



Funded by  
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**BATMANSAM**  
BATMAN STRATEJİK ARAŞTIRMALAR MERKEZİ



Ankara, Turkey  
2-6 September, 2022

# PROJECT BOOKLET



2021-1-TR01-KA152-YOU-000019693



SCAN ME

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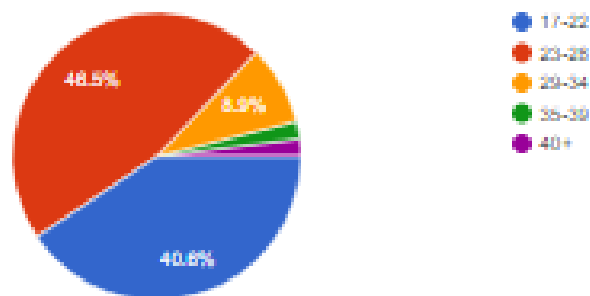
# Survey Results

These are the results of the survey which has been done within our Erasmus+ KA152 Mobility of Young People Project. The survey has been implemented by the participants in 5 countries including Belgium, France, Jordan, Palestine and Turkey. More than a hundred people participated in the survey.

## Your age

101 responses

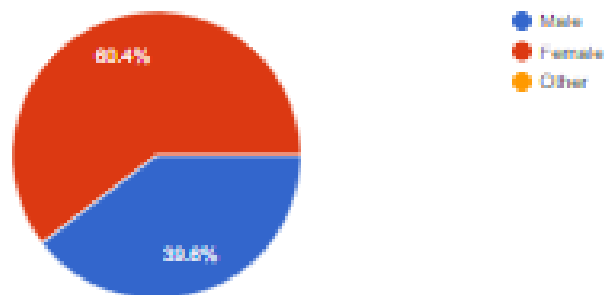
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## Your gender

101 responses

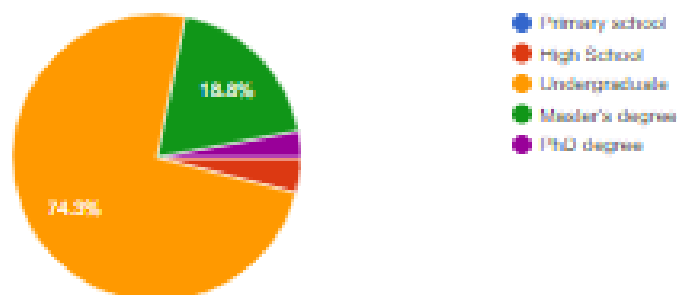
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## Your education level

101 responses

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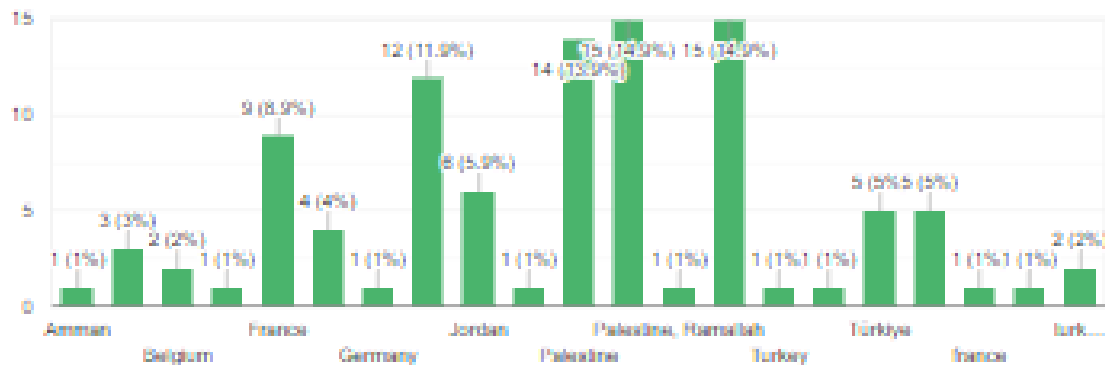
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## Country

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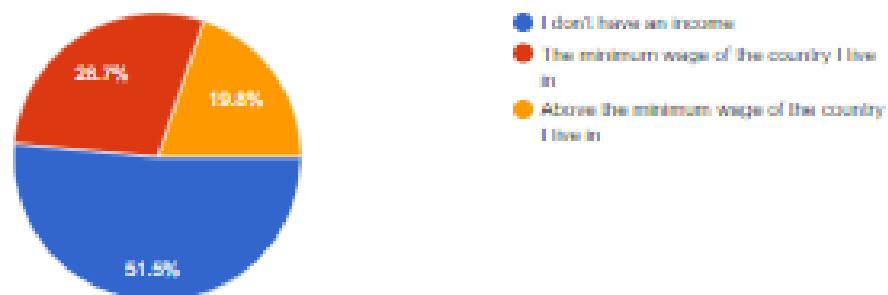
101 responses



## Your monthly income

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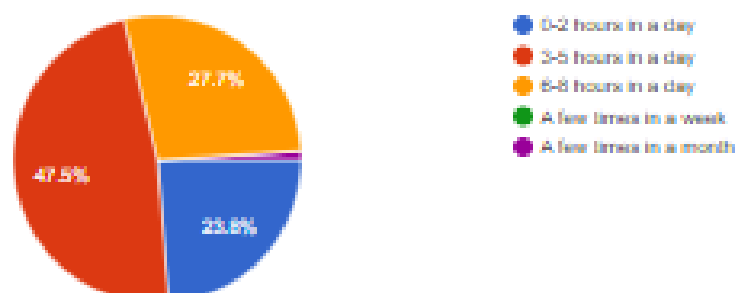
101 responses



## How often do you use social media platforms?

 Copy

101 responses



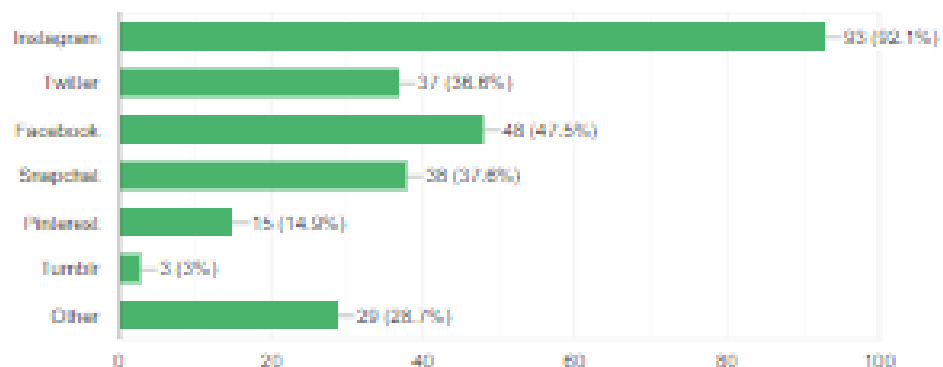
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## Which social media platforms do you use?

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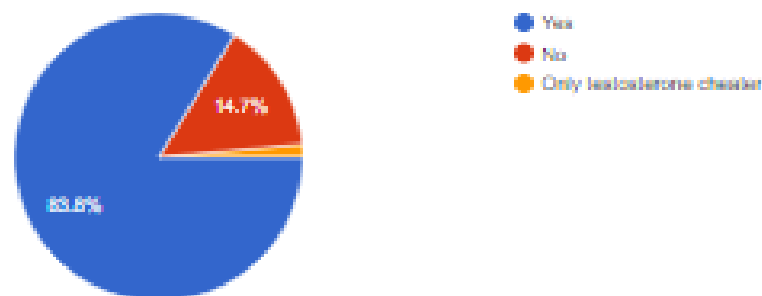
101 responses



## Do you feel that the media creates an unattainable body image for women and men?

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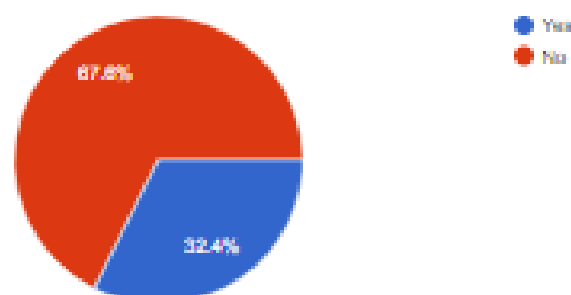
68 responses



## Do you ever use social media to look at 'thinspiration' (images that help encourage weight loss)?

 Copy

68 responses



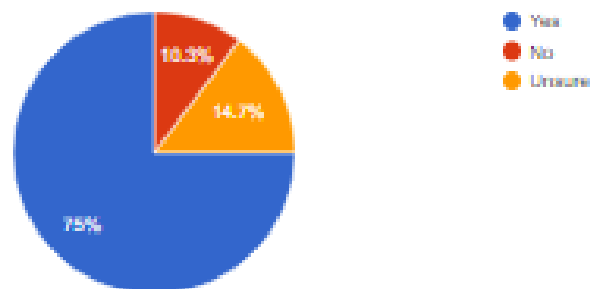
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Do you think certain pages/trends on social media, shame those who do not fit into their perception of what is attractive?

