



TU & TAMO

HERE & THERE

zbirka priča za djecu rane školske dobi / a collection of stories for children of early school age

Impresum

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Za izdavača:

doc. prim. dr. sc. Željka Karin, dr. med., spec. školske medicine; ravnateljica Nastavnog zavoda za javno zdravstvo Splitsko-dalmatinske županije

dr. sc. Željko Ključević, dr. med., spec. psh., uži spec. adiktolog, voditelj Službe za mentalno zdravlje

Sela Tecilazić, ravnateljica Škole za dizajn, grafiku i održivu gradnju Split

Edita Bratinčević, ravnateljica Osnovne škole Petra Berislavića Trogir

Antonela Filipović, ravnateljica Osnovne škole Zagvozd PŠ Slivno

Riječ urednika:

dr. sc. Željko Ključević, dr. med., spec. psihijatar, uži spec. adiktolog

Uvodna riječ:

Mirela Grbić, prof. stručna suradnica pri Službi za mentalno zdravlje, voditeljica Odsjeka za preventivne programe

Voditeljica i koordinatorica projekta:

Mirela Grbić, prof. stručna suradnica pri Službi za mentalno zdravlje, voditeljica Odsjeka za preventivne programe

Autorica teksta:

Ivana Jarebić Špika, mag. edu. philol. croat., profesorica hrvatskoga jezika i književnosti u OŠ

Petra Berislavića Trogir, biblioterapeutkinja

Ilustracije:

Miro Šimunović, nastavnik likovnog odgoja Osnovne škole Zagvozd PŠ Slivno, učenici viših razreda

Lektura i prijevod: Victoria Vestić, asistentica na Filozofskom fakultetu u Splitu

Recenzije:

doc. dr. sc. Toni Maglica, soc. pedagog, Filozofski fakultet u Splitu

dr. sc. Željka Radošević, dipl. soc., radnik terapeut u KLOK Split

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For the Publisher:

Željka Karin, Chief Physician, MD, PhD, Adolescent Health Care Physician, Head of

the Public Health Institute of Split-Dalmatia County

Željko Ključević, MD, PhD, Psychiatrist, Addictologist, Head of Mental Health Service

Sela Tecilazić, Headmaster at the Split School of Design, Graphics and Sustainable Construction

Edita Bratinčević, Headmaster at the Petar Berislavić Elementary School, Trogir

Antonela Filipović, Headmaster at the Zagvozd Elementary School, Slivno

Editor's word:

Željko Ključević, MD, PhD, Psychiatrist, Addictologist, Head of Mental Health Service

Introductory word:

Mirela Grbić, MA in Defectology, Expert Associate at the Mental Health Service, Head of the Department for Prevention Programmes

Project managers and coordinators:

Mirela Grbić, MA in Defectology, Expert Associate at the Mental Health Service, Head of the Department for Prevention Programmes

Text author:

Ivana Jarebić Špika, MA in Croatian Language, teacher at the Petar Berislavić Elementary School, Trogir, bibliotherapist

Illustrations by:

Miro Šimunović, MA in Art, art teacher at the Zagvozd Primary School, Slivno and students (higher grades)

Translation and proofreading: Victoria Vestić, Assistant at the Faculty of Philosophy, Split

Reviews:

Assistant Professor Toni Maglica, PhD, Social Pedagogue, Faculty of Philosophy, Split

Željka Radošević, PhD in Sociology, working therapist at KLOK Split

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Riječ urednika

Priče uvijek nađu put...!

Sve je više pokazatelj da djeca koja su svakodnevno više sati izložena neprijemnim sadržajima i drugim oblicima komunikacije preko ekrana „gube stvarnu vezu“ sa svijetom koji ih okružuje. Paradoksalno je to što mogućnost „povezanosti“ koja je jednostavna i dostupna putem tehnologije u svakom trenutku i na različite načine ometa stvarnu interakciju s drugim osobama kao i prirodnim okolišem. Ujedno je to i jedan od rizičnih čimbenika za razvoj ponašajnih ovisnosti koji je postao i javnozdravstveni problem kako u svijetu tako i kod nas. Ponašajne ovisnosti dovode do poteškoća u funkcioniranju u obiteljskom, školskom i socijalnom okruženju te otvaraju prostor za mnoga rizična i nasilnička ponašanja koja ugrožavaju tjelesno i mentalno zdravlje djece i mladih. Također je sve više djece koja u ranom razvojnem periodu usvajaju materinji jezik sa „zakašnjenjem“, što se povezuje sa smanjenjem izravne komunikacije i kontakata s ljudskim glasom iz neposredne okoline. Ne rijetko djeca danas prije progovora strani jezik bez poteškoća koje su usvojili „putem jezika sa ekrana“ sjedeći satima ispred njega što je ne dopustivo i nezdravo za njihov psiho-fizički razvoj pa stoga ne čudi pojavnost odgode upisa djece u školu. U ranoj školskoj dobi nastavnici razredne nastave opažaju smanjen vokabular djece, sve lošiju finu motoriku kod učenika što znatno utječe na vještine crtanja i pisanja a time i posljedično i čitanja kao preduvjeta za normalni odgojno-obrazovni proces. Prisutne su i poteškoće koncentracije i pažnje kao i lošije kratkoročno pamćenje. Dječje sposobnosti i vještine koje su se razvile do određene kro-

nološke dobi djeteta nažalost „mogu biti zaustavljene, stagnirati ako razvojne linije koje zahtijevaju kontinuitet djelovanja izostaju. Poticajni razvoj treba doći prvenstveno iz okoline u kojoj dijete odrasta jer submisivan stil odgoja često se zna odvijati i na „e – igralištima“ dugo u noć bez nadzora roditelja ugrožavajući higijenu spavanja, koja je neophodna za rast i razvoj svakog ljudskog bića. Djeca se sve više oslanjaju na komunikaciju elektroničkom poštom, glasovnim i/ili video pozivima putem mobilnih telefona dok je dramatično osiromašilo bogatstvo živih prijateljstava i druženja te tako ugrozilo odnose. Globalno, regionalno i lokalno postoji velika potreba za novim perspektivama kako pojedinaca tako i društva u cjelini. Mnogi doživljavaju trenutačne globalne probleme, onečišćenje okoliša, psihološke i socijalne, kao i političke probleme kao dokaz o slomu kulture i zajedno s time, gubitka sigurnosti, TU u stvarnom okruženju i TAMO u virtualnom! Možemo i trebamo probuditi nadu, pokušati promijeniti neke od problema koje smo sami stvorili u suvremenom svijetu i vratiti se temeljnim vrijednostima, nadahnuti pojedince i skupine da krenu hrabro i odgovorno u smjeru rješavanja nedostataka kako bi ovaj svijet učinili boljim mjestom za buduće generacije! Dobra je vijest da je ljudski mozak „plastičan organ“ i mogućnosti njegova oporavka uvijek postoji, a jedna od takvih mogućnosti je i obraćanje problemima i poteškoćama kroz njihov stvarni sadržaj... jer priče uvijek nađu put...!

Voditelj Službe za mentalno zdravlje

dr. sc. **Željko Ključević**, dr. med. spec. psihijatar
uži spec. adiktolog

Editor's Word

Stories always find a way!

There are more and more indicators that children who are exposed to inappropriate content and other forms of communication through the screen for several hours every day “lose real connection” with the world around them. Paradoxically, the possibility of “connectivity” that is easy and accessible through technology at all times and in various ways hinders real interaction with other people as well as the natural environment. At the same time, it is one of the risk factors for the development of behavioral addictions, which have become a public health problem both in the world and in our country.

Behavioral addictions lead to difficulties in functioning in the family, school and social environment and open up space for many risky and violent behaviors that threaten the physical and mental health of children and adolescents. There are also more and more children who acquire their mother tongue with a “delay” in the early development period, which is associated with a decrease in direct communication and contact with the human voice from the immediate environment.

It is not uncommon for children today to speak a foreign language without difficulty, which they acquired “through the language from the screen” by sitting for hours in front of it, which is not permissible and is unhealthy for their psycho-physical development, so it is not surprising that children's enrollment in school is sometimes delayed. At an early school age, teachers notice the reduced vocabulary of children, increasingly poor fine motor skills in students, which significantly affects drawing and writing skills and, consequently, reading as a prerequisite for a normal educational process.

There are also difficulties in concentration and attention, as well as poorer short-term memory. Children's abilities and skills that have developed up

to a certain chronological age of the child can unfortunately “be stopped, stagnate” if the development lines that require continuity of action are absent. Encouraging development should come primarily from the environment in which the child grows up, because submissive parenting often takes place on “e-playgrounds” long into the night without parental supervision, endangering sleep hygiene, which is necessary for the growth and development of every human being.

Children rely more and more on communication via e-mail, voice and/or video calls via mobile phones, while the richness of living friendships and companionship has been dramatically depleted, thus endangering relationships. Globally, regionally and locally, there is a great need for new perspectives of both individuals and society as a whole. Many perceive the current global problems, pollution of the environment, psychological and social, as well as political problems as evidence of the breakdown of culture and along with it, the loss of security, HERE in the real environment and THERE in the virtual one!

We can and should awaken hope, try to change some of the problems that we ourselves have created in the modern world and return to fundamental values, inspire individuals and groups to move boldly and responsibly in the direction of solving shortcomings in order to make this world a better place for future generations! The good news is that the human brain is a “plastic organ” and there are always possibilities for its recovery, and one of those possibilities is addressing problems and difficulties through their actual content... because stories always find a way...!

