



The Helping Hand - A Digital Game for the Social and Emotional

A pioneering cognitive behavior-based game designed to foster social and emotional skills among adolescents.

Game Overview: In *The Helping Hand*, players embark on a journey to assist virtual friends through various emotional challenges. These challenges include overcoming the fear of public speaking, handling criticism, grappling with suicidal thoughts, and processing traumatic memories. The game's scenarios are carefully crafted to mirror real-life situations, providing players with a safe space to explore and develop coping strategies.

Target Audience and Benefits: The primary audience for The Helping Hand is adolescents (12 – 18 years), and has been developed together with adolescents in Lebanon and Norway, across economic and religious divides. It exists in English, French, Arabic, Norwegian and Ukrainian. The game's design is suitable for individual play, but its impact is amplified when used in group settings as a blended learning tool implemented in groups of adolescents. By navigating the game's challenges, players can acquire and practice skills in a virtual environment, preparing them to handle similar situations in the real world.

Foundation and Impact: "The Helping Hand" is grounded in research that highlights the importance of high-quality psychosocial services for the well-being, health, learning outcomes, and economic prospects of young people. Rewarded by the World Economic Forum and UNICEF as the winner of Youth Mental Health Challenge 2022.

References:

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1 QR code to the English, French, Ukrainian and Norwegian version



2 QR code to the Arabic version

“A relevant and fun way to learn about the most important things in life!”

Girl, 13 years