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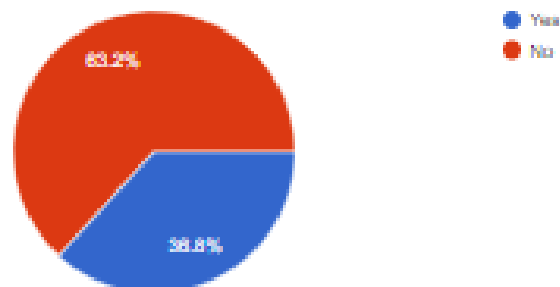
58 responses



Have you purchased products (e.g. cosmetic, diet supplements) being influenced by celebrities through social media?

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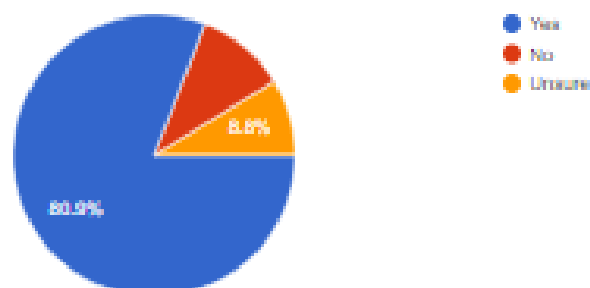
58 responses



Do you think there is pressure for males and females to come across 'beautiful' or 'handsome' on social media?

 Copy

58 responses



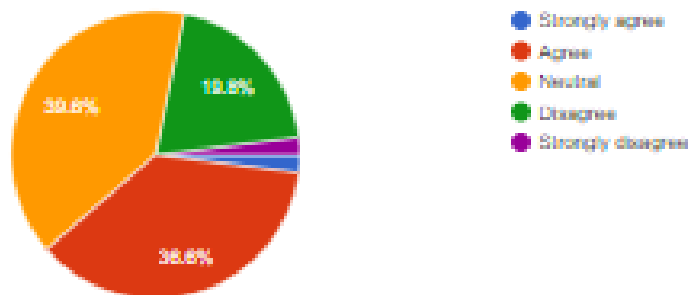
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I get affected by what people share on social media.

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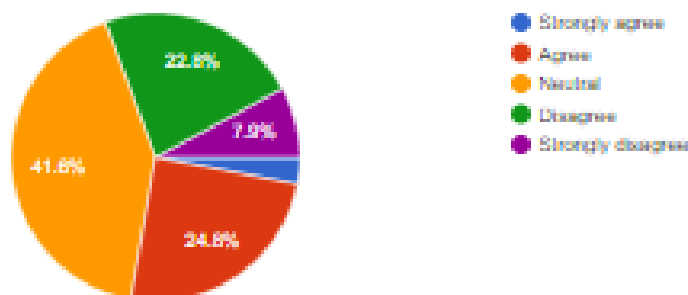
101 responses



I get affected by the opinions people share on social media.

 Copy

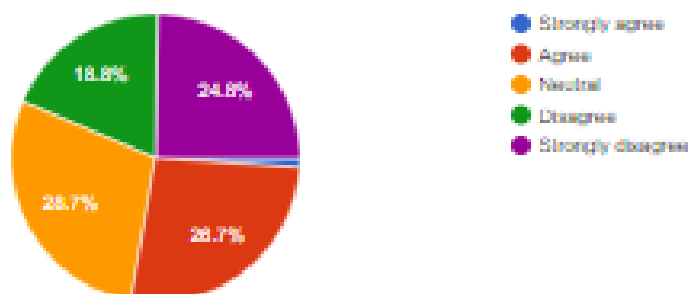
101 responses



The content and pictures people share on social media can make me feel bad about myself.

 Copy

101 responses



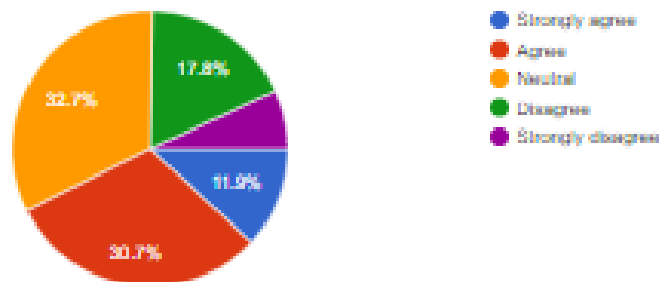
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When people take my pictures, I worry about how I will look if it is shared on social media.

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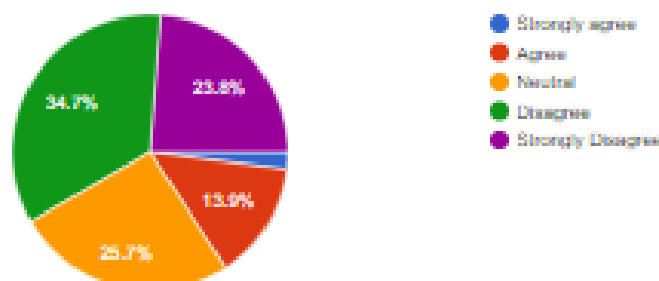
101 responses



During the day, I spend time thinking about how attractive I can look when people see pictures of me on social media.

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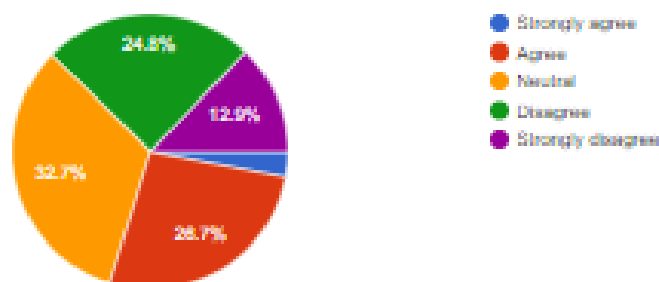
101 responses



I try to predict how people on social media will react to my physical appearance in pictures.

 Copy

101 responses



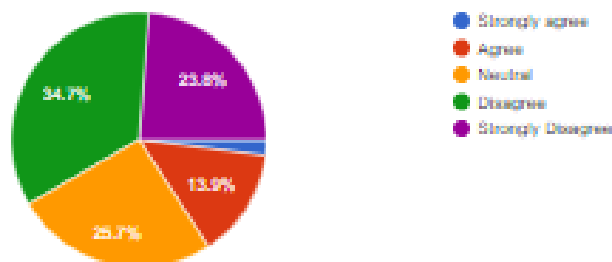
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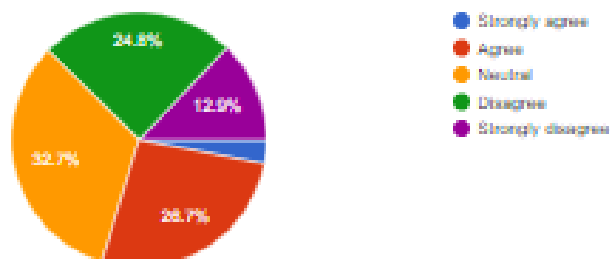
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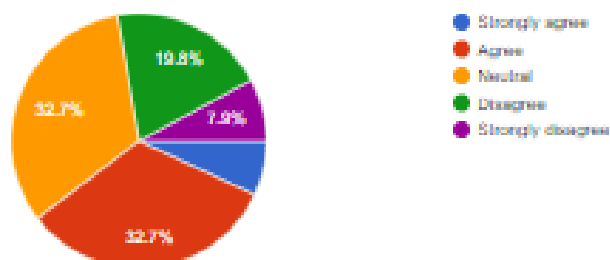
101 responses



I feel bad if an unappealing photo of me is posted on social media.