Head of Mental Health Service

Željko Ključević, MD, PhD, Psychiatrist, Addictologist

Uvodna riječ

*Reci mi činjenicu i naučit ću. Reci mi istinu i vjerovat ću,
ali ispričaj mi priču i ona će živjeti u mom srcu zauvijek.*

indijanska poslovice

Javnozdravstveni projekt pod nazivom TU & TAMO ima za cilj prevenirati ponašanje ovisnosti vezane za neprimjereno korištenje suvremene tehnologije u školskom okruženju, a time i druge oblike rizičnih ponašanja, koja u suvremenom svijetu, nažalost, sve više postaju uobičajena. Takva ponašanja nerijetko dovode do nepoštivanja obiteljskih, razrednih i školskih pravila te ona mogu postati ometajuća u odgojno-obrazovnom procesu za pojedinca kao i za cijelu razrednu skupinu. Povećanim korištenjem digitalnih medija smanjuje se potreba za odnosima s drugim osobama, što posljedično dovodi do smanjenja socijalnih vještina koje se mogu razvijati samo u interakciji s drugim ljudima. Smanjenje socijalne interakcije dovodi i do slabije socijalne povezanosti te se opaža da djeca i mladi imaju sve manje empatije za druge, tj. draži su im virtualni prijatelji nego stvarni, što danas nije rijetkost...! Obitelj i okolina u kojoj dijete živi i/ili boravi ima najvažniju ulogu, tijekom djetetova sazrijevanja te mu može pomoći u oblikovanju i modificiranju društveno prihvatljivih načina izražavanja emocija a time i ponašanja. Nudeći učenicima i učiteljima razredne nastave i drugačije sadržaje koji su vezani za pokazatelje pretjerane uporabe tehnologije vjerujemo da aktivnosti ovog javnozdravstvenog projekta i alat koji je nastao u suradnji sa nastavnicima i učenicima iz Splitsko-dalmatinske županije može pomoći. Alat se sastoji od zbirke narativnih priča koje su tematski vezane za zgrade i nezgode „gospodina interneta“! Ova zbirka priča nije ponuđena sa namjerom da izaziva nelagodu niti moralizira, nego da zabavi, pronade put do djetetova srca uz pomoć dva glavna lika, djevojčice Tu i dječaka Tamo. Tako na nesvjesnoj razini potpomažemo emocionalni, socijalni, kognitivni i

govorni razvoj djece. Djeca su, prilikom slušanja priče, potpuno prepuštena odrasloj osobi koja priča ili pripovijeda priču te takav način komunikacije s djecom može biti ljekovit. Priče su sredstvo za razvoj bliskosti i povezanosti, sredstvo ugone i sigurnosti, alat za razvoj povjerenja između odrasle osobe i djeteta. Također i pomagalo koje odrasloj osobi omogućava upoznavanje djetetova unutrašnjeg svijeta. Osim toga, priče djeci omogućuju razumijevanje osobnih neugodnih iskustava te stvaranje povezanosti kroz dijeljenje svojih iskustava s drugima.

Što poslije priče?

Priče nije potrebno dodatno objašnjavati djeci, ali su uvijek dobar povod i prilika za razgovor. Ujedno, razgovor je jednostavna metoda koja odrasloj osobi omogućava uvid u to kako je dijete doživjelo simbole, metafore i sadržaje. Priču je uvijek dobro nacrtati, odigrati ili odglumiti, a potom upitati djecu za ideje o različitom završetku te preoblikovati priče koje mogu djelovati na njihovo ponašanje u određenim životnim situacijama. Ujedno je to i prilika za stvaranje novih osobnih ili grupnih priča i novih vrijednosti jer priče imaju iscjeljujući učinak na djecu današnjice koja previše vremena provode pasivno gledajući u ekrane. Na sreću i to se polako mijenja! Moja osobna i profesionalna nada „pričanja priča“, jest da nastavnici i roditelji počnu ponovno upotrebljavati „snagu priče i mašte“ u svojim ulogama jer tako ohrabruju djecu, koriste potencijale žive riječi koju sva djeca svijeta oduvijek vole i na koju najbolje reaguju. Kreativnost uvijek vodi u konačnici i do rješenja mnogih problema, jer priče uvijek nađu put...!

Stručna suradnica pri Službi za mentalno zdravlje,
voditeljica Odsjeka za preventivne programe **Mirela Grbić**, prof.

Introductory word

Tell me the facts and I'll learn. Tell me the truth and I'll believe. But tell me a story and it will live in my heart forever.

Native American proverb

The public health project called HERE & THERE aims to prevent addictive behavior related to the inappropriate use of modern technology in the school environment, and thus other forms of risky behavior, which, unfortunately, are becoming increasingly common in the modern world. Such behavior often leads to disobeying family, class and school rules, and they can become disruptive in the educational process for the individual as well as for the entire class group.

The increased use of digital media reduces the need for relationships with other people, which consequently leads to a decrease in social skills that can only be developed in interaction with other people. The decrease in social interaction also leads to weaker social connection, and it is observed that children and young people have less and less empathy for others, i.e. they prefer virtual friends to real ones, which is not uncommon today...!

The family and environment in which the child lives and/or resides plays the most important role during the child's maturation and can help him or her shape and modify socially acceptable ways of expressing emotions and thus behavior. We believe that the activities of this public health project and the tool created in cooperation with teachers and students from the Split-Dalmatia County can help by offering students and teachers other content related to indicators of excessive use of technology.

The tool consists of a collection of narrative stories that are thematically related to "Mr. Internet's" accidents and incidents! This collection of stories is not offered with the intention of causing discomfort or moralizing, but to entertain, to find a way to the child's heart with the help of two main characters, the girl Here and the boy There.

Thus, on an unconscious level, we support the emotional, social, cognitive and speech development of children. Children, when listening to a story, are completely in hands of the adult who tells or narrates the story, and this way of communicating with children can be healing. Stories are a means of developing closeness and connection, a means of comfort and safety, a tool for developing trust between an adult and a child. They are also an aid that allows an adult to get to know a child's inner world. In addition, stories allow children to understand personal unpleasant experiences and create connections through sharing their experiences with others.

What after the story?

Stories do not need to be further explained to children, but they are always a good reason and opportunity for conversation. At the same time, conversation is a simple method that allows an adult to see how the child experienced symbols, metaphors, and content. It is always good to draw, play or act out a story, and then ask children for ideas about different endings or to reshape stories that can affect their behavior in certain life situations.

This is also an opportunity to create new personal or group stories and new values, because stories have a healing effect on today's children who spend too much time passively looking at screens. Fortunately, that is slowly changing! My personal and professional hope of "telling stories" is that teachers and parents start using the "power of story and imagination" again in their roles, because this is how they encourage children, use the potential of the living word that all the children of the world have always loved and to which they respond best. Creativity always ultimately leads to the solution of many problems, because stories always find a way...!

Mirela Grbić, Expert Associate at the Mental Health Service,
Head of the Department for Prevention Programmes

GASI RAČUNALO!

TURN OFF THE COMPUTER!



U jednom malom gradu živjeli su brat i sestra, blizanci Tu i Tamo. Dane su provodili veselo, uz roditelje, bake i djedove. Iako su rođeni u svega nekoliko minuta razlike, bili su posve različite naravi. Sestrica Tu najviše je vremena provodila u prirodi. Njezine su je prijateljice često pozivale na druženja, kao i ona njih. Gotovo svaki sunčan dan iskoristile su za igru u prirodi. Nisu je previše zanimali virtualni prijatelji ni internetski izazovi. Njezin je brat više volio one prijatelje koje, kako je on rekao, „žive unutra“. Tko su oni?- pitala bi ga sestra. Marko, Ivan, Bill, John, Peter, ima ih mnogo i žive diljem svijeta. Trebaš vidjeti kako su krasni gradovi u kojima oni žive: Zagreb, London, Pariz, Beč! Igramo zajedničku videoigru, a usput pričamo o svemu!- veselo je uzvratio Tamo. Tako su prolazili dani. Isprva je Tamo provodio nekoliko sati tjedno u svojoj sobi za računalom, a onda je to bilo svakog dana. Cijele su dane iz sobe dopirali engleski izrazi, smijeh, ali i ljutnja kad bi se posvađali. Zaboravio je svoje školske prijatelje. Roditelji su negodovali, a obiteljska druženja postajala sve kraća. Nije ga to previše brinulo. Tu je nastavila po svom i prijateljicama pričala o bratovim prijateljima u koje nije previše vjerovala. Tako je vrijeme teklo sve do jednog dana. Tamo je pao sa stolice u sobi i slomio ruku i nogu! Morao je odmarati mjesec dana. Bio je jako tužan jer nije mogao i dalje provoditi vrijeme na

In a small town lived a brother and a sister, twins Here and There. They spent their days happily, with their parents and grandparents. Although they were born only a few minutes apart, they were completely different in nature. Sister Here spent most of her time in nature. Her friends often invited her to parties, as did she invite them.

They used almost every sunny day to play in nature. She wasn't too interested in virtual friends or online challenges. Her brother preferred those friends who, as he said, "live inside". Who are they? - his sister would ask him. Marko, Ivan, Bill, John, Peter, there are many of them and they live all over the world. You should see how beautiful the cities are where they live: Zagreb, London, Paris, Vienna! We play video games together, but we talk about everything!- answered There cheerfully. That's how the days passed. At first, There spent just a few hours a week in his room at the computer, and then it was every day. English expressions, laughter, but also anger when they quarreled came from the room all day long.

