



Green Tick Academy

Navigation Guide for Trainees

The Regulation and Systematization of Social Media Content and Digital Apps
Related to Health, Diet, and Sports

Project Number: 101133365





Introduction

This Navigation Guide for Trainees has been created to support learners engaging with the Green Tick Academy: Navigating Health, Truth & Sustainability in the Digital Era, a digital learning platform developed under the Erasmus+ Sport project “Green Tick”.

The Green Tick project aims to enhance digital literacy and critical thinking among citizens—especially young people and professionals—when interacting with online content related to health, diet, sustainability, and physical activity. The initiative addresses the growing spread of health misinformation in the digital world, promoting reliable content and supporting users in identifying safe, science-based information.

The project is implemented by a partnership of seven organizations from six European countries:

- Bolu Provincial Directorate of Youth and Sports from Türkiye - Coordinators
- Bandirma Onyedi Eylül University from Türkiye
- International Centre for the Promotion of Education and Development (CEIPES) from Italy
- University of Seville from Spain
- Athens Network of Collaborating Experts (ANCE) from Greece
- Sport Evaluation Alliance (SEA) From Portugal
- Fitness Association of Slovenia (FZS) from Slovenia

Together, these partners have co-developed the Green Tick Academy—a training environment providing interactive and multilingual content across four modules. In order for a trainee to successfully complete the training and obtain certification, they must complete:

the core/general **Module A** (Critical Thinking in the Digital Age: Health, Safety & Sustainability), and one of the specialized modules (B, C or D), depending on their profile:

- **Module B** (Young Minds Online: Perception, Comparison, and Truth) – for youth; students and youngsters between 14 and 29,
- **Module C** (Responsible Digital Creation and Innovation) – for content creators and web/app developers,
- **Module D** (Digital Media Literacy for Professionals, Parents, and Policymakers in Health and Wellbeing) – for professionals in sports, health, nutrition, policy makers, and parents.

Each module includes educational materials, multimedia content, practical quizzes, and a final test. Completion of both required modules—Module A and one specialized Module—is mandatory to receive the official Green Tick Certificate.



Standard Operating Procedure

First of all, you have to access the official website of the project at: <https://greentickproject.com/>

Select **Courses**, then choose **Green Tick Academy: Navigating Health, Truth & Sustainability in the Digital Era**. The following window will appear:

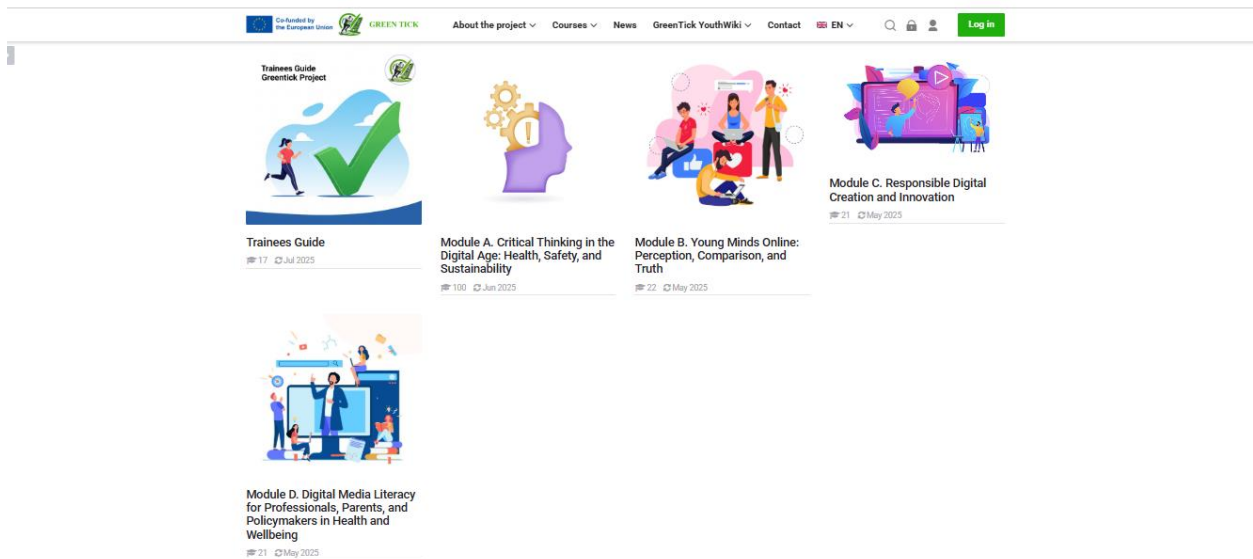


IMAGE 1

Click on the green **Log In** button to access the platform. After clicking, a set of login options will be displayed, as shown below:

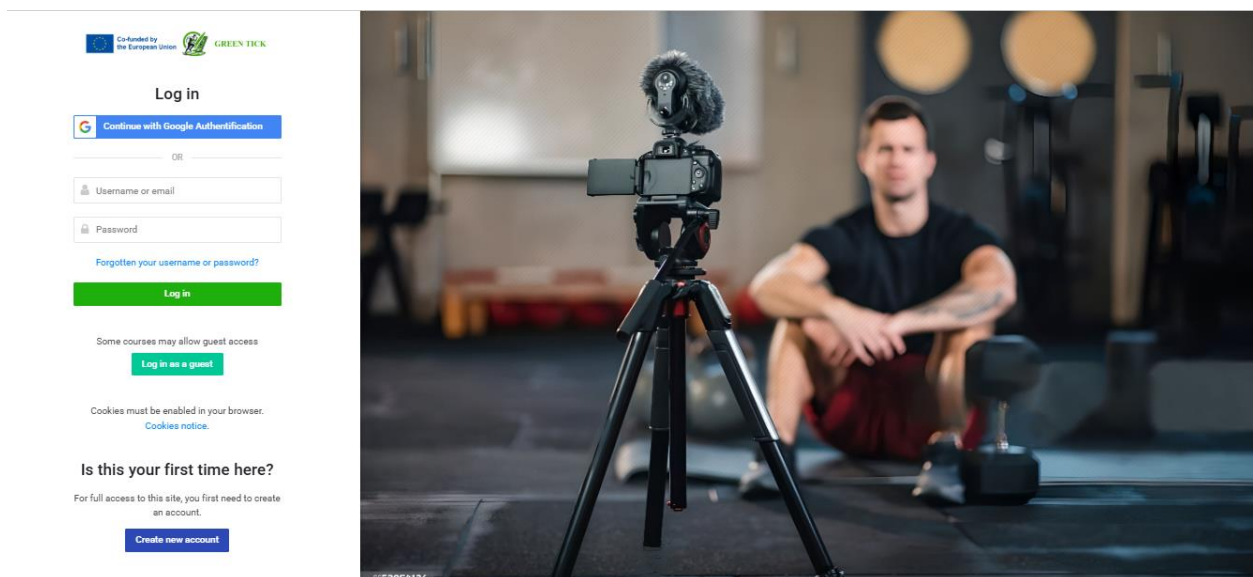




IMAGE 2

You can log in either via **Google Authentication** (Continue with Google Authentication) or by **creating a new account** (Create new account). If you choose Create new account, you'll be asked to fill in a series of details, as shown below (IMAGE 3), to complete your registration on the platform:

The screenshot shows a web page titled "New account". At the top, there is a navigation bar with "Home > Log in > New account". The main heading is "New account". Below the heading, there are several input fields with red error icons to their right:

- Username
- Password (with a note: "The password must have at least 8 characters, at least 1 digit(s), at least 1 lower case letter(s), at least 1 upper case letter(s), at least 1 special character(s) such as !, ;, or #")
- Email address
- Email (again)
- First name
- Surname
- City/town

IMAGE 3

If you register via **Google Authentication**, you will need to complete the process through a confirmation email sent automatically to your inbox, as shown below (IMAGE 4):

The screenshot shows a web page titled "Confirm your account". At the top, there is a navigation bar with "Home > Confirm your account". The main heading is "Confirm your account". Below the heading, there is a message:

An email should have been sent to your address at [redacted]. It contains easy instructions to complete your registration. If you continue to have difficulty, contact the site administrator.