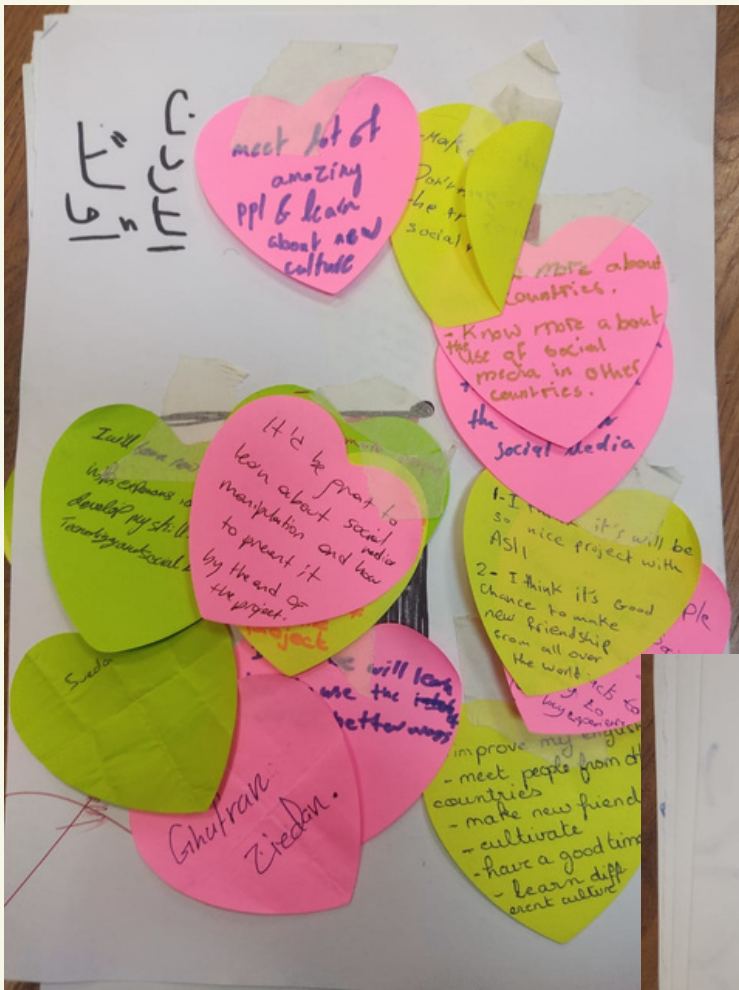
 Copy

101 responses

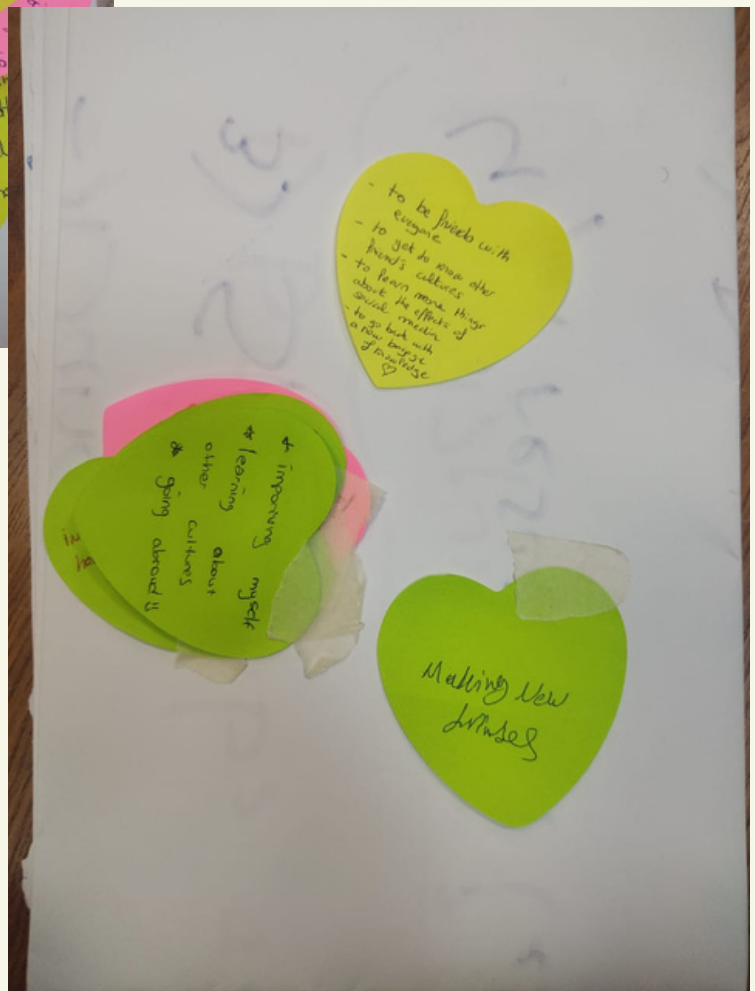


# Project Outputs

We have done many activities, energizers and icebreakers throughout the project, these are some photos from our project outputs which show our roleplaying, short film making, drawing and brainstorming activities!

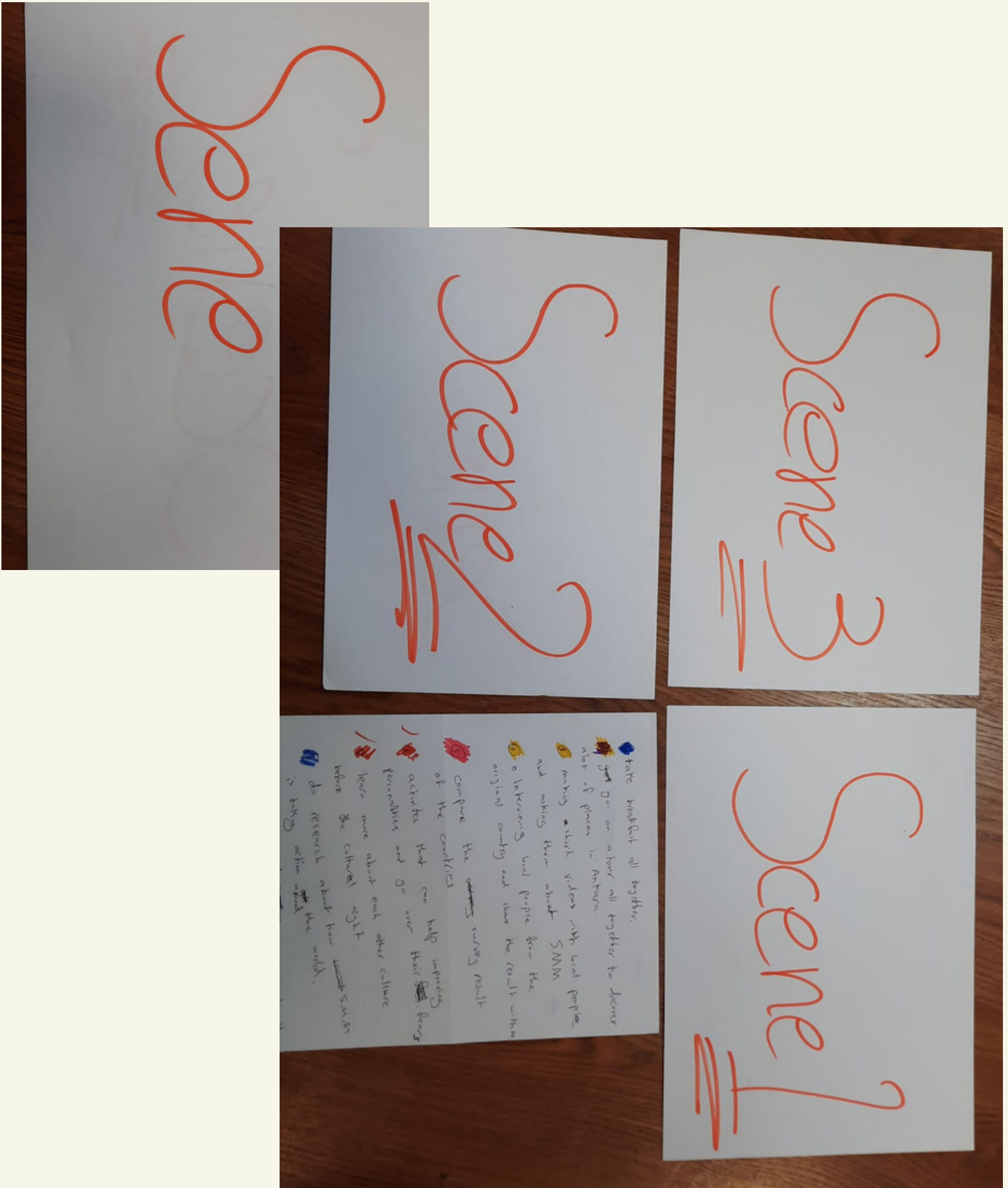


**The expectations of the participants**



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The technology is not okay for car what if battery die while on auto-pilot?