He forgot his school friends. Parents resented it, and family gatherings became shorter and shorter. It didn't worry him too much. Here she continued on her own and told her friends about her brother's friends, whom she did not trust too much. Time passed like that until one day when There fell from the chair in the room and broke his arm and leg! He had to rest for a month. He was very sad because he could not continue to

računalu. Kako bi ga razveselila, mama mu je kuhala omiljenu hranu. Svi su bili uz njega. Bio je obasut pažnjom, lijepim riječima podrške i ohrabren novim idejama koje će ostvariti kada se oporavi. Počeo je uviđati koliko lijepih mjesta može posjetiti s prijateljima i što sve nije vidio. Računalo je za to vrijeme spavalo zimski san u sobi, a onda se jednog dana dosjetio. Moram ih obavijestiti! Sigurno će se brinuti!- sinulo mu je. I tako je jednim klikom poslao poruku. Prolazili su dani i situacija se nije promijenila. Gorko je plakao. Svi su me zaboravili! Trebao sam im odmah javiti!- žalio se bližnjima. Kako možeš tako govoriti?- bunila se mama. Tko te zaboravio? Mi smo uz tebe. Imaš mnogo prijatelja koji te posjećuju svaki dan! Ne budi nezahvalan!- odrješito će tata. U prvi mah nije mu to ništa značilo, ali tata je organizirao izlet u prirodi. Bilo je prekrasno. Svi prijatelji i obitelj bili su zajedno nakon dugo vremena i to pod vedrim nebom. Jeli su, igrali društvene igre, smijali se okupani proljetnim suncem. Osjećao se ispunjen kao nikad prije. Sad sam shvatio!- uzviknuo je. Sestro, bila si u pravu! Oni mi nisu pravi prijatelji! To je bila samo zabava, ali ne i iskreno prijateljstvo! Pravi prijatelj te nikad ne zaboravi, ni u dobru ni u zlu! Dogovorili su se da će im ovakva druženja, koja je Tu i prije jako voljela, postati obvezni ritual, a vrijeme za računalom od tog se dana provodilo umjereno i korisno, jer Tamo je na vlastitoj koži osjetio kako je to jedino ispravno.

spend time on the computer. To cheer him up, mom cooked his favorite food. Everyone was by his side.

He was showered with attention, kind words of support and encouraged with new ideas to realize when he recovered. He began to see how many beautiful places he could visit with his friends and what he hadn't seen. During that time, the computer was hibernating in the room, and then one day something occurred to There. I have to let them know! They will surely worry! - it dawned on him. And so he sent the message with one click. Days passed and the situation did not change.

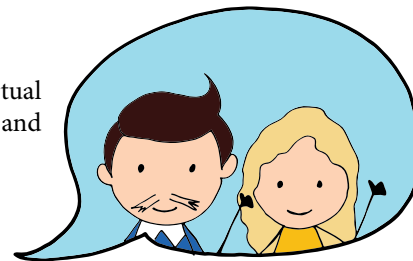
He cried bitterly. Everyone forgot me! I should have told them right away!- he complained to his relatives. How can you talk like that?- Mom protested. Who forgot you? We are with you. You have many friends who visit you every day! Don't be ungrateful!- said dad decisively. At first it didn't mean anything to There, but dad organized a trip in nature. It was beautiful. All friends and family were together after a long time and under clear skies. They ate, played board games, laughed in the spring sun.

There felt fulfilled like never before. Now I understand!- he exclaimed. Sister, you were right! They are not my real friends! It was just fun, but not true friendship! A true friend never forgets you, for better or for worse! They agreed that this kind of socializing, which Here loved before anyway, would become an obligatory ritual for them, and from that day on, time at the computer was spent in moderation and usefully, because There felt firsthand that it was the only right thing to do.

POUKA ODRASLIMA / LESSON TO ADULTS:

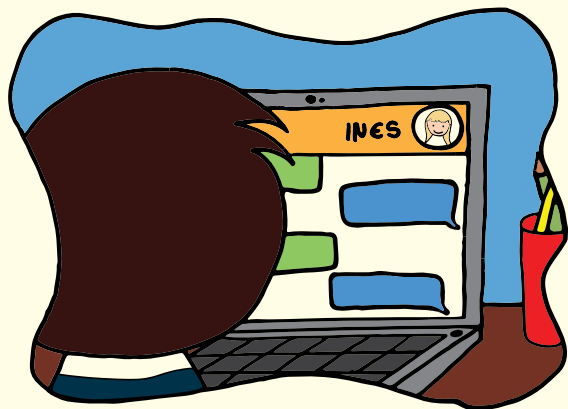
Odrasli trebaju upozoriti djecu da virtualni prijatelji ne mogu zamijeniti druženja i prijateljstva u stvarnom svijetu.

Adults should warn children that virtual friends cannot replace socializing and friendships in the real world.



TKO JE INES?

WHO IS INES?

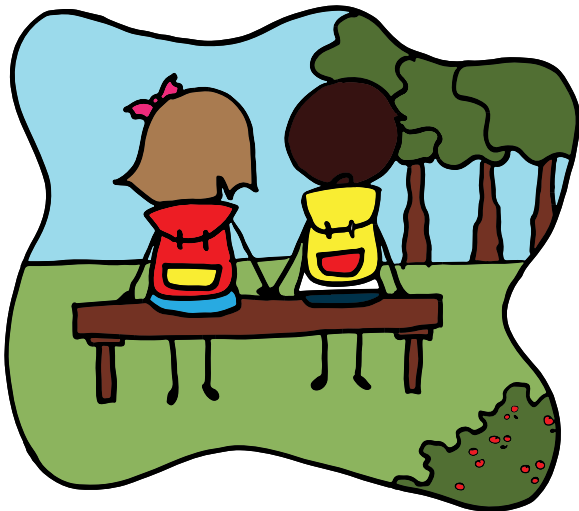


Tu je oduvijek bio povučen dječak. Volio je igrice i društvene mreže jer su mu one pružale mogućnost upoznati nove ljude i pričati s njima na, kako je on mislio „opušteniji“ način. Svakodnevno je rastao broj njegovih prijatelja na društvenim mrežama i to ga je jako usrećilo. Mislio je da je prihvaćen, popularan, dok mu stvaran svijet nije pružao takav osjećaj. Osobito je bio sramežljiv u razgovoru s djevojčicama, a silno je želio upoznati neku koja bi mu postala najboljom prijateljicom. Jednog dana u inbox mu je stigla poruka od Ines. Bok, Tamo! Možemo li razgovarati?- upitala ga je stanovita Ines. Dakako!- odmah je pristao. Činila mu se simpatičnom na profilnoj slici. Razgovarali su o svemu pa je imao osjećaj kao da je poznaje cijeli život. Bili su i vršnjaci. To ga je jako radovalo. Ona me razumije kao nitko prije!- mislio je. Povjeravao joj je svoje tajne. Njih ni sestra Tu s kojom je bio jako povezan nije znala. Slušali su istu glazbu, ona je govorila da voli gledati iste serije kao i on. Prolazili su dani i on ju je poželio vidjeti uživo. Činilo mu se da će moći lijepo provesti vrijeme i imati brojne zajedničke teme sada kada su se bolje upoznali. Ines je u prvi mah negodovala. Izgovor su joj bile brojne školske obveze i izvanškolske aktivnosti. Tamo je, ipak, svaki dan iznova pozivao. Pristala je. Dogovorili su se za susret u kafiću blizu škole. Tamo je čekao s čokoladom u ruci. Odjednom se pojavio stariji gospodin i promrmljao: Ja sam Ines! Tamo se prepao, otrčao i odmah nazvao mamu. Sve joj je

There has always been an aloof boy. He liked games and social media because they gave him the opportunity to meet new people and talk to them in what he thought was a more “relaxed” way. The number of his friends on social networks grew every day and that made him very happy. He thought he was accepted, popular, while the real world didn’t give him that feeling. He was especially shy when talking to girls, and he really wanted to meet one who would become his best friend.

One day, a message from Ines arrived in his inbox. Hi There! Can we talk? – an Ines asked him. Of course! - he immediately agreed. She seemed cute to him in her profile picture. They talked about everything so he felt as if he had known her all his life. They were also the same age. That made him very happy. She understands me like no one before! - he thought. He confided his secrets to her. Even his sister Here, with whom he was very close, did not know these secrets. There and Ines listened to the same music, and she said she liked to watch the same series as he did. Days passed and he wanted to meet her.

It seemed to him that they would be able to have a good time and have many common topics now that they got to know each other better. At first, Ines seemed reluctant. Her excuse was numerous school obligations and extracurricular activities. There, however, asked for them to meet again and again every day. She agreed. They agreed to meet



ispričao. Mama je znala da se radi o internetskoj prijevari. Sutradan su sve doznali i školski prijatelji. Nisu se rugali. Bili su mu podrška. Odlučili su i oni biti oprezniji kada upoznaju nove prijatelje na društvenim mrežama. Cijelu priču čula je i Doris kojoj se Tamo dugo sviđao. Odlučila mu je prići i od toga dana postali su najbolji prijatelji.

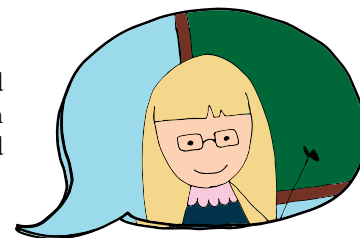


in a coffee shop near the school. There was waiting with a chocolate in his hand. Suddenly an older gentleman appeared and muttered: I'm Ines! There got scared, ran and immediately called his mom. He told her everything. Mom knew it was an internet scam. The next day, school friends found out everything. They weren't mocking There. They were his support. They also decided to be more careful when meeting new friends on social networks. The whole story was also heard by Doris, who liked There for a long time. She decided to approach him and from that day they became best friends.

POUKA ODRASLIMA / LESSON TO ADULTS:

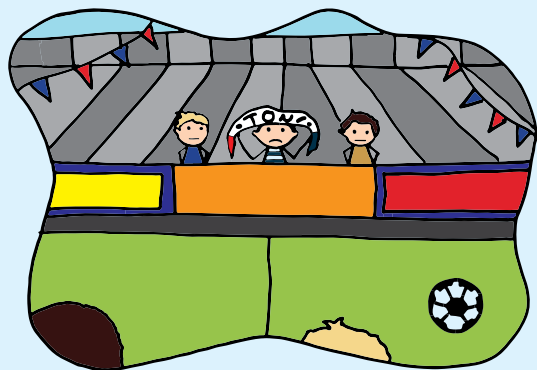
Odrasli trebaju obratiti pažnju na to koje i kakve sadržaje društvenih mreža djeca koriste i s kim stvaraju kontakte za druženje i poistovjećivanje.

Adults should pay attention to what kind of social media content children use and with whom they create contacts for socializing and identification.