Below the message is a green "Continue" button.

At the bottom of the page, there is a footer with the following information:

- Project Reference Number: 101133365
- Project Acronym: Green Tick
- Full Title: The regulation and Systematization of Social Media Content and Digital Apps Related to Health, Diet and Sports
- Co-funded by the European Union logo
- GREEN TICK logo
- Connect with us: YouTube, LinkedIn, Instagram, Facebook icons
- Language options: Español - Internacional, Italiano, Português - Portugal, Slovenščina, Türkçe, Ελληνικά

IMAGE 4



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Once you've confirmed your registration via email, make sure your profile information is accurate. Attention! This step is very important because your profile details will be used for the Certificates. Click on the user image (see IMAGE 5 with the green arrow):

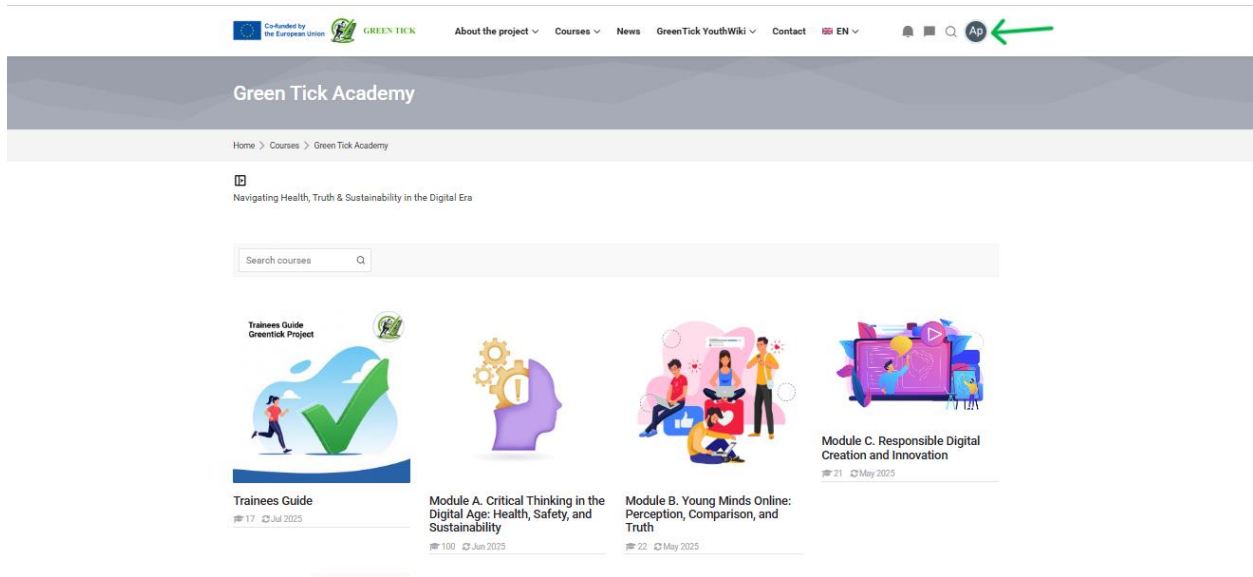


IMAGE 5

Select the 'Profile' option from the menu that appears (check IMAGE 6):

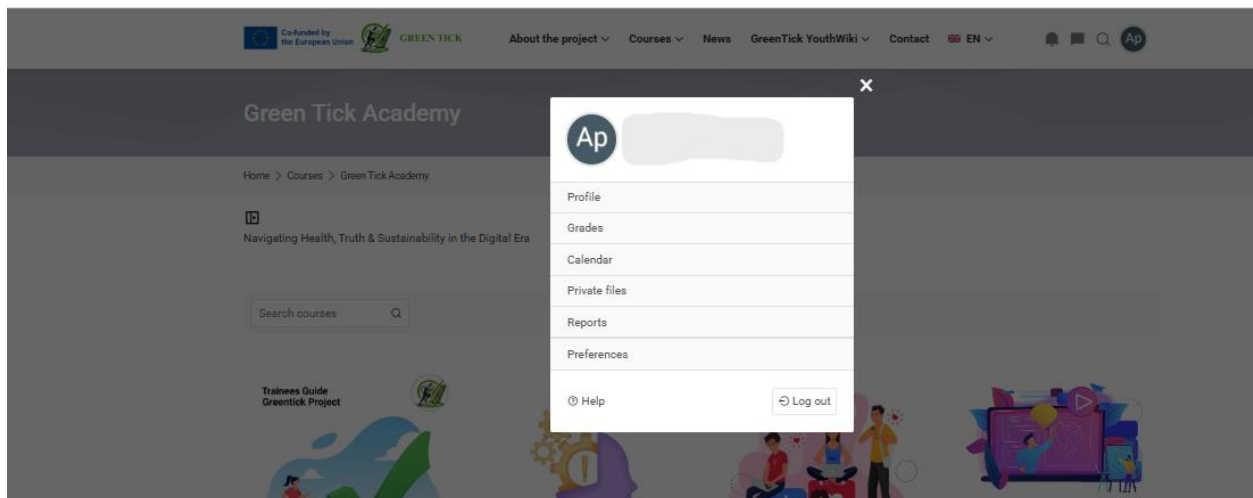


IMAGE 6



Then, from the options shown, click on Edit Profile (see IMAGE 7)