It can be controlled by others. the hackers can hack the system

it can cause an accident

\* So obvious, you don't pay attention to the road.  
A vehicle cannot drive itself safely.

\* It looks cheap and expensive. It doesn't worth the money.

~~the technology is not okay for car, what if battery die~~

~~the car can't chase the roads~~

~~It can be controlled by others (hackers)~~

~~the hackers can hack the system~~

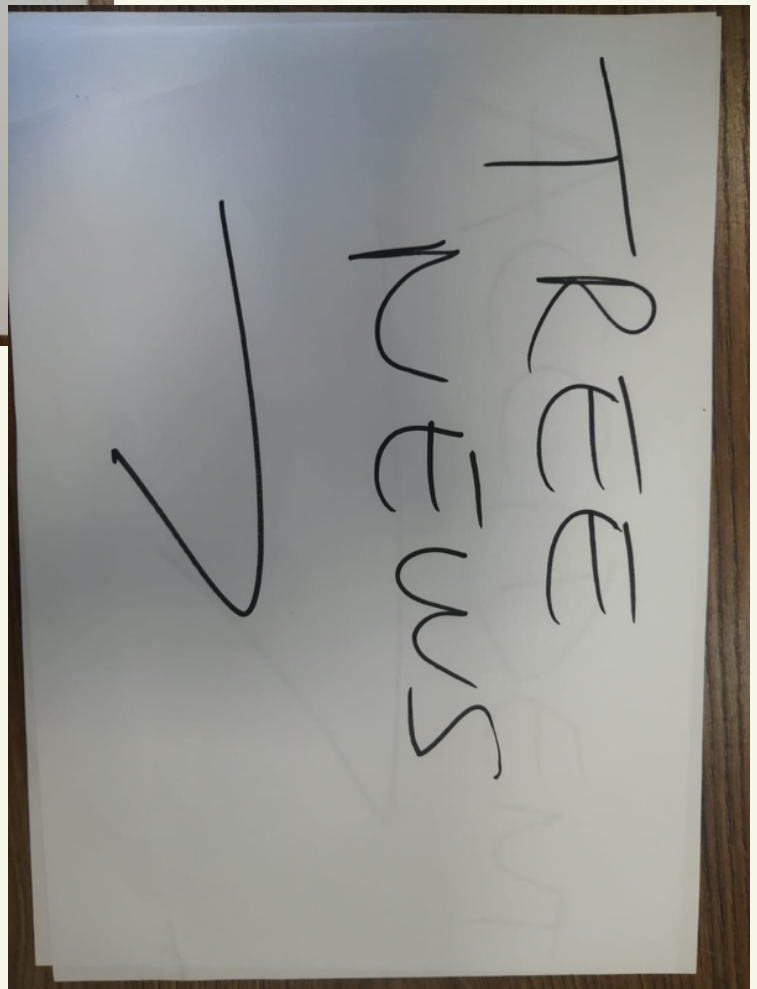
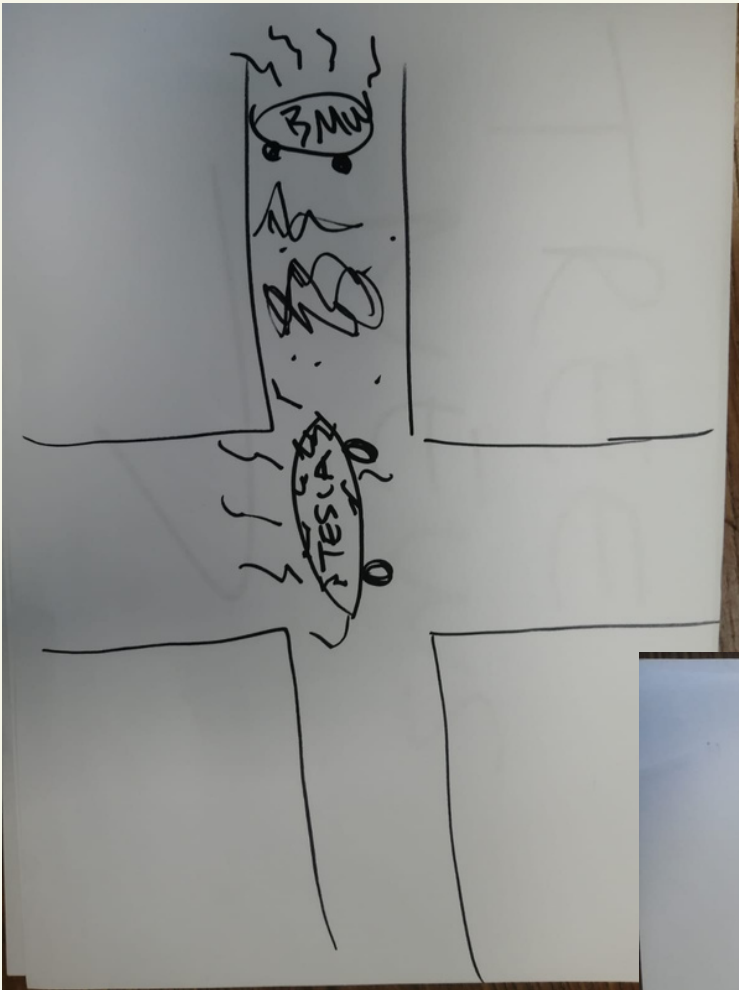
We have seen lots of accidents on auto-pilot mode. Please don't get fooled by the new technology.

Technology is for phones not for self-driving cars. Only humans can decide where to drive and how to drive. Only human brain is effective, not AI Artificial Intelligence.

# Project Outputs

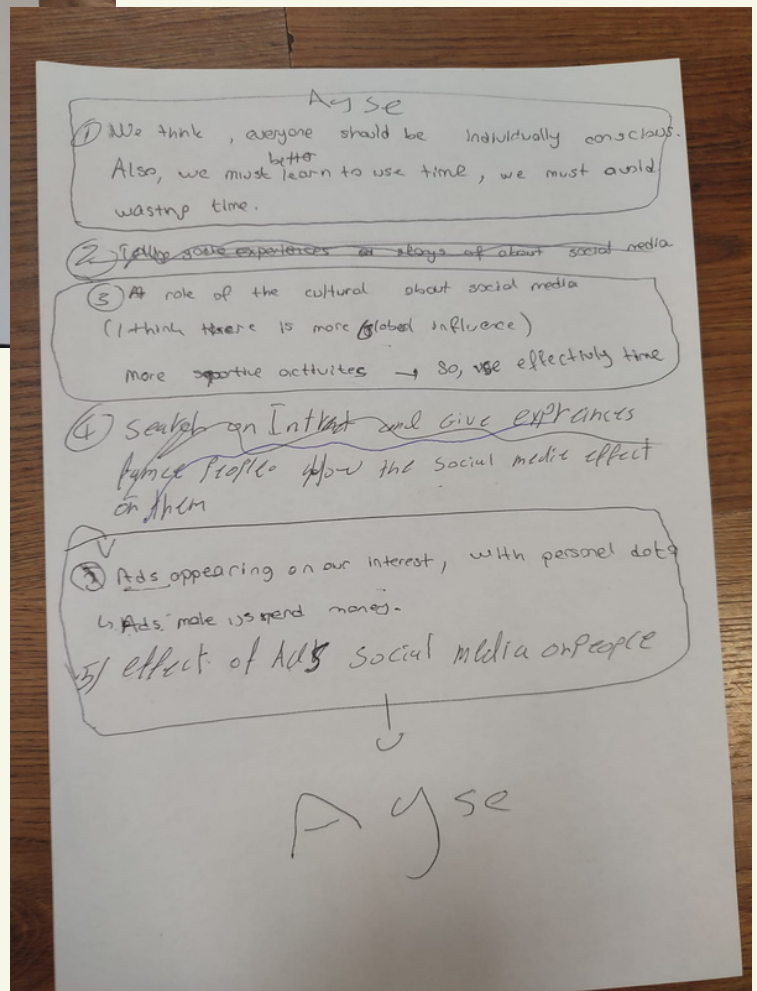
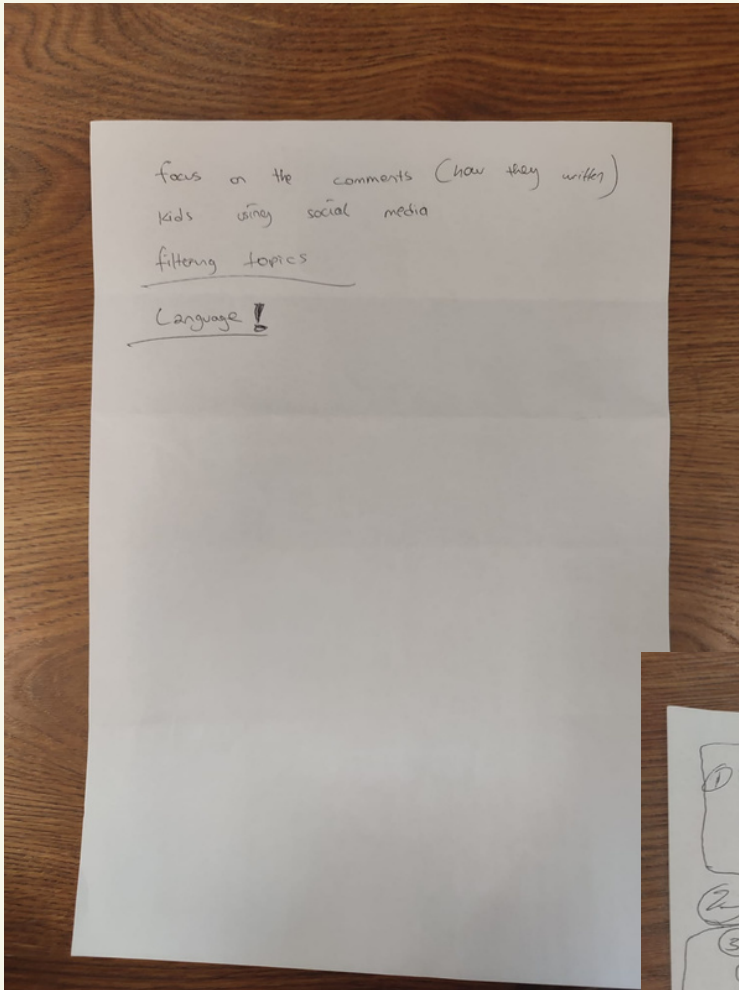
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1) Parental control