INFLUENCER TONI U SVIJETU NOGOMETA

TONI THE INFLUENCER IN THE WORLD OF FOOTBALL

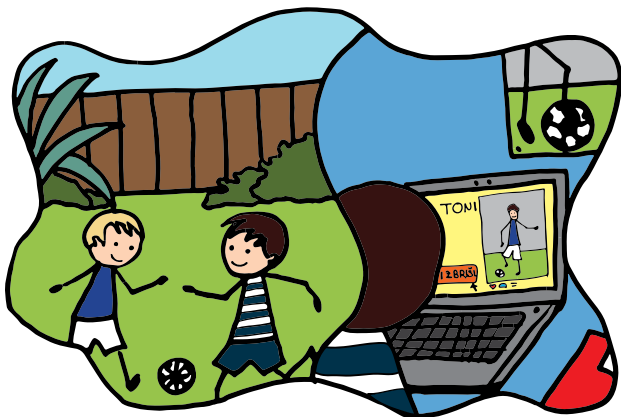


Tu je oduvijek pratila modu, dok je Tamo više bio zainteresiran za sport. Imali su uzore u koje su se voljeli ugledati. Tu je svoju inspiraciju pronalazila čitajući modne časopise i listajući mamine knjige. Njen brat Tamo nije to baš cijenio. Smatrao ju je staromodnom i svojeglavom jer nije pratila modne influencerice. Imala je svoj osebujan stil i nije slijedila trendove. Nju to nije pogađalo. Za razliku od nje, on je slijedio brojne influencere na društvenim mrežama koji su bili stručnjaci za sport. Osobe koje je „otkrio“ mogao je predstaviti svojim školskim prijateljima kojima se činio zanimljiviji i tako je postajao sve popularniji. Među svim influencerima, najviše pažnje privukao mu je Toni. On je na slikama bio mlad, lijep i vrlo poletan, a nadasve talentiran za nogomet. Njegove internetske fotografije bile su pune blještavila. Predstavio se kao sportski uspješan i bogat nogometaš. Dijelio je savjete klincima. Tamo je svima rekao za ovog influencera. Toni je ubrzo dobio velik broj novih pratitelja na društvenoj mreži. Cijeli ga je razred pratio. Jednoga dana stigla je vijest da igra utakmicu u obližnjem mjestu. Svi su pohitali gledati slavnog nogometaša uživo. Razmišljali su kako će ga pitati autogram. Tamo je bio jako ponosan što je upoznao razred s ovako slavnom osobom. Stigli su na tribine i čekali da stigne Toni i počne igrati. Nije ga bilo. Nije bio ni u sastavu igrača. Svi su bili jako razočarani i pitali se što se dogodilo. Razgovarajući međusobno, shvatili su da je Toni prevarant koji se lažno predstavlja.

Here has always followed fashion, while There was more interested in sports. They had role models they liked to emulate. Here found her inspiration by reading fashion magazines and flipping through her mother's books. Her brother There didn't really like that. He considered Here old-fashioned and wayward because she didn't follow fashion influencers. She had her own distinctive style and did not follow trends. This didn't affect Here. Unlike her, There followed numerous influencers on social media who were experts in sports. He could introduce the people he "discovered" to his school friends who found him more interesting and thus he became more and more popular.

Among all the influencers, Toni attracted his attention the most. In the pictures, he was young, handsome and very energetic, and above all talented in football. His internet photos were full of glitter. He presented himself as a successful and rich football player. He gave advice to the kids. There told everyone about this influencer. Toni soon gained a large number of new followers on social media. The whole class followed him.

One day, news arrived that Toni was playing a match in a nearby town. Everyone rushed to watch the famous football player live. They were thinking how they would ask him for an autograph. There was very proud to introduce the class to such a famous person. They arrived at the stands and waited for Toni to arrive and start playing. He wasn't there. He was not



Tamo je bio jako tužan. Osjećao je krivnju. Tek je tada shvatio sestrine riječi: *Važno je biti svoj, ne treba slijepo slijediti uzore! Treba pronaći svoj put do cilja koji želiš ostvariti!*

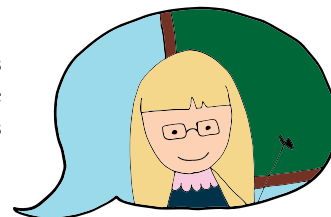


among the players. Everyone was very disappointed and wondered what happened. Talking to each other, they realized that Toni is a fraudster who is impersonating a famous football player. There was very sad. He felt guilty. Only then did he understand his sister's words: *It is important to be yourself, you should not blindly follow role models! You need to find your own way to the goal you want to achieve!*

POUKA ODRASLIMA / LESSON TO ADULTS:

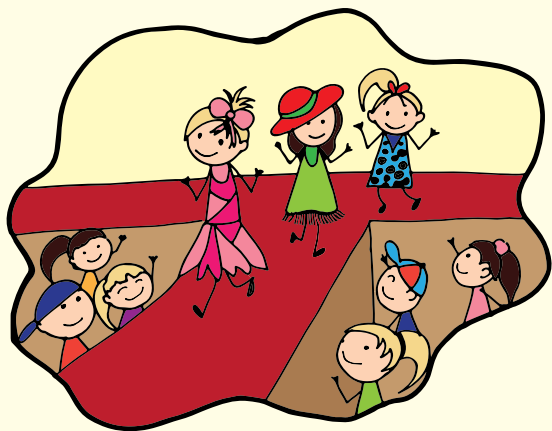
Odrasli trebaju obratiti pažnju na to tko su djeci internetski uzori i kakav utjecaj mogu ostaviti na njihov razvoj.

Adults should pay attention to their children's Internet role models and what kind of influence those role models can have on their children's development.



MODNA KREATORICA U USPONU

RISING FASHION CREATOR



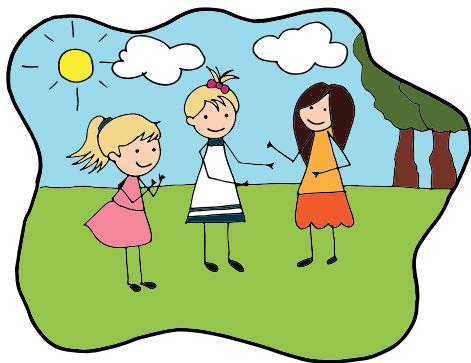
Tu, zaljubljenica u modu, jedne je noći sanjala prekrasan san. Postala je modna blogerica i osvojila kao nagradu odlazak na pariški tjedan mode. Nije previše vjerovala u internetski svijet i to je uvijek bio povod za svađu između nje i brata Tamo. On je uvijek strastveno branio prednosti društvenih mreža. Međutim, san ju je nagnao na razmišljanje. Što bi se dogodilo kad bih se i ja okušala u virtualnoj stvarnosti?- mozgala je Tu. Danima je smišljala kako ostvariti novi izazov. Sinula joj je ideja da pokrene svoj modni blog. Sve je rekla svojim prijateljicama koje su je odmah podržale. Cijele je dane crtala i kreirala. Virtualne lutke oblačila je u svoje modne kombinacije za jesen, zimu, proljeće i ljeto. Stranica je vrvila šarenim bojama, otkačenim modnim kombinacijama i odjevnim predmetima. Sve je bilo u redu do jednog dana. Prijateljica Ana nazvala ju je u rano jutro. Moramo razgovarati, Tu!- rekla je uznemirenim glasom. Tu se zabrinula i brzo otišla na susret s Anom. Moram ti nešto reći!- glasila je prva Anina rečenica. Lana, Tea i Marija napravile su tajnu WhatsApp grupu. Komentari o tvom modnom blogu jako su ružni. Pružila joj je mobitel. Tu je pročitala samo jednu rečenicu koja je glasila: Kakav neukus! Ovo nitko neće nositi! Odmah su joj niz lice krenule suze. Ana ju je tješila. Sljedećih je dana u školu dolazila jako potištena. Nije ni s

Here, the fashion lover, had a wonderful dream one night. She became a fashion blogger and won a trip to Paris Fashion Week as a prize. She didn't believe too much in the internet world and this was always a reason for a fight between her and her brother There. He has always passionately defended the benefits of social media. However, the dream made her think. What would happen if I tried virtual reality too? - thought Here.

For days she was thinking of how to beat this new challenge. She had the idea to start her own fashion blog. She told everything to her friends who immediately supported her. She drew and created all day long. She dressed virtual dolls in her fashion combinations for autumn, winter, spring and summer. The site was teeming with colorful colors, wacky fashion combinations and clothing items. Everything was fine until one day. Here's friend Ana called her early in the morning. We have to talk, Here! - she said in a troubled voice.

Then Here got worried and quickly went to meet Ana. I have to tell you something! - was Ana's first sentence. Lana, Tea and Marija created a secret WhatsApp group. The comments about your fashion blog are very ugly. She handed her the phone. Here read only one sentence that read: What bad taste! No one will wear this! Tears

kim razgovarala. Učiteljica ju je pozvala na razgovor. Tu joj se povjerila i rekla što se dogodilo. Učiteljica je odlučila pomoći i pružiti joj podršku. Organizirala je modnu reviju kreacija koje je osmislila Tu i to u suradnji sa školom. Pripreme su trajale mjesecima. Sva su se školska djeca uključila i svi su bili presretni. Na dan revije Tu je bila glavna zvijezda. Čestitke su dolazile sa svih strana. Bile su tamo i Marija, Lana i Tea. Ovoga puta posramljene. Tu je bila presretna. Obitelj je bila ponosna na nju. Zнала sam oduvijek da je stvarnost ljepša od virtualnog svijeta, ali nije mi žao! – rekla je ushićeno učiteljici. Život se sastoji od različitih iskustava, pozitivnih i negativnih, ali iz svih treba izvući pouku i biti ustrajan u onome što voliš i želiš ostvariti!- mudro je zaključila djevojčica Tu.