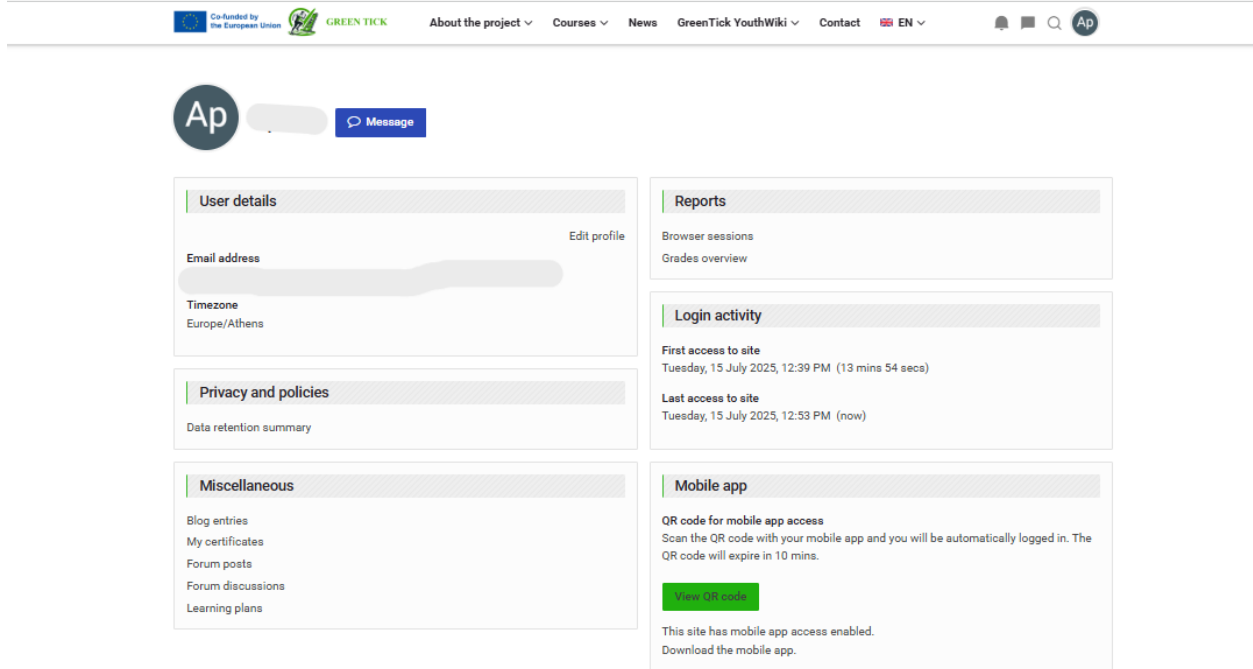


IMAGE 7

Check and modify your profile information if there is any inconsistency. The fields are shown in IMAGE 8:

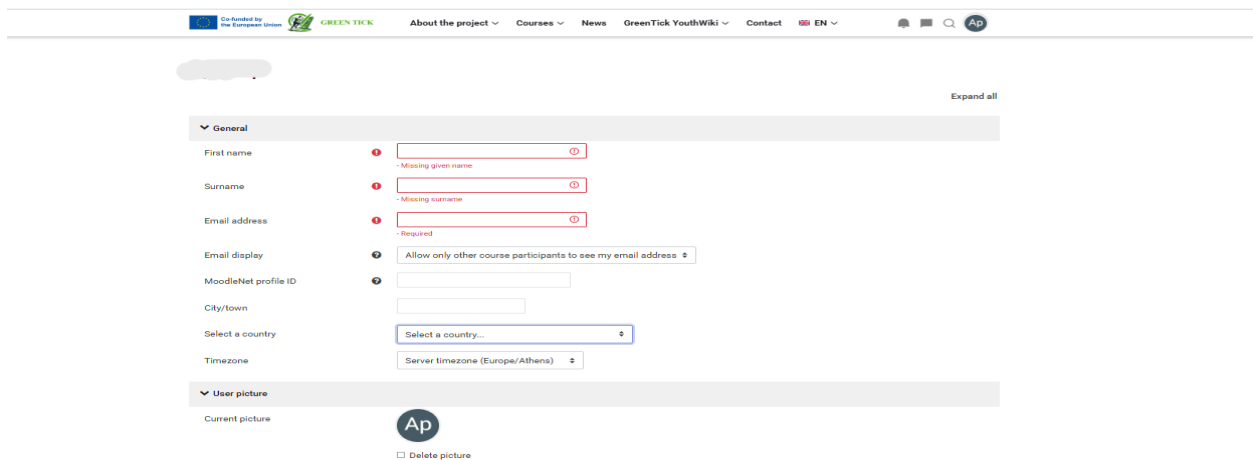


IMAGE 8



Next, choose the Module you wish to start with by clicking Enroll. Note that Module A is general and suitable for all trainees, while Modules B, C, and D are specialized and targeted to specific groups:

- Module B is for young people and students up to 29 years old.
- Module C is for content creators and web/app developers.
- Module D is for professionals in sports/diet/health, policy makers, and parents.

All Modules share a similar structure. The only difference is that Module A does not include pre- and post-training evaluation forms (which are included in Modules B, C, and D), but only a registration form before starting.

Each Module is divided into Units, which contain:

- Core Training Material
- Additional Educational Resources
- Practice Quizzes

At the end of each Module, you will find the corresponding Final Test, which you must successfully complete to receive the relevant Certificate.

The process begins by completing the Registration Form for Module A and the Registration Forms & Pre-Training Evaluations for Modules B, C, and D. Sample screenshots are shown in IMAGES 9 and 10:

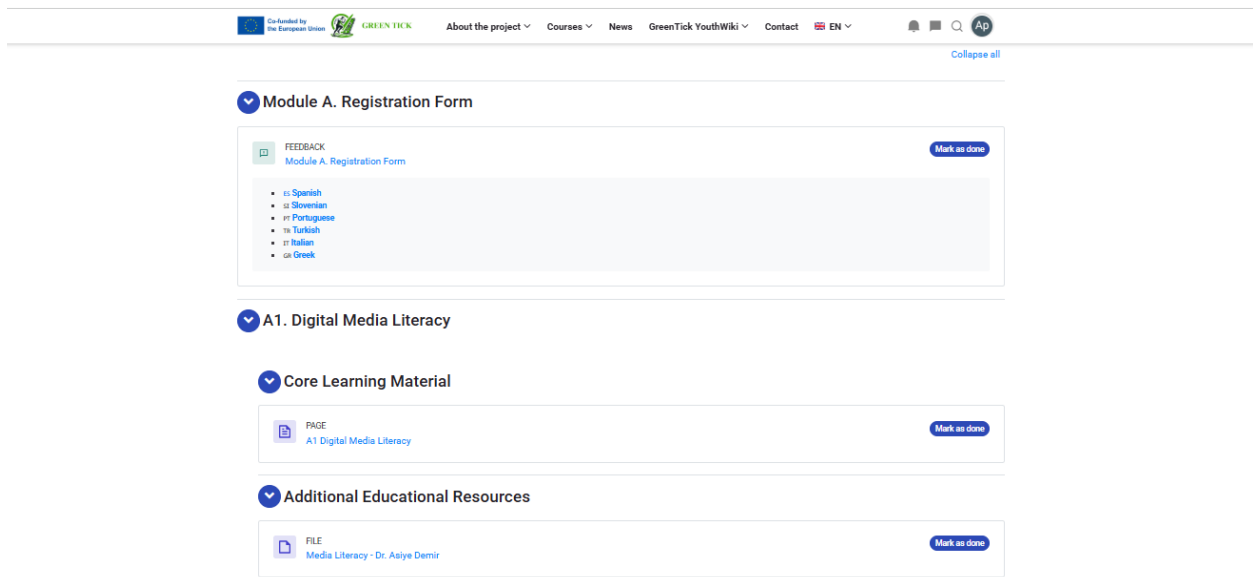


IMAGE 9



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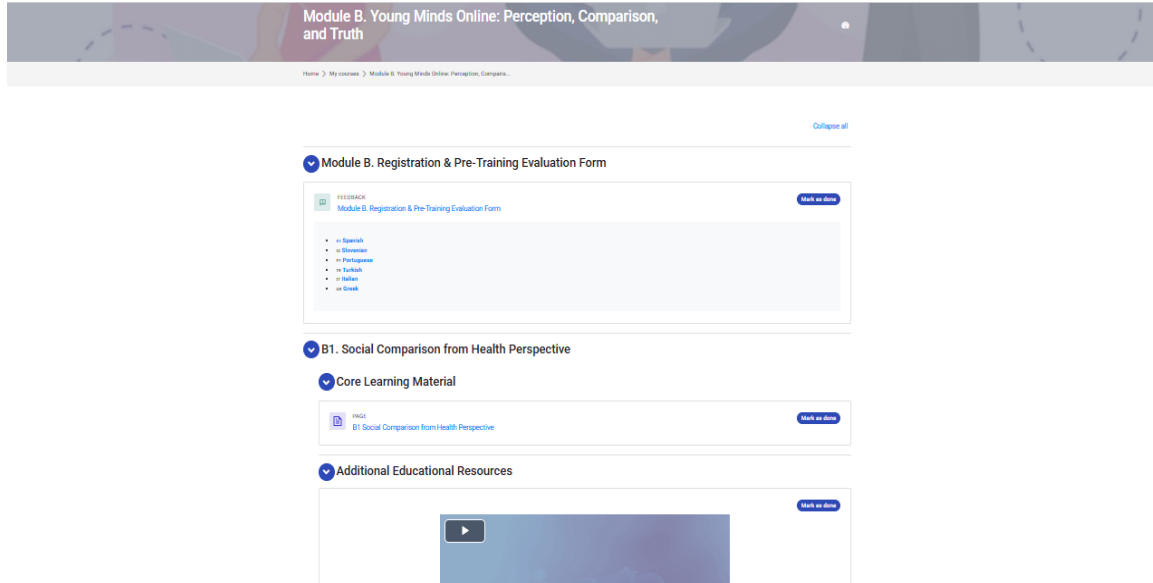


IMAGE 10

To complete the Registration and Pre-Training Evaluation Forms, click on the clickable title (below "Feedback"). You will then see the option (IMAGE 11) to complete the form either in English (on the platform) or in other languages (via Google Forms).

To proceed in English, click the green Answer the questions button. For other languages, click your preferred option and you will be redirected to the respective Google Form.

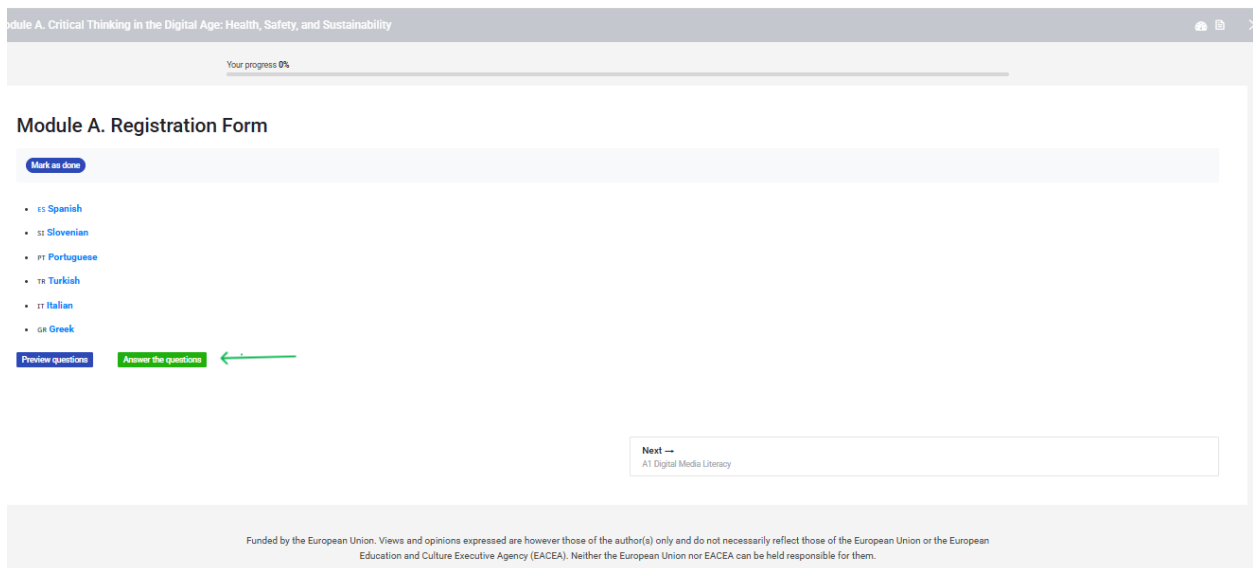


IMAGE 11



In the English version, after clicking Answer the questions, a series of fields will appear regarding demographic data (for all Modules) and knowledge assessment questions (for Modules B, C, and D). IMAGE 12 shows some of the fields from the Module A Registration Form:

Module A. Critical Thinking in the Digital Age: Health, Safety, and Sustainability

Module A. Registration Form

Mark as done

- Spanish
- Slovenian
- Portuguese
- Turkish
- Italian
- Greek

Mode: Anonymous

Name, Surname

E-mail Address:

Country of Residence

Turkey

Italy

Spain

Greece

Portugal

Slovenia

Other

Other Country

Gender

Male

IMAGE 12

After completing the Registration Forms & Pre-Training Evaluations, you can begin working through the individual Units of each Module. The structure is the same for all Units (see IMAGE 13):

- Core Learning Material
- Additional Educational Resources
- Practice Quizzes

Co-funded by the Erasmus+ Program

GREEN TICK

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A1. Digital Media Literacy

Core Learning Material

PDF: A1 Digital Media Literacy **Mark as done**

Additional Educational Resources

FILE: Media Literacy - Dr. Aciye Demir **Mark as done**

Watch as done

Practice Quiz

PDF: Practice Quiz **Mark as done**

IMAGE 13



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Note that both the Core Learning Materials and Practice Quizzes of the Units are available in all consortium partner languages (Turkish, Italian, Spanish, Greek, Portuguese, and Slovenian). To choose your preferred language, see IMAGE 14:

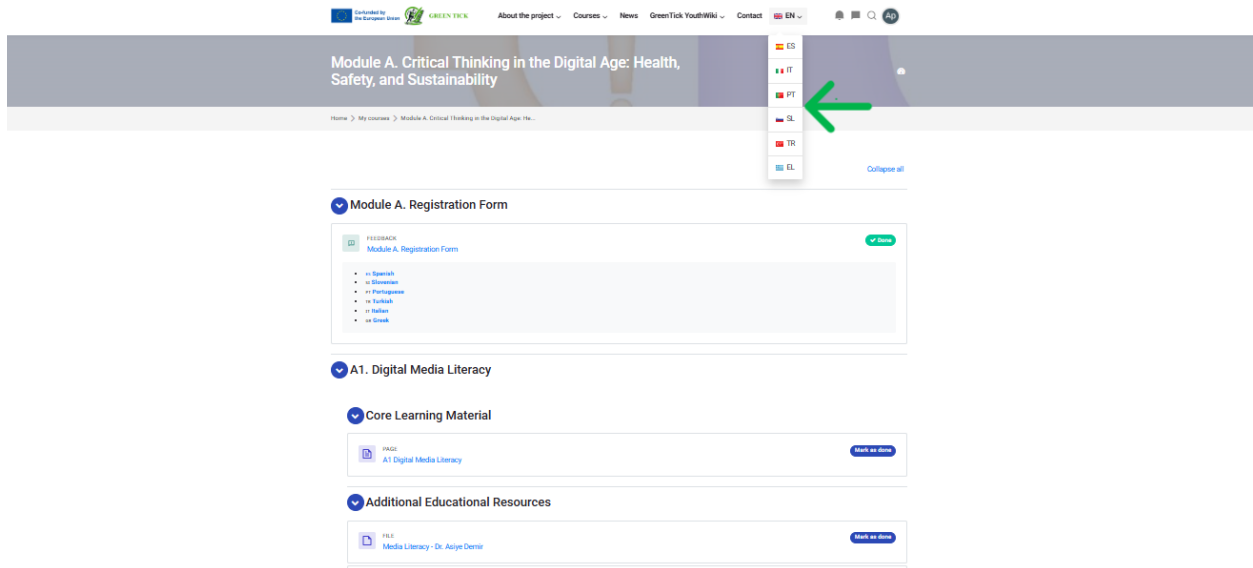


IMAGE 14

As you progress through your training, it's very important to mark each completed section as done (see IMAGE 15)

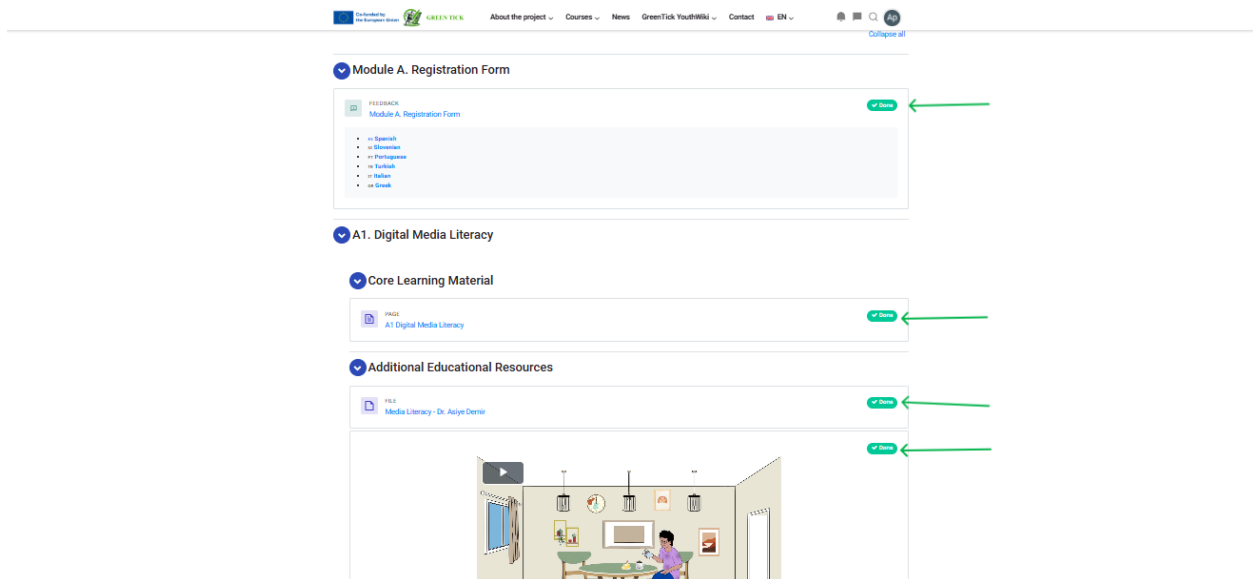


IMAGE 15



At the end of each Unit, you will have the opportunity to practice with the Practice Quizzes (IMAGE 16):

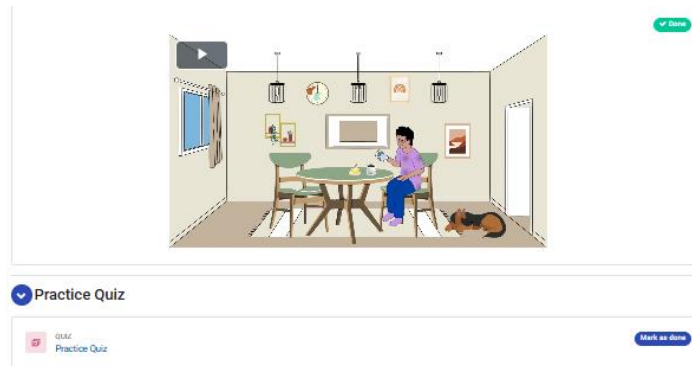


IMAGE 16

Click on the **clickable Practice Quiz** link and the following screen will appear (IMAGE 17). Click the **green Preview Quiz** button to begin:

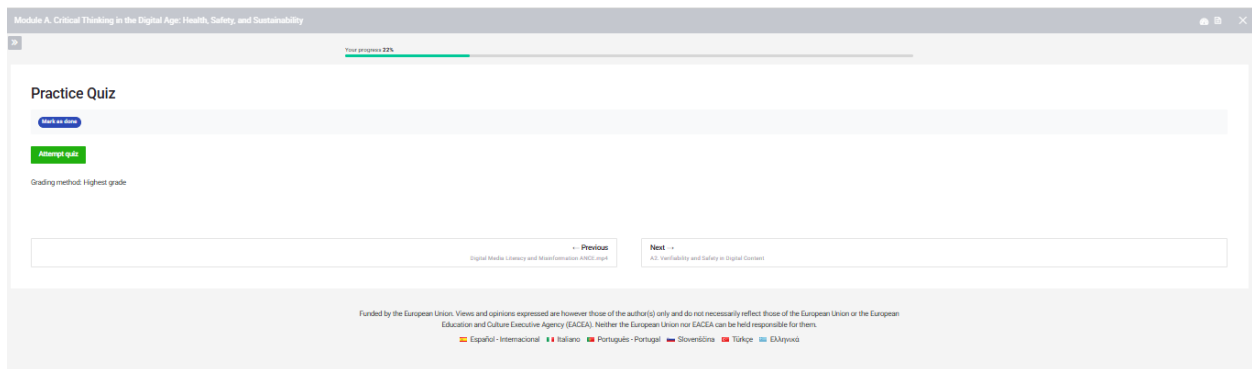


IMAGE 17



You will see a set of questions (as in IMAGE 18), which you will need to answer. At the end, click the **green Finish Attempt button**:

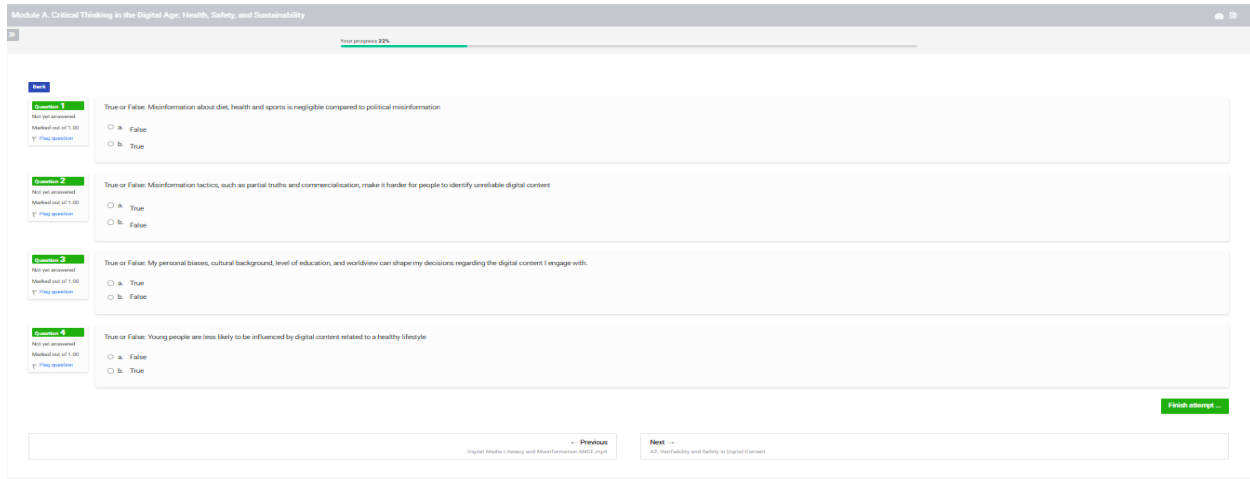


IMAGE 18

Your answers will be saved, and then you'll have the option to either click **Submit all and finish** or **Return to attempt** to change your answers (see IMAGE 19).

Note that the Practice Quizzes have no minimum score requirement and are purely for practice.

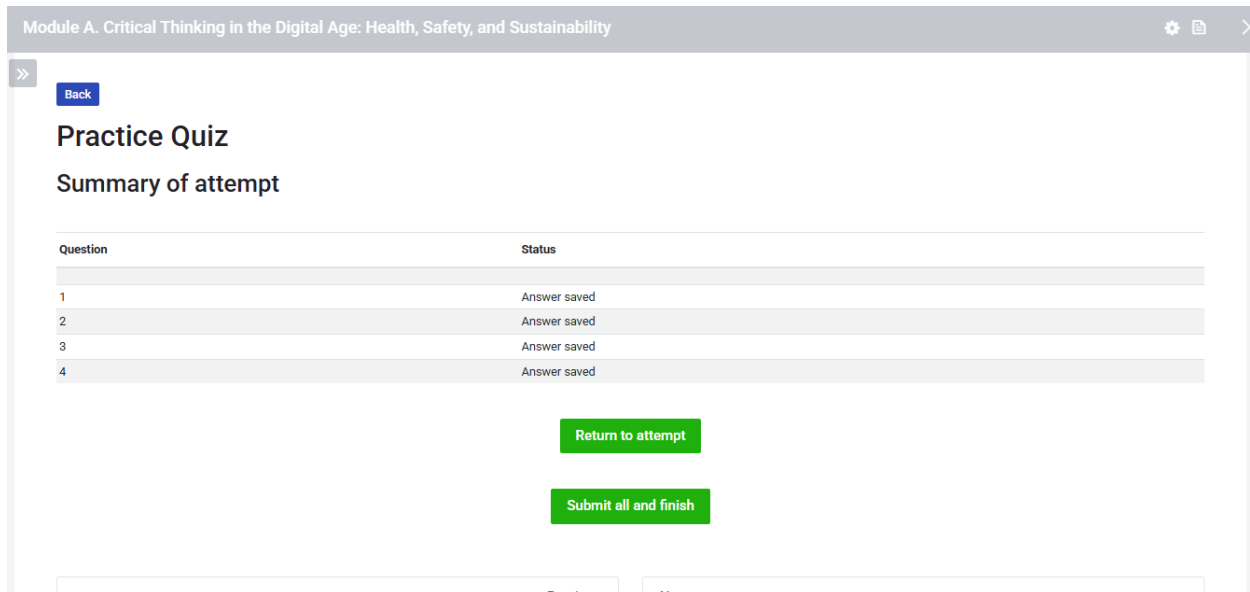


IMAGE 19



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Once you complete all the required steps for a given Module, you will proceed to the **Final Module Test**, which leads to the issuance of the corresponding **Certificate** (IMAGE 20).

Each Module has its own Certificate and requires a minimum score of 75% to unlock the Certificate.

You have 3 total attempts to successfully complete the Final Module Test and receive the Certificate.

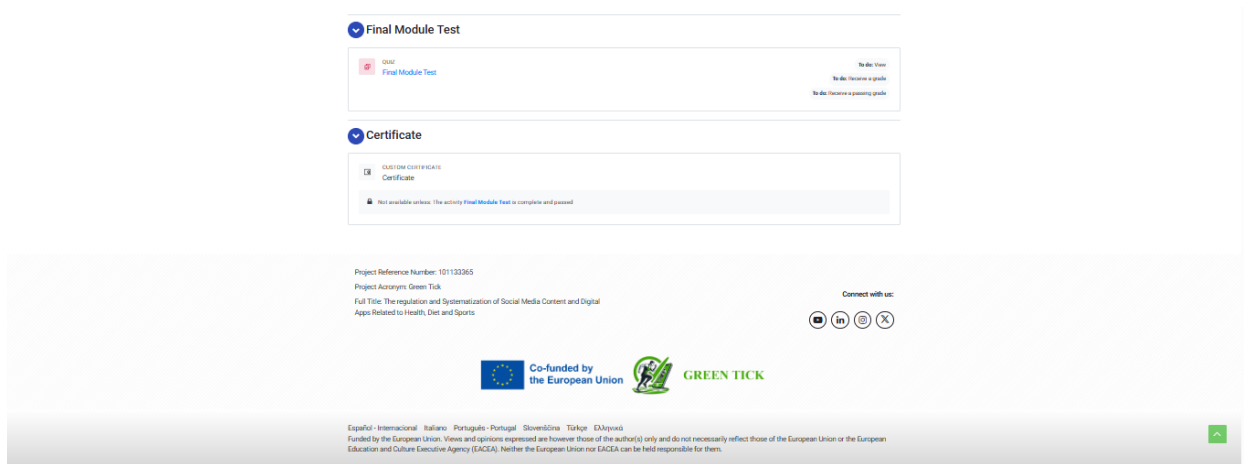


IMAGE 20



For the Final Module Test, the steps are the same as for the Practice Quizzes (IMAGES 21, 22, 23):

1. Preview Quiz
2. Answer questions
3. Finish Attempt
4. Submit all and finish or Return to Attempt if you wish to change your answers

Once you submit your answers, your results will appear. If you do not reach the minimum score, you may try again.

