

Events · Activities · Initiatives · Training

August/September 2025

# RESULTS BULLETIN

"Awareness, education and protection of minors in the use of Internet and digital technologies"



Co-funded by  
the European Union



SIC-SPAIN

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# Purpose of the document

This report is part of the regular monitoring of the “Safer Internet Centre Spain 4.0” (SIC-SPAIN 4.0 [1]) project, an initiative co-funded by the European Union through the Digital Europe Programme and coordinated by the Spanish National Cybersecurity Institute (INCIBE).

**Its objective is to promote a safer, healthier, and more participatory digital environment for children and adolescents in Spain through awareness-raising, training, research, and engagement with minors, families, professionals, and social agents.**

This document provides a structured summary of the initiatives developed by the consortium partners between August and September 2025. Each entry includes essential information about the activity, its type, target audience, relevant links, and impact data, where available.

The purpose of this report is to support the visibility, tracking, and dissemination of the actions carried out.

[1] <https://www.incibe.es/incibe/informacion-corporativa/con-quien-trabajamos/proyectos-europeos/sic-spain4>

## Participants and collaborators

During this period of SIC-SPAIN 4.0 (August-September 2025), different activities were delivered, including workshops, campaigns, educational programmes, and awareness-raising initiatives by the following consortium partners:

- Spanish National Cybersecurity Institute (INCIBE) – Coordinator
- Spanish Association of Paediatrics (AEPED)
- Association of Communication Users (AUC)
- Empantallados
- EU Kids Online Spain - University of the Basque Country (EHU)
- Federation of Associations for Media Quality (ICMedia)
- Fundación Cibervoluntarios
- Fundación Aprender a Mirar (FAAM) and its affiliated entity Asociación de Consumidores de Medios Audiovisuales de Cataluña (ACMAC)
- Gaptain
- PantallasAmigas
- Plataforma de Infancia
- Rey Juan Carlos University (URJC)
- Complutense University of Madrid (UCM)
- National Institute of Educational Technologies and Teacher Training (INTEF) – Associated entity

## Impact and collaboration

The actions carried out during this two-month period have had a significant impact. Among others, the highlights include the 'Stop, Think and Connect' talks against gender-based violence, delivered by Fundación Cibervoluntarios.



From the 71st Congress of the Spanish Association of Paediatrics (AEPED) – aimed at paediatricians and healthcare professionals – on supporting and accompanying families, which is essential for strengthening their commitment to comprehensive child health and the well-being of the family unit.



## Description of activities

### Duration



The activities carried out during August and September 2025 have included both **long-term campaigns and specific actions**. Among others, the awareness campaign on the risks of sharenting (**INCIBE**) featured a website with tips, a video on school photos, two infographics, and a blog on family agreements.

The **Aprender a Mirar Foundation** also delivered training and informative talks on audiovisual education, best practices, and critical analysis of audiovisual content in schools, institutions, and organisations.



## Activities August–September 2025

### SPANISH ASSOCIATION OF PAEDIATRICS (AEPED)

#### Family Digital Plan



Figure 1. Congress Image and Creativity

#### 71st AEP Congress

<b>Type</b>	Beyond the Child: The AEP and Its Commitment to Families
<b>Target Audience</b>	Paediatricians and Healthcare Professionals
<b>Launch Date</b>	From June 2025 to date
<b>Description</b>	As part of the 71st Congress of the Spanish Paediatric Association (AEP), a panel entitled “Beyond the Child: AEP and its Commitment to Families” was held. This was a space for reflection and dialogue that addressed the fundamental role of AEP in supporting and accompanying families, reinforcing its commitment to comprehensive child health and family well-being.
<b>Link</b>	<a href="#">Website of the AEPED Congress – Spanish Association of Paediatrics(AEPED).</a>

#### Family Digital Plan

<b>Type</b>	Website update and maintenance
<b>Target Audience</b>	Pediatricians and families
<b>Launch Date</b>	August 2025
<b>Description</b>	During June and July 2025, several infographics were created to update the information in line with the Ministry’s recommendations.
<b>Link</b>	<a href="#">AEPED website (section: Family Digital Plan).</a> <a href="#">AEPED website (link to infographics).</a>

## Youth programmes

### Audiovisual Education Programme (PEA) + Guay-fi (programme for early childhood) + Youth Participatory Sessions + Webinars with experts + Weko + Participation in other events