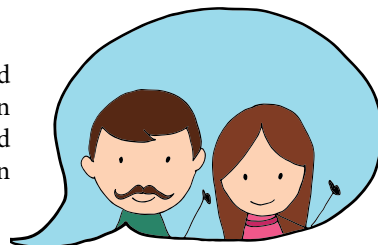
immediately ran down her face. Ana comforted her. In the following days, Here was coming to school very depressed. She didn't talk to anyone. The teacher asked to have a word with her. There confided in her and told what had happened. The teacher decided to help and support her.

In cooperation with the school, the teacher organized a fashion show of Here's creations. The preparations lasted for months. All the school children got involved and everyone was beyond happy. On the day of the show Here was the main star. Everyone was congratulating her. Marija, Lana and Tea were also there. This time they were embarrassed. There was beyond happy. The family was proud of her. I've always known that reality is more beautiful than the virtual world, but I'm not sorry!- she said excitedly to the teacher. Life consists of different experiences, positive and negative, but you should learn from all of them and be persistent in what you love and want to achieve!- the girl Here wisely concluded.

POUKA ODRASLIMA / LESSON TO ADULTS:

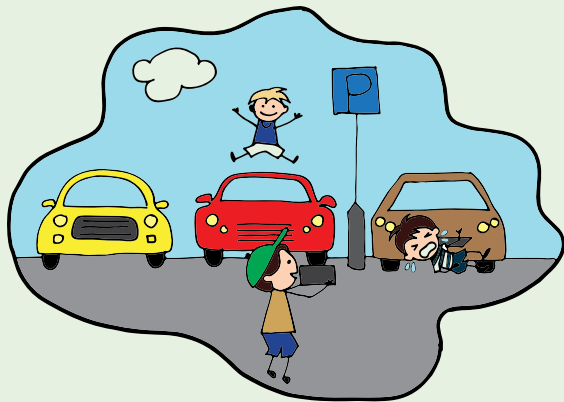
Odrasli trebaju uvijek djeci pružiti podršku i biti otvoreni za razgovor s njima ukoliko dožive neugodno iskustvo na internetu te neočekivane komentare ili uvrede koje ih mogu obeshrabriti.

Adults should always support children and be open to talking with them if they have an unpleasant experience on the Internet and get unexpected comments or insults that can discourage them.



OPREZ! TIK TOK IZAZOVI!

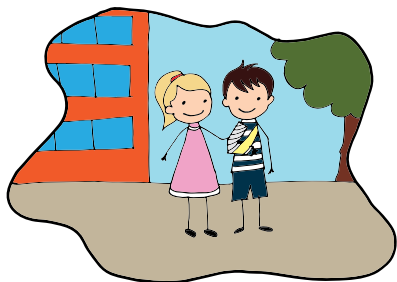
CAUTION! TIK TOK CHALLENGES!



Gledanje Tik Tok izazova postalo je smisao života za Tamo. Cijele je dane „visio“ na mobitelu. Nije ga ispuštao iz ruku. Svuda je hodao s njim u rukama i pratio nove Tik Tok izazove. Mama je „šizila“. Svi su ga upozoravali da je pretjerao, ali on nije slušao. Samo je odmahivao glavom. Popustio je u školi i stalno izbivao iz kuće. Mama, tata i sestra Tu nisu znali što poduzeti. Razgovor nije pomagao. Odlučio je i on sa svojim prijateljima snimati uzbudljive Tik Tok kadrove. Jednoga dana sinula im je ideja kako bi mogli skakati s automobila na parkiralištu. Najprije je skočio Mario, pa Luka, pa Ivan. Došao je red da i Tamo pokaže svoje umijeće. Prvi je put sve bilo u redu. Prijatelji su mu pljeskali, a on je bio ponosan. To ga je ponukalo da pokuša opet. Osjećao se moćno i popularno, pogotovo kad bi se sjetio da će snimku vidjeti i Petra u koju je bio zaljubljen. Drugi je pokušaj bio uspješan, ali treći put čulo se: BUUUM! Dogodila se nezgoda. Tamo je pao i slomio rame. Prijatelji su se preplašili i brzo pozvali roditelje za pomoć. Dječak je gorko plakao. Jako ga je boljelo. Nije više mislio ni na što, samo na ozljedu. Tata ga je odvezao kod doktora. Mjesec je dana proveo u gipsu. Bilo mu je teško. Brinulo ga je kako je na Tik Toku izgledao snimak njegova pada i hoće li se vršnjaci rugati. Dolazio je u školu s grčem u želucu, osobito kad bi se sjetio što je pomislila

Watching Tik Tok challenges has become the meaning of life for There. He was “hanging” on his mobile phone for whole days. He didn’t let go of his phone. He walked everywhere with it in his hands and followed new Tik Tok challenges. Mom was “going nuts”. Everyone warned him that he was overdoing it, but he didn’t listen. He just shook his head. He was failing at school and was constantly absent from home. Mom, dad and his sister didn’t know what to do with There. Talking didn’t help. There also decided to record exciting Tik Toks with his friends. One day they had an idea to jump from the car in the parking lot. Mario jumped first, then Luka, then Ivan. It was There’s turn to show his skills. Everything was fine the first time. His friends applauded him, and he was proud. This prompted him to try again. He felt powerful and popular, especially when he remembered that Petra, with whom he was in love, would also see the video. The second attempt was successful, but the third time you could only hear: BOOM! An accident happened. There fell and broke his shoulder. The friends were scared and quickly called their parents for help. The boy cried bitterly. It hurt a lot. He was no longer thinking about anything, only the injury. Dad took him to the doctor. He spent a month in a cast. It was difficult for him. He was

Petra kada je vidjela video. Prolazili su dani i nije čuo ružne komentare. Svi su mu pomagali, a najviše se istaknula Petra. To ga je jako razveselilo. U svakom zlu neko dobro!- pomislio je. Jednog mu je dana prišla sa željom da porazgovaraju. Tamo, ne trebaš se bojati! Ti si meni drag i bez dokazivanja na Tik Toku!- ozbiljno i odvažno će Petra. Jako mi je žao što si pao! Voljela bih da više vremena provedemo zajedno. Tamo je ostao zatečen. Srce mu je kucalo sto na sat. Naravno, i ja to želim!- odgovorio joj je. Nisu mi bili potrebni opasni uradci i nezgoda da bih shvatio kako imam jako dobre prijatelje i simpatiju, ali se uvjerio na vlastitoj koži da nije samo smiješan i zabavan te da Tik Tok može donijeti i mnoge probleme koji mi zaista ne trebaju!- povjerio se Petri koja se složila s njim.

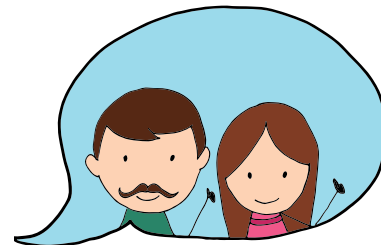


worried about how the video of his fall looked on Tik Tok and whether his peers would make fun of him. He came to school with a stomach ache, especially when he remembered what Petra might have thought when she saw the video. Days passed and he didn't hear any ugly comments. Everyone helped him, and Petra stood out the most. That made him very happy. In every evil there is some good!- he thought. One day Petra approached him with the desire to talk. There, don't be afraid! I like you even without you proving yourself on Tik Tok!- said Petra seriously and boldly. I'm so sorry you fell! I wish we could spend more time together. He was taken aback there. His heart was beating one hundred beats per hour. Of course, I want that too!- he answered her. I didn't need dangerous things and an accident to realize that I have very good friends and crushes, but I saw for myself that Tik Tok is not just funny and entertaining. Tik Tok can also bring many problems that I really don't need!- he confided in Petra who agreed with him.

POUKA ODRASLIMA / LESSON TO ADULTS:

Odrasli trebaju upozoriti djecu na opasnosti koje vrebaju na Tik Toku i ostalim društvenim mrežama te im skrenuti pozornost da ne snimaju ili pokušavaju takve izazove i sami provesti u djelo. Ujedno roditelji trebaju ograničiti i vrijeme koje djeca provode na ovoj ali i drugim aplikacijama.

Adults should warn children of the dangers lurking on Tik Tok and other social media and draw their attention to not filming themselves or trying to carry out any challenges themselves. At the same time, parents should limit the time their children spend on this and other applications.



„SUPERJUNACIMA“ NIJE MJESTO U ŠKOLI!

„SUPERHEROES“ HAVE NO PLACE IN SCHOOL!

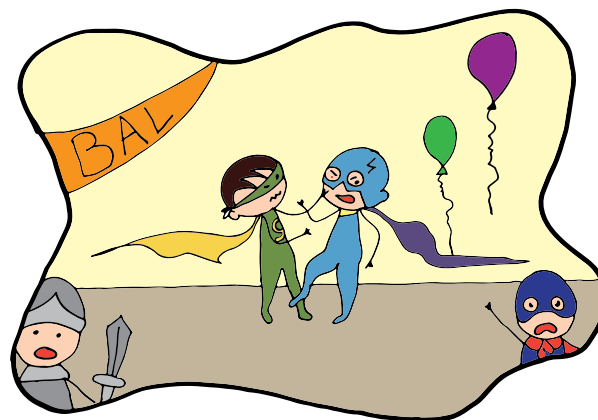


Tamo je uvijek volio gledati „ratne filmove“, kao i njegovi vršnjaci. Igrao se vodenim pištoljima, mačevima i „hvatao neprijatelje“. Osjećao se moćno i snažno i smatrao da spašava svijet i radi dobra djela. Mišljenje su dijelili i njegovi prijatelji. Okupljali su se kod Tamo i poslijepodne provodili gledajući filmove prepune nasilja i svađe. Tako je to sa „superjunacima“!- komentirao je tata ne pridajući veliku pažnju tome. Oduševio ih je jedan „superjunak“ Tom. Film je bio u nastavcima poput neke serije, a oni su pogledali svih pet i to čak pet puta. Znali su napamet svaki kadar i gotovo sve dijaloge. Dosjetili su se da bi to mogli isprobati i u školi. Maskenbal je bio idealna prilika. Bila je veljača. Nije bilo teško pogoditi koju će masku Tamo i društvo odabrati. Kostimi i rekviziti bili su spremni. U školi je započeo događaj a oni su željeli pokazati svoje vještine kolegama. Izbila je tuča. Najprije je to bila bezazlena igra, a onda je Tamo, u žaru borbe, baš kao što to radi Tom, pogodio svog prijatelja Luku šakom u nos i potekla je krv. Odmah je reagirala učiteljica i sanirala ozljedu. Tamo je bio tužan. Nisam namjerno!- pravdao se. Ostala djeca više nisu bila onako vesela kao prije. Bilo im je žao Luke. On se nije ljutio. Proći će!- promrsio je. Mama i tata, zabrinuti za Luku, ali i Tamo, odmah su razgovarali s njim kad je došao