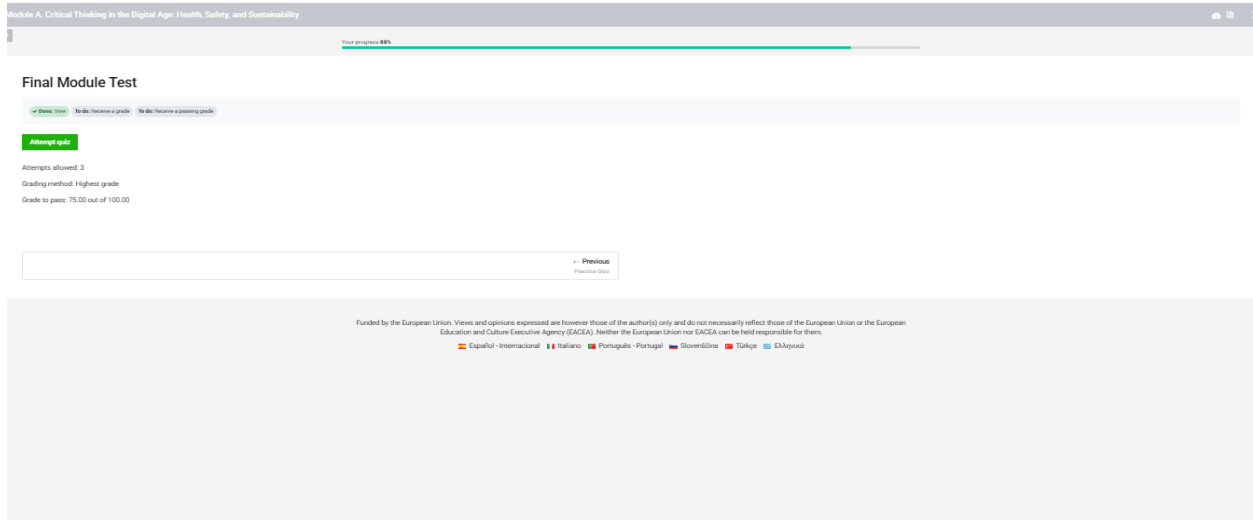


IMAGE 21

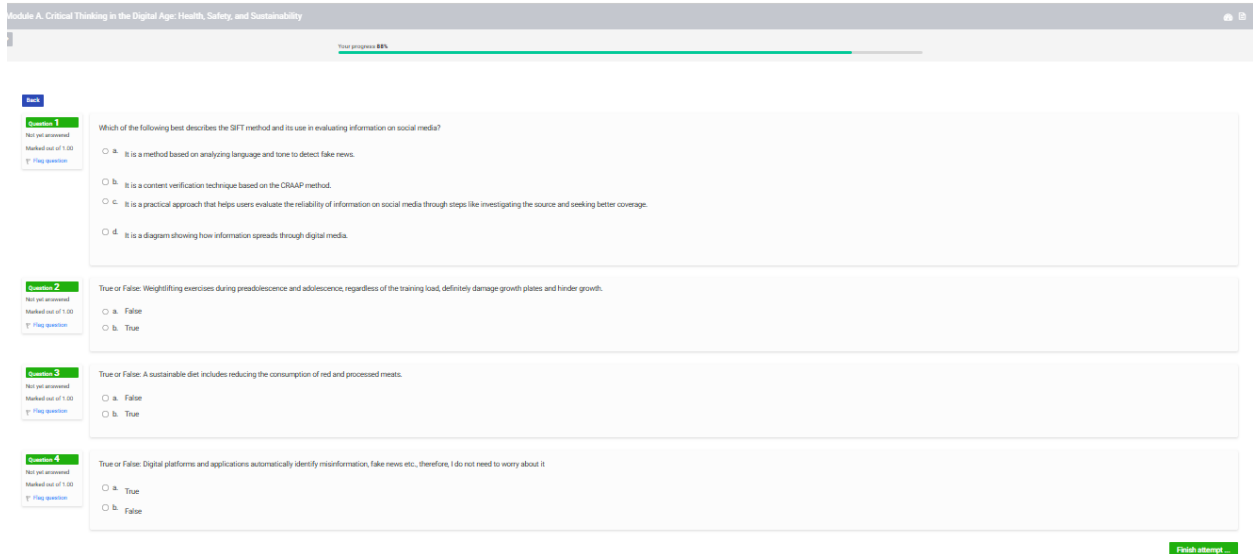


IMAGE 22



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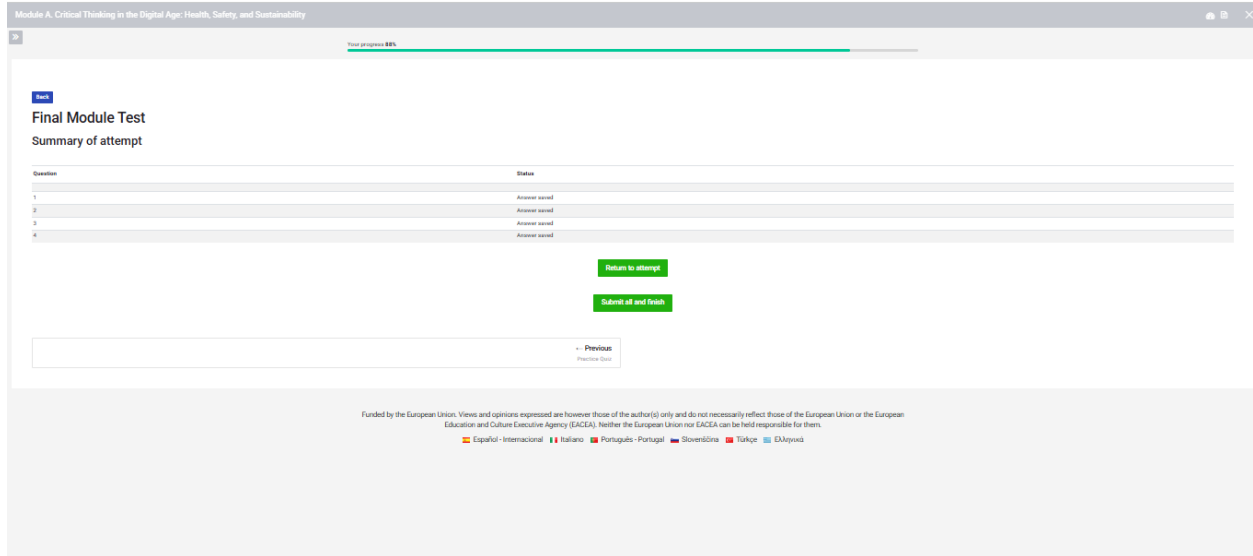


IMAGE 23

After successfully completing the Final Module Test, you can claim your Certificate (IMAGE 24). Click on the clickable Certificate link and then on the green View Certificate button (IMAGE 25):