Figure 2. Image of a training day for PEA teachers



Figure 3. Photo from a Weko session at a school



Figure 4. Weko logo and materials

<b>Type</b>	Talks, workshops, webinars, teaching materials and resources...
<b>Target Audience</b>	Children, teenagers, families and teachers. Different formats according to the ages of the participating courses
<b>Launch Date</b>	From August 2025 to date
<b>Description</b>	<p>Delivery of (in)formal talks and workshops on audiovisual education, best practices, and critical analysis of audiovisual content in schools, institutions, and organisations.</p> <p>Training and monitoring of teaching staff. New adaptations of the Media Literacy Programme for universities and the sports sector.</p>
<b>Link</b>	<p><a href="#">Contraste website</a></p> <p><a href="#">Consumidores de Medios Audiovisuales de Cataluña website</a></p> <p><a href="#">Aprender a Mirar website</a></p>

### Award for the best high-quality online content for children and adolescents + Awareness Campaigns + Participatory and Creative Activities, and Contraste.info + PDA Bullying

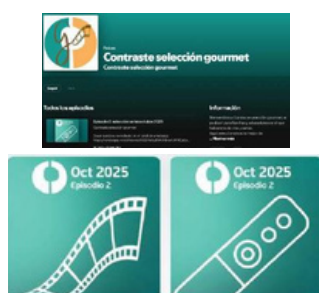


Figure 5. Podcast section on the Contraste website



Figure 6. Educational resource from the #ElMóvilNoesUnJuguete campaign, within the Guay-fi programme: Play Pyramid

<b>Type</b>	Competition, campaigns, educational resources...
<b>Target Audience</b>	General audience: children, young people, families and educators
<b>Launch Date</b>	From August 2025 up to date
<b>Description</b>	Awareness campaigns are developed focusing on topics such as online hypersexualisation, responsible screen use and gender equality. Highlights include #LiveYourRealLife, featuring videos and surveys on mobile addiction, and #ShesAperson, aimed at female leadership and digital rights.
<b>Link</b>	<p><a href="#">Contraste website</a></p> <p><a href="#">PDA Bullying</a></p>



### Awareness campaign targeting people under 35

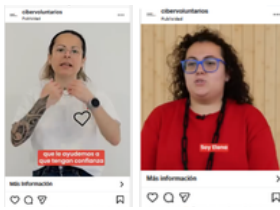


Figure 10 y 11. Instagram posts of the campaign

Type	Paid social media campaign to recruit cybervolunteers under 35 on Instagram.
Target Audience	Volunteers under 35 years old
Launch Date	05.08.2025 - 10.09.2025
Description	<b>Recruitment campaign for cybervolunteers</b> under 35 to deliver workshops.

## SPANISH NATIONAL CYBERSECURITY INSTITUTE (INCIBE)

### Awareness campaign: 'Sharenting – when parents put their children's image at risk'



Figure 12. Campaign image

Type	Awareness campaign
Target Audience	Families
Date	From June 2025 to date
Description	Awareness campaign on the risks of sharenting, the practice of sharing images of minors on social media. It includes resources such as a website with reflections and advice, a video about photos taken in schools, two infographics (sharenting practices and responsible cameras), and a blog on family agreements in cases of separated parents.
Link	<a href="#">INCIBE website</a>

### Update of parental control tool sheets for services, devices and applications



Figure 13. Campaign creative

Type	Awareness resource
Target Audience	Families
Launch Date	From July 2025 to date
Description	Update of the information sheets available on the website <a href="http://www.incibe.es/menores">www.incibe.es/menores</a> regarding the parental control features of various applications, devices or services that minors can access.
Link	<a href="#">INCIBE website</a>



Figure 14. Promotional image of the campaign

### Awareness campaign 'Cybersecure Back to School 2025'

<b>Type</b>	Paid social media campaign to recruit cyber volunteers
<b>Target Audience</b>	Teaching resources
<b>Launch Date</b>	From 1 September to 15 October 2025
<b>Description</b>	The #BackToSchoolCyberSecure2025 campaign promotes cybersecurity in schools at the start of the academic year, offering resources for safe device use, protocols, classroom activities, family engagement, good teaching practices, INCIBE services, and support tools.
<b>Link</b>	<a href="#">Web de INCIBE</a>

## REY JUAN CARLOS UNIVERSITY



Figure 15. Creative of the congress

### Zaragoza Congress: IV Conference of the Youth and Society Studies Network (REJS 3.0)

<b>Type</b>	Presentation
<b>Destinataries</b>	Teachers and mental health professionals and institutions
<b>Launch Date</b>	September 2025
<b>Description</b>	Presentation at the Zaragoza Congress: IV Conference of the Youth and Society Studies Network (REJS 3.0), which addressed the influence of social media on self-harming behaviour.