There always liked to watch “war movies”, as did other children his age. He played with water pistols, swords and “caught enemies”. He felt powerful and strong and thought he was saving the world and doing good deeds. This belief was shared by his friends. They gathered at There’s house and would spend the afternoon watching movies full of violence and hostility. That’s how it is with “superheroes”!- commented Dad, not paying much attention to it. They were delighted by a “superhero” named Tom. The film about Tom was in sequels like a series, and they watched all five movies five times. They knew every frame and almost all dialogues by heart. There thought that they could try it at school as well. Halloween was an ideal occasion. It was October. It was not difficult to guess which mask There and company would choose. Costumes and props were ready. An event started at school and they wanted to show their skills to their colleagues. A fight broke out. At first it was a harmless game, and then There, in the heat of battle, just like Tom did, punched his friend Luka in the nose and blood flowed. The teacher reacted immediately and helped with the injury. There was sad. I didn’t do it on purpose!- he justified himself. The other children were no longer as cheerful as before. They felt sorry for Luka. But Luka wasn’t angry. It will pass!- he

iz škole! Tamo, znaš, superjunaci ne postoje!- odrješito će tata kojem je bilo žao što nije reagirao na vrijeme i upozorio djecu. Tamo je izvukao pouku iz situacije u kojoj se našao i osvijestio činjenicu da druženje s prijateljima u ugodnoj atmosferi bez nasilja može biti puno zanimljivije od svijeta igre i filmova u kojem vlada neprijateljstvo i nasilje.

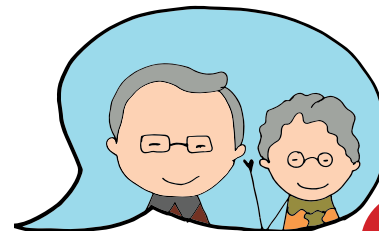
muttered. Mom and Dad worried about Luka, but also about There. They immediately talked to him when he came home from school! There, you know, superheroes don't exist!- said Dad, who was sorry for not reacting in time and warning the children. There learned a lesson from the situation he found himself in and became aware of the fact that hanging out with friends in a pleasant atmosphere without violence can be much more interesting than the world of games and movies where hostility and violence reign.



POUKA ODRASLIMA / LESSON TO ADULTS:

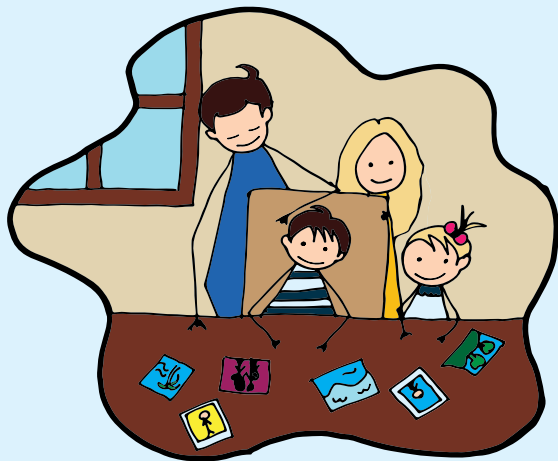
Odrasli trebaju razgovarati s djecom o nasilnom sadržaju u medijima i upozoriti ih na štetne posljedice gledanja i primjene takvog sadržaja među vršnjacima

Adults should talk to children about violent content in the media and warn them of the harmful consequences of viewing and using such content among peers.



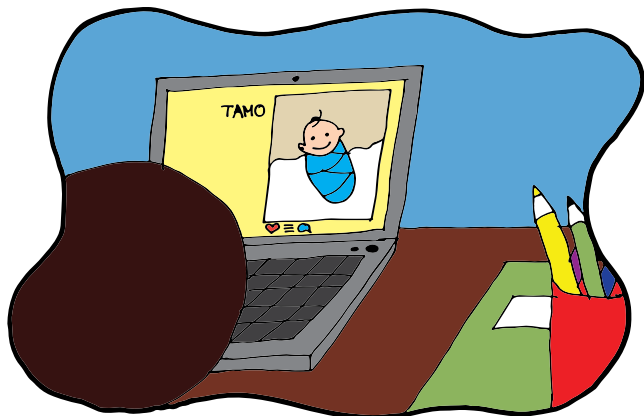
GDJE SU NESTALE FOTOGRAFIJE?

WHERE HAVE THE PICTURES GONE?



Tamo se od djetinjstva volio fotografirati, kao i njegova sestra Tu. Obiteljski su albumi bili prepuni uspomena. Voljeli su se navečer okupljati i gledati stare fotografije. Tu je uživala listati albume i razgovarati o vremenu koje je prošlo. Tamo je odlučio svoje fotografije podijeliti s prijateljima na društvenim mrežama. Dobio je brojne lajkove i pozitivne komentare. Prolazili su dani, a on nije vidio opasnost u svom potezu. Sve do jednog dana. Primijetio je da mu nekoliko fotografija iz internetskog albuma nedostaje. Odmah je pomislio da mu je profil ukraden. Jako se zabrinuo. Mučilo ga je danima tko je krivac, a onda mu je prijatelj Marko jednog subotnjeg jutra poslao video u kojem su bile iskorištene njegove fotografije. Tvrtka koja se bavi digitalnim marketingom ukrala je Tamove fotografije i iskoristila ih kako bi prikazala svoju novu poslovnu ideju. Ideja je bila „stvoriti“ ostarjelu sliku djeteta koje može postati odrasla osoba i tako komunicirati s okolinom. Tamo je bio šokiran. Pogledao je video i ostao zapanjen kako je tehnologija učinila njegov glas i izgled stvarnim i pretvorila ga u barem dvadeset godina stariju osobu, ali on još nije želio odrasti. Nisam im dozvolio ovo!- ljutito će. Hitno ih moramo prijaviti!- nastavio je Marko. Odmah su sve rekli Markovim roditeljima koji su pozvali policiju i pokazali im video. Policija je pronašla tvrtku. Morali su skupo platiti kaznu. Pravda je bila zadovoljena. Direktor je shvatio da se nisu smjeli odlučiti na takav poslovni čin i zloupotrijebiti

There loved taking photos since childhood, as did his sister Here. The family albums were full of memories. They liked to get together in the evening and look at old photos. Here enjoyed flipping through albums and talking about the past. There decided to share his photos with his friends on social media. It received numerous likes and positive comments. Days passed, and he saw no danger in his move. Until one day he noticed that several photos from his online album were missing. He immediately thought that his profile had been stolen. He was very worried. He was tormented for days by who was the culprit, and then one Saturday morning his friend Marko sent him a video in which his photos were used. A digital marketing company stole Here's photos and used them to showcase their new business idea. The idea was to “create” an aged image of a child who can become an adult and thus communicate with the environment. There was shocked. He watched the video and was amazed at how the technology made his voice and appearance real and made him at least twenty years older, but he didn't want to grow up yet. I didn't allow them to do this!- he said angrily. We have to report them right away!- continued Marko. They immediately told everything to Marko's parents, who called the police and showed them the video. The police found the company. They had to pay a fine. Justice was served. The company director realized that they should not have decided on such a business



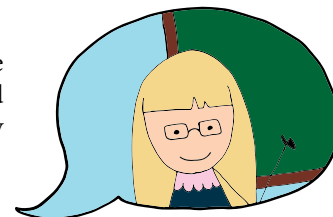
dječakove fotografije. Posjetio je Tamo i donio mu poklon. Sve su doznali i Tamovi roditelji. Kao i uvijek, održali su obiteljski sastanak i raspravljali o onome što se dogodilo. Tamo i Tu od tog su dana postali svjesniji da moraju biti oprezni kada dijele svoje fotografije na društvenim mrežama.

act and misused the boy's photos. He visited There and brought him a gift. Tam's parents also found out everything. As always, they held a family meeting and discussed what had happened. There and Here have since that day become more aware that they have to be careful when sharing their photos on social media.

POUKA ODRASLIMA / LESSON TO ADULTS:

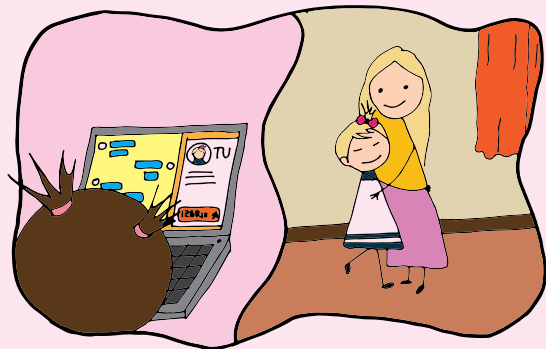
Odrasli trebaju razgovarati s djecom o opasnostima dijeljenja fotografija na internetu i upozoriti ih da trebaju takvim ponašanjem zaštititi osobno vlasništvo koje uključuje i fotografije.

Adults should talk to their children about the dangers of sharing photos on the Internet and warn them to protect their personal property (including photos).



TKO SE NE ŽELI ŠMINKATI JOŠ?

WHO IS STILL AFRAID OF MAKE-UP?