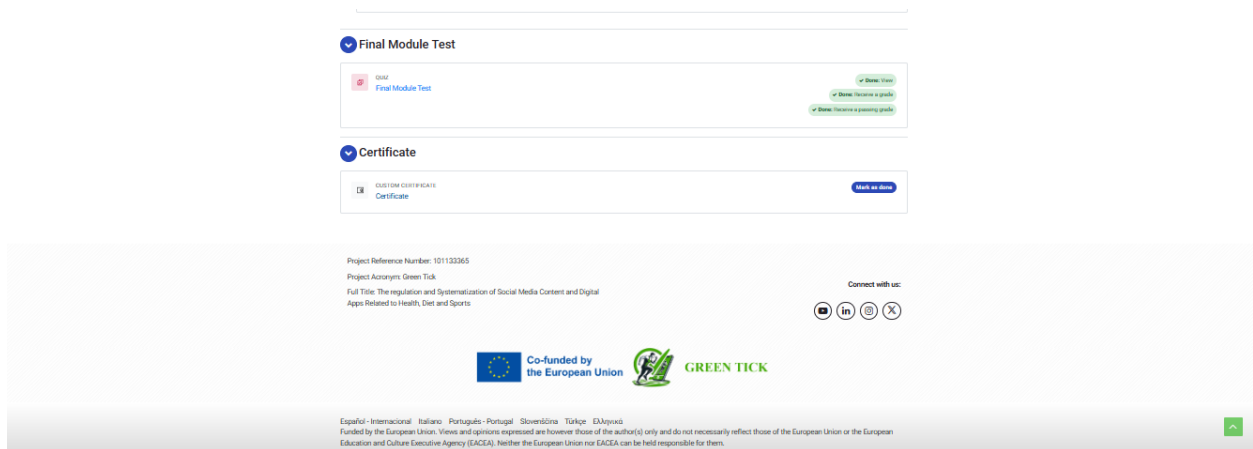


IMAGE 24



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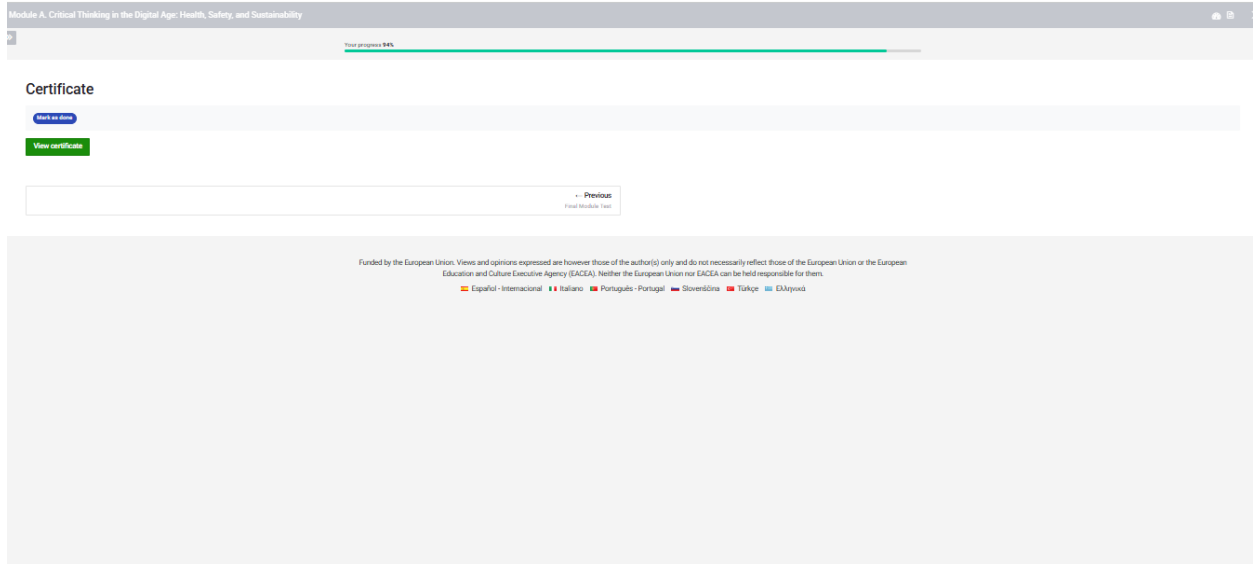


IMAGE 25

The Certificate is now yours! Click on Download (see green arrow in IMAGE 26):

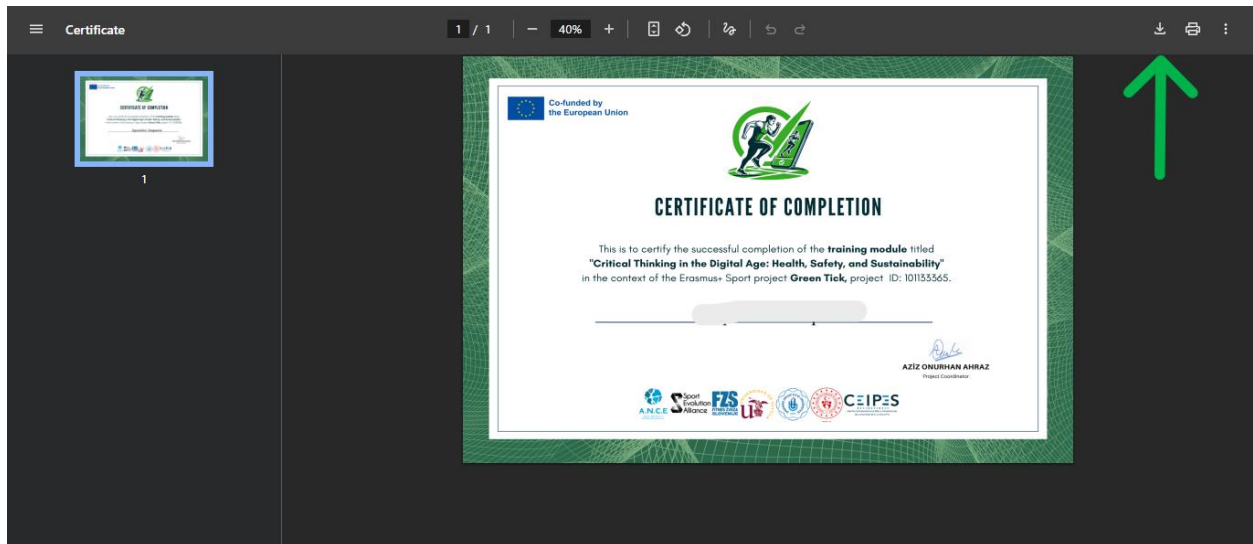


IMAGE 26

If you have just completed one of the specialized Modules (B, C, or D), don't forget to complete the Post Training Evaluation (IMAGE 27), which will help us improve the platform and its content even further! Just like the Registration Forms – Pre-Training Evaluations, this is available both in English (via the platform) and in national languages (via Google Forms).



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Module B. Post-Training Evaluation Form

At the conclusion of this module, participants are invited to complete a short post-training evaluation. This evaluation is designed to assess the knowledge, awareness, and critical thinking skills they have developed regarding health, diet, and sports content on social media and digital platforms.

As with the pre-training evaluation, participation is anonymous and voluntary, and all responses will be handled with full confidentiality.

FEEDBACK

Module B. Post-Training Evaluation Form [Mark as done](#)

- en Spanish
- sl Slovenian
- pt Portuguese
- tr Turkish
- it Italian
- gr Greek

Project Reference Number: 101133365

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Connect with us:



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IMAGE 27