## PANTALLASAMIGAS



Figure 16. Promotional banner

### Online information and advice services for the healthy use of videogames

<b>Type</b>	Educational and reference service and resource
<b>Destinataries</b>	Families
<b>Launch Date</b>	In progress
<b>Description</b>	Support service for families for the responsible use of video games, continuing SIC-Spain 3.0, with content adapted for children with disabilities and validation by the Youth Panel of the Platform for Childhood.
<b>Link</b>	<a href="#">PantallasAmigas website</a>

**Creation of a remote support system to provide scalability, flexibility, and autonomy to educational centers implementing the intervention**



Figure 17. Online screenshot



Figure 18. Logo of the initiative

<b>Type</b>	Online training resource
<b>Target Audience</b>	Education professionals in Primary and Secondary schools, and Secondary school students
<b>Launch Date</b>	September 2024
<b>Description</b>	The Cibermanagers programme—active since the 2009–2010 academic year—forms part of the SIC-SPAIN projects and is based on Service-Learning and peer education. It trains students in the 3rd and 4th years of Secondary Education in cybersecurity so that they can educate younger peers and collaborate with families and teachers, fostering intergenerational empathy.
<b>Link</b>	<a href="#">Cibermanagers Programme Webs</a>

**EMPANTALLADOS**

**Downloadable Resources**

**Creation of a dedicated landing page for downloadable resources**



Figure 19. Poster for downloadable resources

<b>Type</b>	Creation of a dedicated landing page for downloadable resources
<b>Target Audience</b>	Parents, teachers, and educators.
<b>Launch Date</b>	September 2025
<b>Description</b>	Empantallados launches free resources for families seeking to educate their children on responsible technology use. The downloadable materials include practical tools and tips to promote a healthy digital environment at home.
<b>Link</b>	<a href="#">Empantallados Website</a>

## Stop & Think (new reviews)



Figure 20 y 21. Publicity posters

<b>Type</b>	Book Reviews
<b>Target Audience</b>	Parents, teachers, and educators.
<b>Launch Date</b>	July and August 2025
<b>Description</b>	<p>In June, the Stop &amp; Think section featured three book reviews recommended for young people and adults:</p> <ul style="list-style-type: none"> <li>• Glass Princesses: an intimate account of Eating Disorder experiences and the path to recovery.</li> <li>• The Art of Not Doing Everything: a reflection on human fragility and the impact of modern lifestyles and screen use.</li> <li>• The Bright Side of Things: a motivational book encouraging the pursuit of dreams, with practical advice from the influencer El Show de Briten.</li> </ul>
<b>Link</b>	<a href="#">Empantallados Website</a>

## Spies or Protectors? Parental Controls and Education

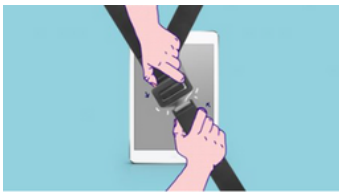


Figure 22. Promotional poster for the campaign's articles

<b>Type</b>	Articles
<b>Target Audience</b>	Parents and educators
<b>Launch Date</b>	September 2025
<b>Description</b>	<p>Screens play a central role in the lives of children and adolescents, especially during preadolescence and adolescence, when they seek more privacy and independence.</p> <p>Parents face the challenge of protecting their children's digital safety without limiting their autonomy. To address this, seven guidelines are proposed for implementing effective parental controls and fostering healthy technology habits at home.</p> <p>Additionally, a comparison of the best parental control apps in 2025, both free and paid, is included.</p>
<b>Link</b>	<a href="#">Empantallados Website (Articles Section)</a>

## FAQs: The Most Common Questions from Parents



Figure 23. Creative work for promotion

<b>Type</b>	Articles
<b>Target Audience</b>	Parents and educators
<b>Launch Date</b>	September/October 2025
<b>Description</b>	<p>Empantallados publishes key articles to help families make informed decisions about technology use.</p> <p>Screens and parenting? Find clear guidance on what works best at every stage.</p>

# Closing Remarks

The initiatives featured in this report reflect the active commitment of the SIC-SPAIN 4.0 project partners to promoting a safer, more inclusive, and healthier digital environment for children and young people. The actions carried out between August and September 2025 are just a snapshot of the collaborative work that will continue to unfold in the coming months.

The project, which runs until November 2025, will continue to drive campaigns, educational resources, research, and participatory spaces aimed at strengthening digital citizenship and protecting children's rights in the online environment. With the involvement of public, private, and civil society organisations, SIC-SPAIN 4.0 is working towards a more aware, critical, and resilient digital society.

Consortium coordinated by:



INSTITUTO NACIONAL DE CIBERSEGURIDAD

Consortium members:



FUNDACIÓN  
**Aprender  
a Mirar**



UNIVERSIDAD  
**COMPLUTENSE**  
MADRID



ASSOCIACIÓ  
**Consumidors  
Audiovisuals**



Asociación de Usuarios  
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