED BY

 Meta

*Think*Young

Meta is a tech company with apps that you may know, like Instagram or WhatsApp. We work hard to build online spaces where young people can learn, connect, create, and have fun. We want young people to enjoy our platforms and to be safe, so creating spaces for young people to have their say on the future of platforms like ours is crucial.

ThinkYoung is a not-for-profit organisation, aiming to make the world a better place for young people by involving them in decision-making processes and providing decision-makers with high-quality research on youth conditions. ThinkYoung conducts studies and surveys, makes advocacy campaigns, writes policy proposals, and develops education programmes: up to date, ThinkYoung projects have reached over 800,000 young people.

## ENGAGE WITH OUR NETWORK



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