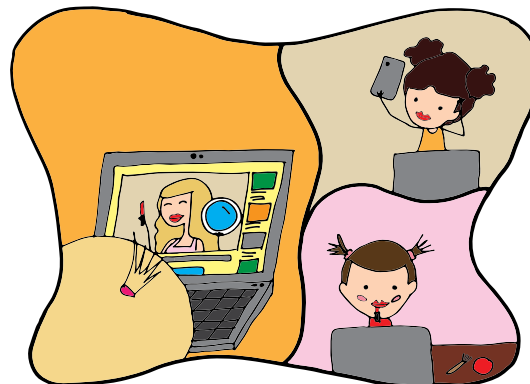
Svi važni životni događaji u novije vrijeme praćeni su formiranjem WhatsApp i Viber grupa. Tu nije bila zagovornica tog novog trenda. Više je voljela razgovore uživo s prijateljima uz topli napitak. Djevojčice s kojima se počela družiti počele su se šminkati. Koristile su ruževe za usne, maskare i sjenila za oči. Kako je pratila modne trendove, TU je željela i o tome saznati poneku novu informaciju. Prijateljice su je uključile u WhatsApp grupu. Druženje je isprva bilo zanimljivo. Prijateljice su dijelile videa poznatih influencerica o šminkanju a Tu je predlagala odjevne kombinacije. Atmosfera je bila vesela. Trajalo je to desetak dana, a onda su ostale djevojčice počele isprobavati savjete na sebi. Grupa je brojila šest članica. Njih pet se šminkalo, ali Tu je bila uljez jer nije prihvatila šminkanje. Svaki se dan pričalo o drugom trendu. Prvog je dana tema bila šminka za usne u različitim bojama koje su djevojčice koristile, drugog sjenilo za oči, a trećeg različite marke maskara za oči. Djevojčice su međusobno komentirale kako im stoji šminka i koja je ljepša. Tu bi uvijek pristojno uputila lijepe komentare društvu. Nije im to bilo važno. Nekoliko su je dana ignorirale, a onda je Tena stisnula tipku izbacivanja iz grupe. Ona nema što tražiti među nama! Jedina se ne želi šminkati. Samo glumi!- napisala je. Tu je bila pretužna. Nije se željela šminkati jer je smatrala da je još dijete i da za to ima vremena kada odraste. Unatoč tuzi, nije htjela popustiti. Pričala je s mamom koja joj

All important life events in recent times have been accompanied by the formation of WhatsApp and Viber groups. Here was no advocate of this new trend. She preferred live chats with friends over a hot drink. The girls she started hanging out with started wearing make-up. They used lipsticks, mascaras, and eye shadows. As she followed fashion trends, Here wanted to learn some new information about her friends' make up. Her friends included her in their WhatsApp group. Socializing was interesting at first. Friends shared videos of famous influencers about make-up and Here suggested outfits. The atmosphere was cheerful. It lasted ten days, and then the other girls started trying the advice on themselves. The group had six members. The five of them were putting on make-up, but Here was the intruder because she didn't accept the make-up. Every day there was talk about a different trend. On the first day, the topic was lip makeup in different colors that the girls used, on the second, eye shadow, and on the third, different brands of eye mascara. The girls talked about how their makeup looked and which one was prettier. There would always politely send nice comments to the company. It didn't matter to them. They ignored her for a few days, and then Tena hit the eject button. She has nothing to look for among us! She's the only one who doesn't want to wear makeup. She's just acting!- she wrote. There was very sad. She didn't want to wear make-up because she thought she

je dala podršku. Željela je ostati pri svom stavu i ustrajna, kakva je bila, znala je da je u pravu. Nakon mjesec dana saznala je da su se djevojčice posvađale i izbrisale grupu. Oprosti!- potišteno su joj rekle. Ma nema veze! Oprošteno!- veselo i ponosno im je uzvratila.



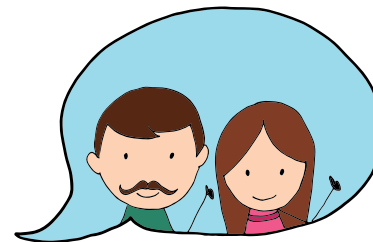
was still a child and that she would have time for that when she grew up. Despite her grief, she did not want to give in. She talked to her mother, who supported her. She wanted to stand by her position, and persistent as she was, she knew she was right. After a month, she found out that the girls had a fight and deleted the group. Sorry!- they told her dejectedly. Never mind! Forgiven!- she answered them with joy and pride.



POUKA ODRASLIMA / LESSON TO ADULTS:

Odrasli trebaju pružiti psihološku podršku djeci ukoliko se suoče s određenim pritiscima vršnjak zbog neprihvatanja neprimjerenih sadržaja i ponašanja u formiranoj razrednoj ili drugoj skupini na internetu. Za posljedicu pojedinci mogu imati izbacivanje iz skupina u koliko ne žele sudjelovati u određenim aktivnostima ili neprimjerenom komunikaciji te ih staviti u poziciju „izdajnika/-ice“. Takve skupine treba ukinuti a sa pojedincima razgovarati o proživljenom neugodnom iskustvu.

Adults should provide psychological support to children if they face certain peer pressure due to not accepting inappropriate content and behavior in a formed class or other group on the Internet. As a result, individuals may be expelled from groups in which they do not want to participate in certain activities or inappropriate communication which puts them in the position of “traitor”. The child should quit such groups and you should talk about the unpleasant experience with your child.



MOBITELU, ODZVONILO TI JE!

MOBILE PHONE, YOU RANG YOUR LAST!

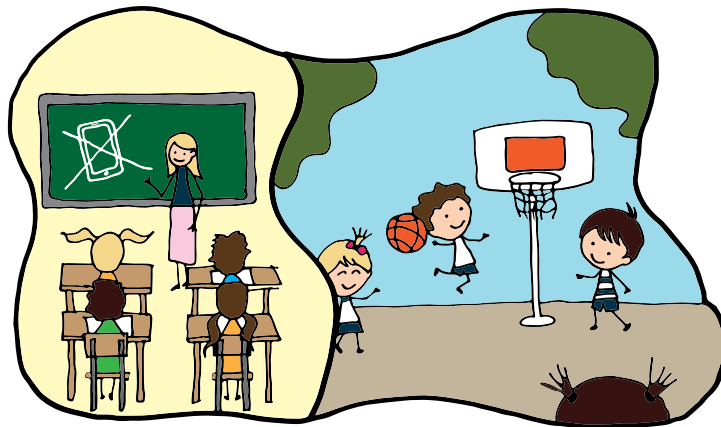


MObiteli su svuda oko nas. Stvarnost je danas bez njih nezamisliva. Koristimo ih u svim životnim situacijama: za učenje, dogovaranje susreta, brojenje koraka, čestitanje rođendana... Tu i Tamo u tome nisu iznimka, iako je on „veći zaljubljenik“ u modernu tehnologiju. Vidimo ih u svim prilikama. Ljudima su u rukama kod kuće, na ulici, u školi, u kafiću... Jednoga dana Tamova učiteljica dosjetila se kako bi mogla osmisliti jedan školski dan bez mobitela... a možda i više njih! Djeca su nekoliko dana prije osmislila kako će provesti taj dan, a onda je on napokon stigao. Jutro je počelo veselom čajankom. Svi su se okupili oko učiteljice, pili čaj i jeli kolačiće, a ona im je čitala priču. Tema je bio mobitel koji je želio pobjeći od ljudi jer su ga previše koristili. Htio se odmoriti. Nakon toga djeca su plakatima ilustrirala priču i razgovarala o radovima. Učiteljica je bila presretna. Sljedeća je aktivnost bila igranje društvenih igara. Igrali su Monopoly, Čovječe, ne ljuti se i jako se zabavili. Bio je sunčan dan pa su otišli i na školsko dvorište i igrali košarku i nogomet. Na kraju dana bili su ispunjeni. Sutradan dobili su zadatak napisati pismo mobitelu i izjasniti se žele li organizirati više ovakvih dana. Jednoglasni su bili u odgovoru da. Iznenađujuće je bilo da je i Tamo napisao svom mobitelu da bi od danas mogao provesti više dana na godišnjem odmoru. Učiteljica je bila jako zadovoljna jer je vidjela osmijehe na dječjim licima. Znaš Tu, jako nam je bio lijep dan u školi bez mobitela!- rekao je Tamo kad je došao kući.

MObile phones are all around us. Today's reality is unimaginable without them. We use them in all life situations: for studying, arranging meetings, counting steps, celebrating birthdays... Here and There are no exception to this, even though There is a "greater lover" of modern technology. We see phones on all occasions. They are in people's hands at home, on the street, at school, in coffee shops... One day, There's teacher came up with the idea that she could come up with a school day without cell phones... and maybe more than one day! A few days before, the children planned how they would spend that day, and then it finally arrived. The morning started with a cheerful tea party. Everyone gathered around the teacher, drank tea and ate cookies, while she read them a story. The story was about a cell phone that wanted to get away from people because they were using it too much. It wanted to rest. After that, the children illustrated the story with posters and discussed their works. The teacher was beyond happy. The next activity was playing board games. They played Monopoly, Dude, Don't Be Angry and had a lot of fun. It was a sunny day, so they went to the school yard and played basketball and football. At the end of the day, they were fulfilled. The next day, they were given the task of writing a letter to a mobile phone and stating whether they would like to organize more days like this. They unanimously answered yes. It was surprising that There also wrote to his mobile phone that he

Ja to odavno znam i zato razumno koristim mobitele!- razborito će Tu koja je crtala nove modne kreacije. Mislim da im uopće nije mjesto u školi...!

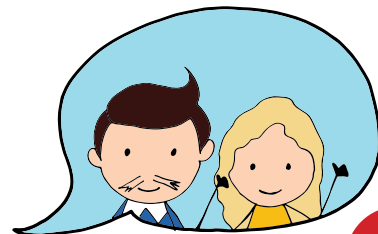
could spend more days on annual vacation from today. The teacher was very pleased because she saw the smiles on the children's faces. You know, Here, we had a very nice day at school without cell phones!- said There when he came home. I've known this for a long time and that's why I use my mobile phone sensibly!- said There, who was drawing new fashion creations. I don't think they belong in school at all...!