2)

1) Practice and activities

2) Random teamwork.

3) Respect the project's rules.

4) meeting pro social media specialists.

5) ~~ask~~ more Present more about countries and cultures.

6) using some helpful tools to help us to know social media better.

7) more food in the cultural night.

Dilhan, Tawfiq, mohammad, Abdulkareem, Jalal

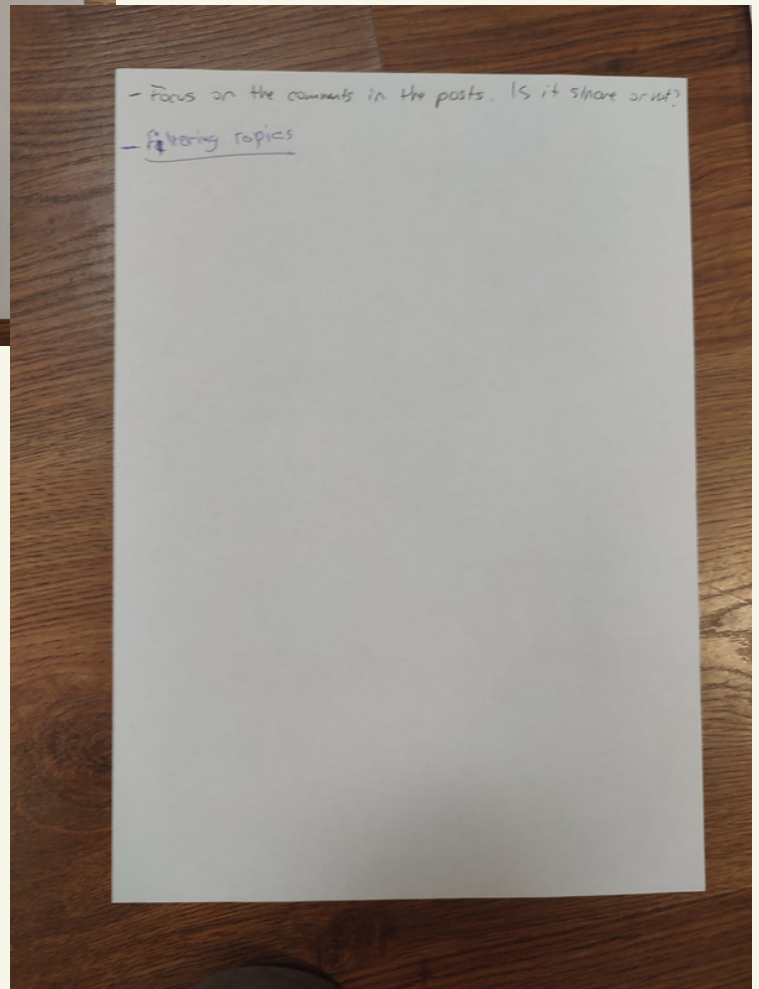
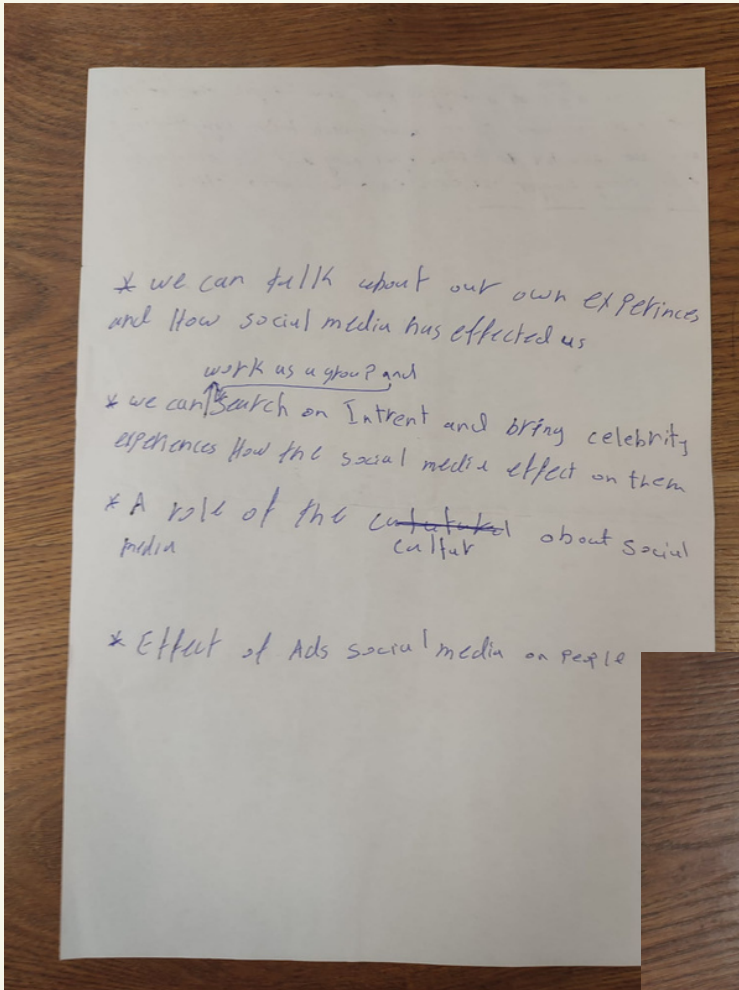
Ghufran, Elizar. ♥

Once i saw <sup>stoes in</sup> a site ~~at~~ a blogger page and i thought stoes ~~at~~ that site. i got scammed. So we should search before buying something and ~~we~~ shouldn't be affect right away and we shouldn't trust every blogger. This event shows social media's effect.

