



Unplugging for a Brighter Future:  
Internet and Social Media Addiction

STEP



IN-PLANET



28/3/2025

## Activity 2.- Building Digital Resilience

## Activity **Escape Room.** Building Digital Resilience

Strategies for fostering a healthy online-offline balance and enhancing emotional resilience will be explored. Participants will learn how to:  
Foster a Healthy Online-Offline Balance, Strengthen Emotional Resilience, Cultivate Critical Thinking Skills.

Through engaging activities and discussions, participants will develop the tools needed to navigate the digital world with resilience.

# Activity **Escape Room.** Building Digital Resilience

The world has fallen into a digital trap: the malicious **AI DigiTrap** has trapped people in an endless cycle of distraction, digital exhaustion, and screen dependence.

You have 40 minutes to succeed! Are you ready?



# Activity **Escape Room.** Building Digital Resilience

The world has fallen into a digital trap: the malicious **AI DigiTrap** has trapped people in an endless cycle of distraction, digital exhaustion, and screen dependence.

## **GAME RULES:**

- **Same teams than in Activity 1.**
- To unlock the code, **the team must solve all 4 challenges.**
- The team that deciphers all 4 codes first wins.
- **Each team must record their answers on the sheet with the instructions.**
- Real strategies must be thought of: this game is training for applying them in your digital life.
- **The use of digital devices is NOT allowed.**
- Each team will be given the instructions with the first challenge, and every time they unlock a secret code, they will receive the next challenge.
- Teams unlock a key skill when the moderators add their work to the Dashboard, **and they will receive a reward along with instructions to proceed to the next challenge.**

# Activity **Escape Room.** Building Digital Resilience

Get your first challenge and GO!!

