



Update Verhaltensprävention

## Verhaltensprävention Online? Geht das?

29. März 2022



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- Selbsthilfegruppen
- Onlinecourse / Elearning Tools
  - Mit Zoom in Klassen
  - "Lunch n Learn" - Zoom
- Carepool → Angebot an Bei. f. Org.
- Soziale Medien → Agentur
- Umgestellte Kurse
- Kriterien ... definiert
- Online tagungen
- Schulung Online-tätiger
- Website / Ausgebaute Funktionen
- Elternabend online
- Erfa / Weiterbildung
  - Blended
  - Podcasts
  - Workshops
  - Tests / Quiz
  - Apps
- Simulation
- Influencer:innen
- Werbung



- ?  Influencer
- Mehr Lernvideos / Übungen
- Challenge
- '  Infoveranstaltungen Online
- (  Webinare
- Online Selbsttest
- Zur... Website bringen
- Kurse Online? / Flipped
- E-Learning Tools
- Chat-Bot
- Instagram
- Podcasts
- Netzwerkeinsatz
- ?  Jugendpartizipation → Online
- Online Rekrutierung / Folengruppen
- Komplexe Angebote?
- Portraits

? Wer funktioniert?





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**Phasen**




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**Qualitätskriterien**

- Ermutigung - begeisternd
- Befähigung - konkret
- Stimmung - berührend
- Attraktivität - ansprechend und kurzweilig
- Verständlichkeit - einfach



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**Attraktivität - ansprechend**




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ZI

Verständlichkeit



A cartoon illustration of a young man with glasses sitting at a desk. He has a confused expression, with a question mark floating above his head. On the desk are several books, a pen, and a coffee cup. The background is plain white.

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ZI

Verständlichkeit



A cartoon illustration of the same young man sitting at a desk, looking down with a sad or dejected expression. He is holding a pen over an open book. There are books and a coffee cup on the desk.

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ZI

Verständlichkeit



A cartoon illustration of the young man sitting at a desk, looking at a smartphone in his hand. He has a neutral, somewhat bored expression. There are books and a coffee cup on the desk.

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ZI

Ermutigung



A graphic illustration in a comic book style. The words "SUPER PARENT" are written in large, bold, block letters with a 3D effect. The background is filled with dynamic, swirling lines and dots, suggesting energy and excitement.

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**ZI**

**Aus der Entwicklung**

Verhaltensprävention braucht auch ...

- Offline-Arbeitsschritte
- Offline-Erinnerungen
- Offline-Trainingschritte
- Starke Bilder
- Einfache Konzepte
- „Peer-Ansätze ...“
- Wohlbefinden der Mitarbeitenden

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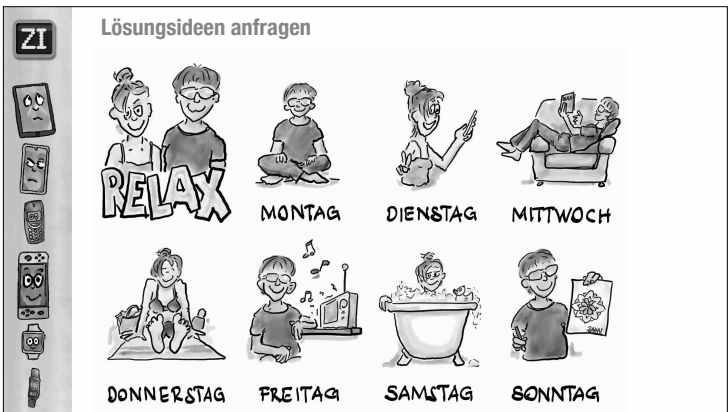
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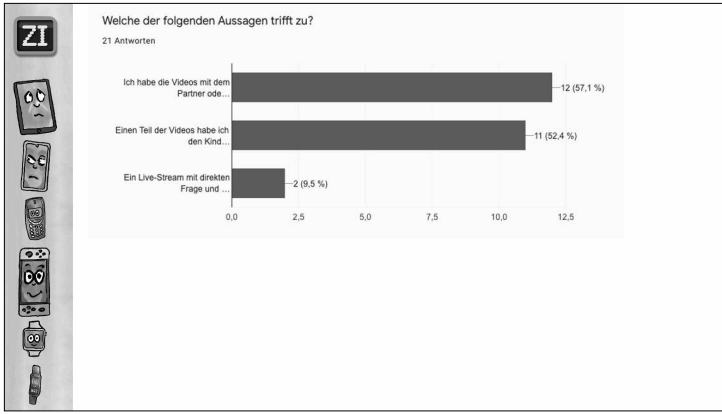
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**ZI**

**Hybrid**

**7 Schritte zu mehr Handy-Sicherheit**

- ▶ Grundregeln: Öffentliche WLAN meiden, updaten, weniger Apps, Vorsicht im Playstore
- ▶ Diverse Browser einsetzen
- ▶ Diverse Suchmaschinen einsetzen
- ▶ Cookies einstellen.
- ▶ Anti Tracking aktivieren oder installieren
- ▶ Hersteller-Protokolle deaktivieren
- ▶ Vorsicht mit Social Media

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