# Project Outputs

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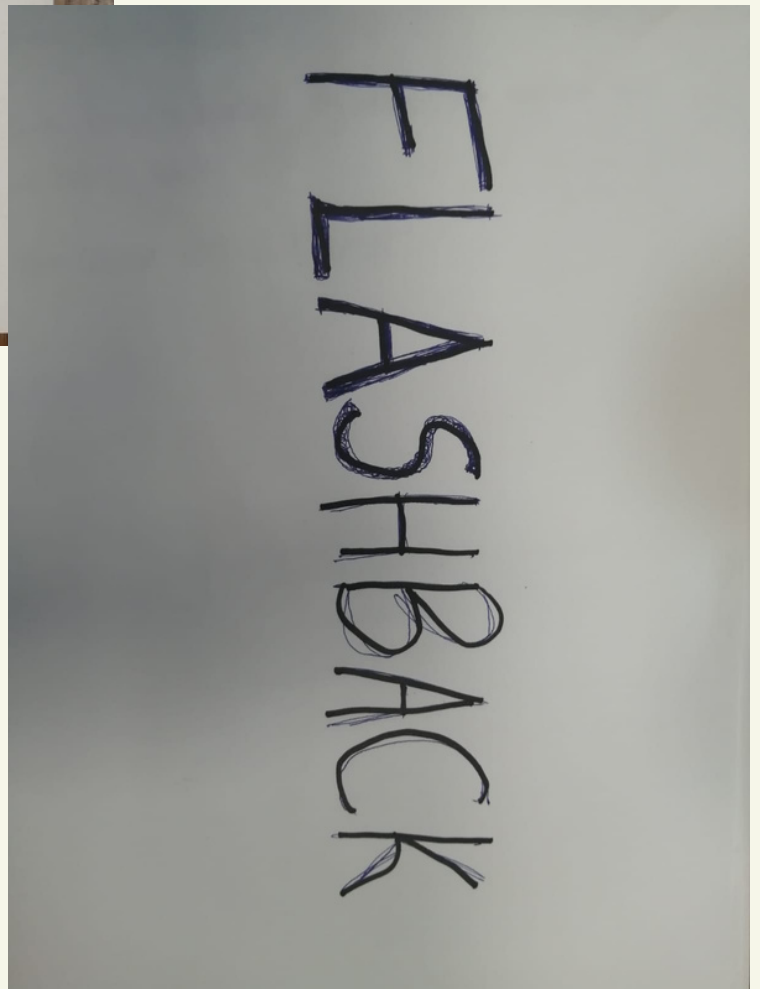
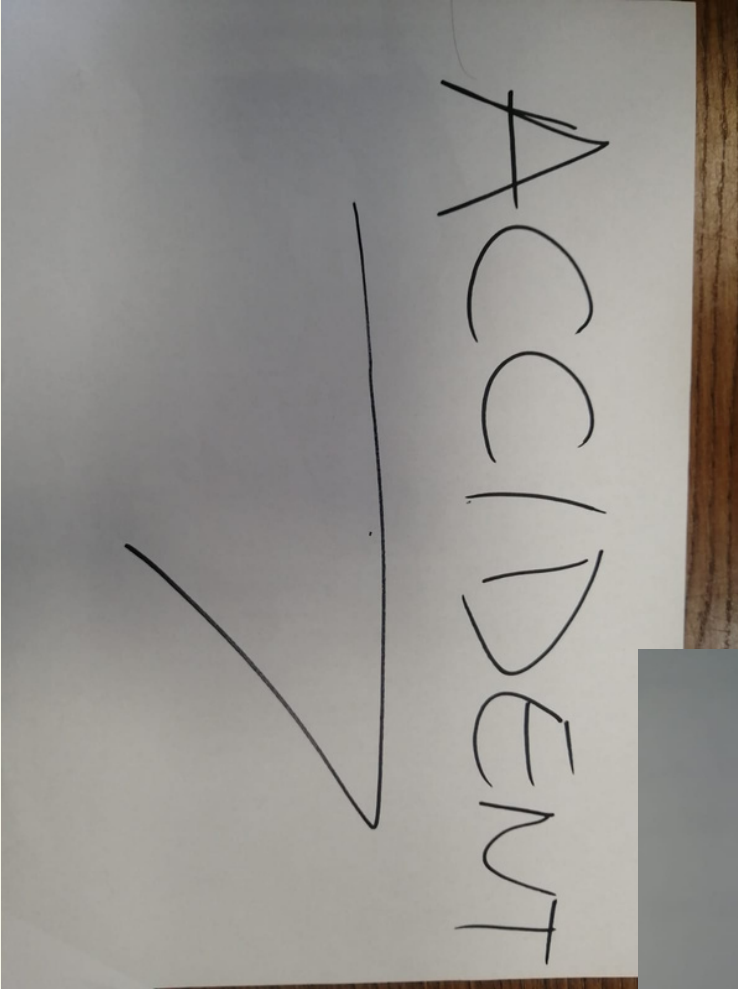
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |   |   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|
| <p>A. Attach your backpack to the rock with a rope.</p> <p>B. Hide in a cave or overhang.</p> <p>C. Sit on a small pile of stones, away from the rock wall.</p> <p>8. The storm passes quickly, and you continue down the mountainside. Suddenly you hear a swish behind you and a light rumble. Boom! It sounds like a shot. A huge mass of snow begins to sink down to you. An avalanche! You must:</p> <p>A. Start pulling away from the coming snow</p> <p>B. Squat, cover your head with your hands and roll with the coming snow</p> <p>C. Lie down and use your backpack to slide down with the coming snow.</p>                                                                                                                                                                                                                                                                                                                                            | C | C |
| <p>9. You are surrounded by snow, but the avalanche slows down. You must:</p> <p>A. Stay very still (stationary) in your seat and use no energy</p> <p>B. Start digging your way out</p> <p>C. Shout very loudly</p> <p>10. The avalanche passes you by and everything seems quiet. You are not hurt, but you are buried in the snow. You have been returned and rolled over several times. You have to determine which way is up. For this you must:</p> <p>A. Wait for a moment to find out if your blood enters your head, indicating that you're upside down</p> <p>B. Sit and trace the direction of the spit</p> <p>C. Turn your head in all directions to feel where the air is warmest</p> <p>Unfortunately, you make your way out of the snow. Now you are rested, shivering and cold. To prevent hypothermia, you must:</p> <p>A. Keep walking at all cost</p> <p>B. Drink brandy from the bottle in your luggage</p> <p>C. Eat a piece of chocolate</p> | B |   |
| <p>11. Continuing with the road down into the mountain, but you face a steep slope. You manage to see the village in front of you in the distance, but is getting too late to continue. You realize you will spend another night alone in the mountains. The best place to find a hideout from an eventual avalanche would be:</p> <p>A. The highest point on the slope</p> <p>B. Somewhere in the middle of the slope</p> <p>C. The lowest point on the slope</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | A |   |

| Lost in the Himalayas                                                                                                                                                                                                                                                                                                                                                                                                                      |             |              |                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|--------------|----------------|
| Situation                                                                                                                                                                                                                                                                                                                                                                                                                                  | Your answer | Group answer | Correct answer |
| <p>1. Look around the mountain terrain and assess your options. Given the following alternatives, the best option for you to get back on the road will be:</p> <p>A. going down a small frozen waterfall</p> <p>B. going through an open snow field along the rock</p> <p>C. crossing a snow bridge in the ice crack</p>                                                                                                                   |             |              |                |
| <p>2. You know you need to drink plenty of fluids because of the dry air at that height, but you have no water left. You know that dehydration is very dangerous.</p> <p>You decide to:</p> <p>A. lick an ice pod</p> <p>B. Take a handful of snow and eat it</p> <p>C. melt some snow in your hands, between your gloves and drink the water</p>                                                                                          |             |              |                |
| <p>3. You will have to spend a lot of energy down the mountain, so you need to choose the best energy source from the food you have. You choose:</p> <p>A. dried meat</p> <p>B. grain bran</p> <p>C. figs</p>                                                                                                                                                                                                                              |             |              |                |
| <p>4. Slowly but surely you keep your path down the mountains. Due to the difficult hike, you start to sweat plenty and your body is now all sweaty. You are worried that dehydration and hypothermia (danger of lowering body temperature) may occur if the situation doesn't change. To prevent this, you need to slow down and remove your:</p> <p>A. Woolen sweater</p> <p>B. Long sleeve cotton T-shirt</p> <p>C. Knitted ski hat</p> |             |              |                |
| <p>5. In order for you to be really cautious about your survival, you need to get some sleep. In the next 24 hours you should:</p> <p>A. Have a 4 hour sleep</p> <p>B. Take 30-minute naps every 3-4 hours</p> <p>C. Sleep for at least 2 hours continuously every 8 hours</p>                                                                                                                                                             |             |              |                |
| <p>6. After a while you find that your hands are numb. When you take off your gloves you notice that your fingers are gray. You know this is a freezing sign. To help restore blood circulation, you should:</p> <p>A. Hold your fingers under your arms</p> <p>B. Massage and rub your hands together</p> <p>C. Rub your hands in the snow</p>                                                                                            |             |              |                |