POUKA ODRASLIMA / LESSON TO ADULTS:

U školskom okruženju djeca bi trebala biti usredotočena na usvajanje novih znanja bez distraktora pažnje kao što su mobilni uređaji. Druženje s vršnjacima olakšava socijalne interakcije koje potiču razvoj te djecu čine otpornijima i spremnijim na prilagodbu u novim životnim izazovima!

In a school environment, children should be focused on acquiring new knowledge without such distractions as mobile devices. Socializing with peers facilitates social interactions that encourage development and make children more resilient and ready to adapt to new life challenges!



Recenzije

Tehnologiju, a na poseban način brojne društvene mreže sve više promatramo kao mikroosustav, odnosno neposredno okruženje u kojem se dijete „nalazi“. Tehnologija, sama po sebi nije ni negativna ni pozitivna. Međutim, način na koji je koristimo može biti vrlo štetan. Koliko vremena nam djeca borave online, koje sadržaje posjećuju, što gledaju i koga slušaju, područje je kojem moramo posvetiti posebnu pažnju i kao roditelji i kao učitelji. Naravno, to podrazumijeva i da ih poučimo tome kako adekvatno koristiti tehnologiju, da smo uključeni i prisutni u njihovim životima, temama koje ih zanimaju, da ih poslušamo što nam imaju za kazati i da smo otvoreni za njihova pitanja. S druge strane, treba imati na umu kako su društvene mreže svojevrstni „pseudosusreti“, „dude varalice“... Ostavljaju dojam da imamo prijatelje, ostavljaju dojam da imamo „mrežu“ ljudi, da je netko tu. Ali mi smo bića odnosa, živog susreta, razgovora, dodira i pogleda. Nijedna tehnologija to ne može nadomjestiti. Stoga toplo preporučujem ovaj rukopis koji poziva na to da smo zajedno, poziva na susret ljudi oko neke priče, oko nekih tema. Susret „ovdje i sada“ ili kako autorica kaže da smo više „tu“, a ne „tamo“.

doc. dr. sc. **Toni Maglica**
Filozofski fakultet
Sveučilište u Splitu

Reviews

Technology, and in a special way numerous social networks, are increasingly viewed as a microsystem, that is, the immediate environment in which the child “is”. Technology in itself is neither negative nor positive. However, the way we use it can be very harmful. How much time our children spend online, what content they consume, what they watch and who they listen to, is an area that we must pay special attention to both as parents and as teachers. Of course, this also implies that we teach our children how to use technology adequately, that we are involved and present in their lives, that we are prepared to listen to topics that interest them, that we listen to what they have to say and that we are open to their questions. On the other hand, it should be kept in mind that social networks are a kind of “pseudo-encounters”, “pacifiers”... they leave the impression that we have friends, they leave the impression that we have a “network” of people, that someone is there. But we are beings of relationships, living encounters, conversations, touches and looks. No technology can replace that. Therefore, I highly recommend this collection that invites us to be together, invites people to meet around some story, around some topics. It’s a “here and now” meeting that, as the author says, invites us to be more “Here” than “There”.

Assistant Professor **Toni Maglica**, PhD
Faculty of Philosophy
University of Split

Važnost prevencije ponašajnih ovisnosti

Kako bi se povećala svijest javnosti i izbjegle posljedice ovisnosti o internetu iznimno je važna preventivna uloga. Prema mnogim znanstvenicima intervencije prvenstveno trebaju biti usmjerene na djecu i adolescente u njihovom školskom i roditeljskom okruženju.

Što učiniti?

Važno je da su roditelji uključeni u život svoje djece i da se bave njima posvećujući im pažnju jer će ih tako najbolje zaštititi. Djecu treba kontinuirano educirati o mogućnostima i rizicima koje korištenje tehnologije može imati na njihovo mentalno zdravlje te im ograničiti boravak uz ekrane ovisno o njihovoj dobi. Važno je s djecom razgovarati, čitati im, komentirati, igrati se, izlaziti u prirodu i razvijati kod njih zdrave navike i slobodne aktivnosti, ali i nadzirati vrijeme koje provode pred ekranima.

Djeca žele biti u trendu i pogotovo (a to je prirodno) povezana i online s prijateljima pa stoga tehnologiju ne treba braniti, ali je važno djecu naučiti da je kritički koriste. Ta pravila o korištenju potrebno je razvijati kod kuće i obrazovati dijete da ista primjenjuje i u odgojno-obrazovnom sustavu.

dr. sc. **Željka Radošević**, dipl. soc.,
radnik terapeut u KLOK Split

The importance of preventing behavioral addictions

In order to increase public awareness and avoid the consequences of Internet addiction, the preventive role is extremely important. According to many scientists, interventions should primarily be aimed at children and adolescents in their school and parental environment.

What to do?

It is important that parents are involved in their children's lives and that they deal with them by paying attention to them, because that is how they will best protect them. Children should be continuously educated about the possibilities and risks that the use of technology can have on their mental health, and their time in front of screens should be limited depending on their age. It is important to talk to children, read to them, discuss, play, go out into nature and develop healthy habits and free activities in them, and monitor the time they spend in front of screens.

Children want to be trendy, and what is especially natural, connected online with their friends. Therefore technology should not be forbidden to them, but it is important to teach them to use it critically. Rules of use need to be developed at home in order to educate the child to apply the same in the educational system.

Željka Radošević, PhD in Sociology,
working therapist at KLOK Split

Ilustracija zbirke priča

Održane su radionice tijekom kojih su učenici dobili priliku razgovarati o važnosti umjerenog korištenja tehnologije te su istraživali moguće situacije i likove koje bi željeli ilustrirati. Ove radionice služile su kao platforma za dijalog i stvaranje zajedničkog vizualnog narativa. Kroz zajednički trud, učenici su stvorili ilustracije koje su doprinijele pričama. Ilustracije su vizualno interpretirale izazove i situacije koje proizlaze iz pretjerane uporabe tehnologije, pružajući dodatnu dimenziju edukativnom aspektu priča. Ilustracije su osmišljene s ciljem dodatnog edukativnog doprinosa projektu. Svaka ilustracija prati specifičnu priču, potičući učenike i gledatelje na razmišljanje o rizicima povezanim s nekontroliranim korištenjem digitalnih medija. Učenici su pokazali izniman angažman i entuzijazam tijekom cijelog procesa. Njihove ideje, perspektive i umjetnički izraz dodatno su obogatili projekt, čineći ga relevantnijim i prilagođenijim ciljanoj publici. Suradnja s učenicima područne škole Slivno unaprijedila je kvalitetu i autentičnost projekta „Tu & Tamo“. Ilustracije koje su stvorene ne samo da su estetski vrijedne, već i pridonose edukativnom cilju projekta. Iskustvo suradnje s učenicima dodatno je obogatilo rad na javnozdravstvenoj inicijativi, stvarajući most između tehnologije, edukacije i umjetnosti. Nadam da će ova suradnja postati model za buduće projekte s ciljem promicanja zdravih životnih navika među mladima.

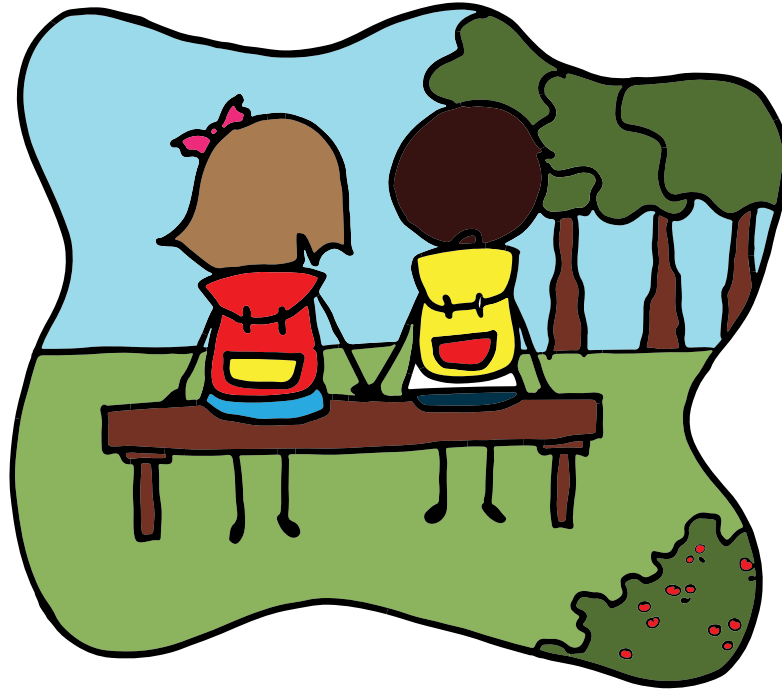
Miro Šimunović, mag. educ. art.

Illustrations in this story collection

Workshops were held during which students had the opportunity to discuss the importance of using technology in moderation and researched possible situations and characters they would like to illustrate. These workshops served as a platform for dialogue and the creation of a common visual narrative. Through a collaborative effort, the students created illustrations that contributed to the stories. The illustrations visually interpreted the challenges and situations arising from excessive use of technology, providing an additional dimension to the educational aspect of the stories. The illustrations were designed with the aim of providing an additional educational contribution to the project. Each illustration follows a specific story, encouraging students and viewers to think about the risks associated with uncontrolled use of digital media.

The students showed exceptional engagement and enthusiasm throughout the process. Their ideas, perspectives and artistic expression further enriched the project, making it more relevant and adapted to the target audience. Cooperation with the students of the Slivno regional school improved the quality and authenticity of the “Here & There” project. The illustrations created are not only aesthetically valuable, but also contribute to the educational goal of the project. The experience of collaborating with students further enriched the work on the public health initiative, creating a bridge between technology, education and art. I hope that this collaboration will become a model for future projects aimed at promoting healthy lifestyle habits among adolescents.

Miro Šimunović, MA in Art



OŠ Zagvozd
PŠ Slivno

OŠ Petra Berislavića
Trogir