# Project Outputs

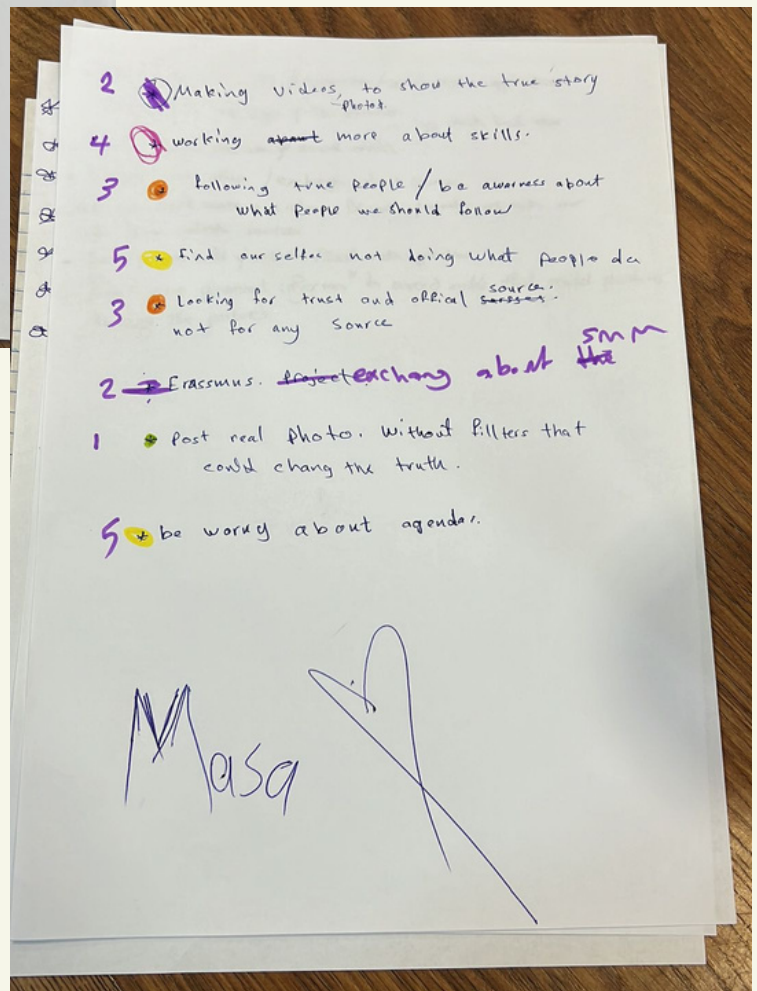
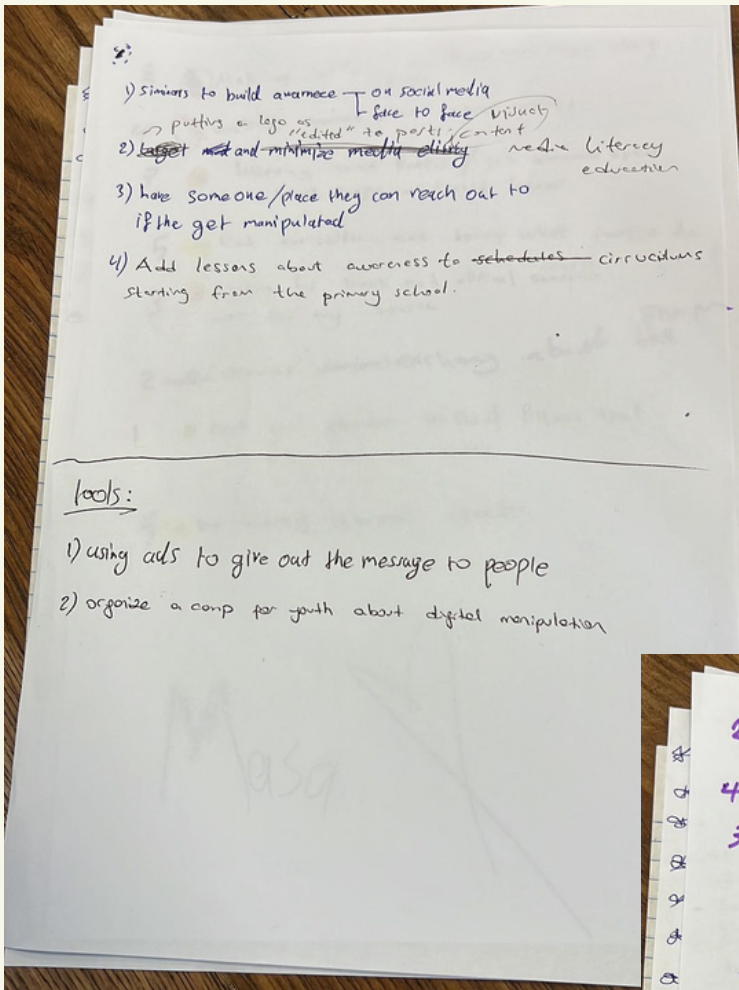
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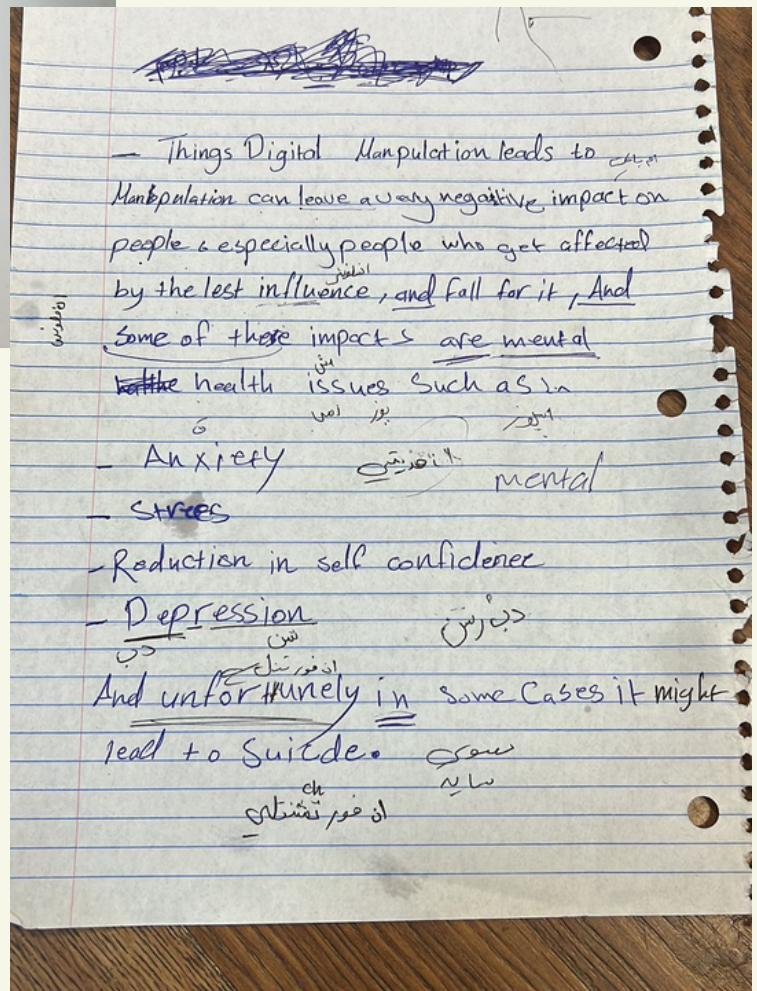
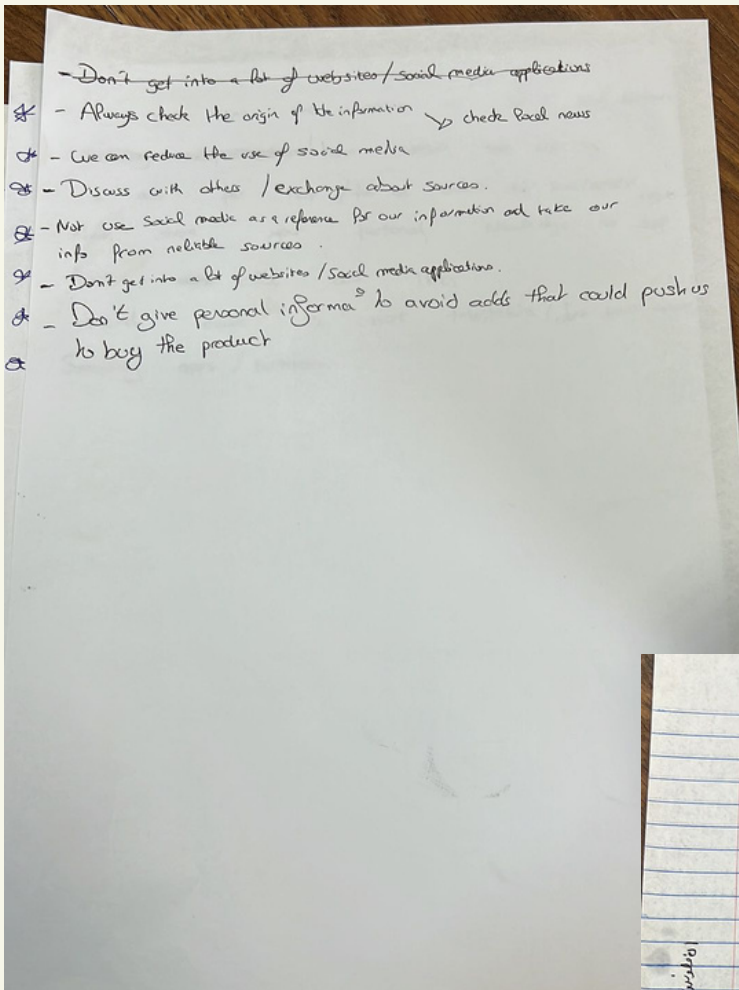
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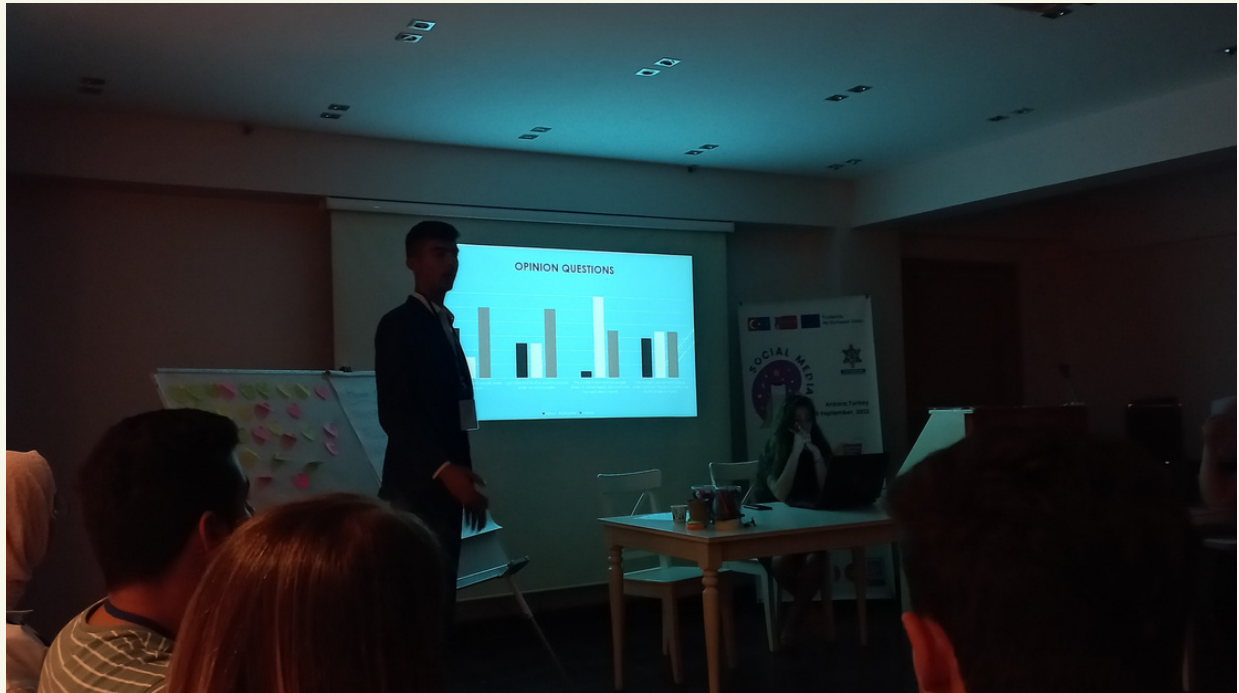
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# Presentations

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Each country prepared and presented a presentation about the subject of our project, which is digital content and image manipulation on social media.



We reached more than 160  
followers on instagram.  
[@socialmedia.manipulation](https://www.instagram.com/socialmedia.manipulation)

# Photos from the Project



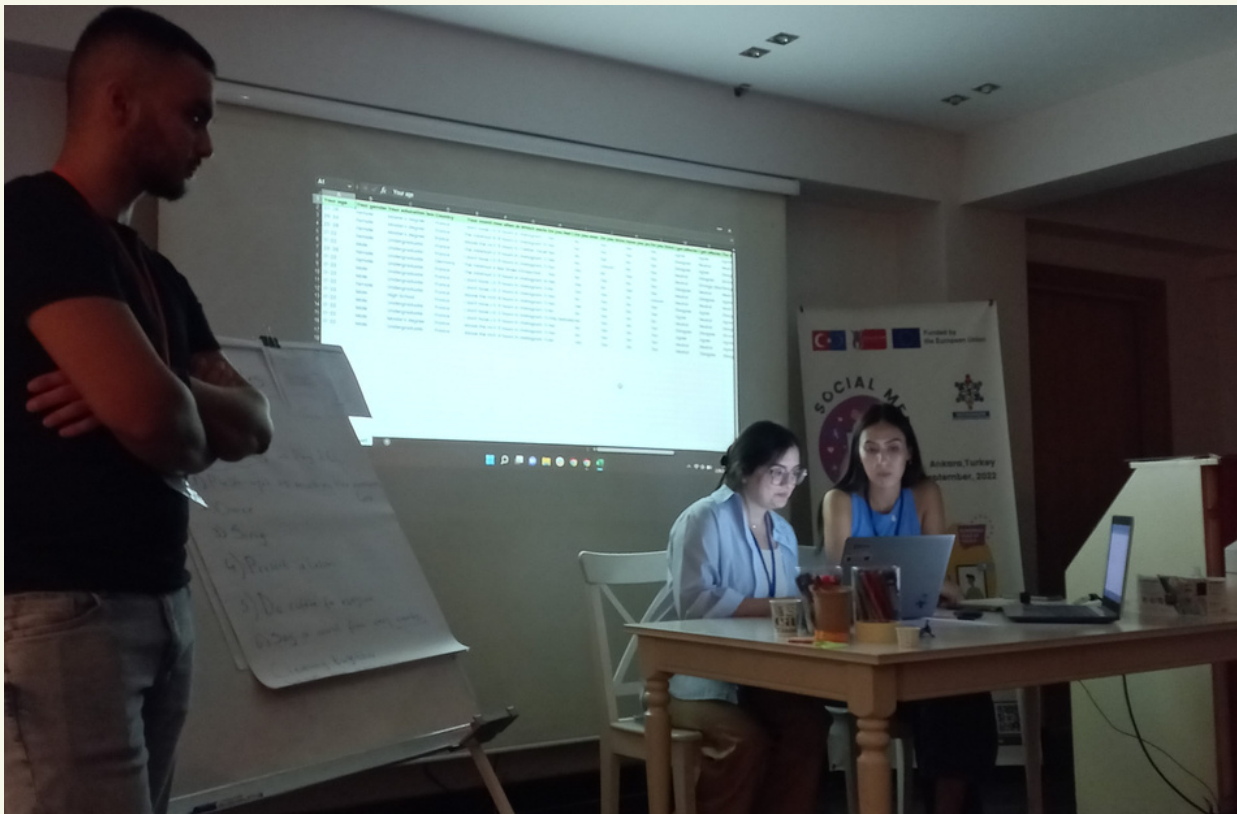
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# OUR SOCIAL MEDIA

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WE SHARED DAILY STORIES AND POSTS ABOUT THE PROJECT ON OUR INSTAGRAM PAGE. WE SUCCESSFULLY REACHED MORE THAN 160 FOLLOWERS WITHIN A WEEK ON INSTAGRAM.

**YOU CAN FOLLOW OUR INSTAGRAM PAGE AND SEE THE DETAILS OF THE PROJECT**

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[@socialmedia.manipulation](https://www.instagram.com/socialmedia.manipulation)