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# TACKLING SELF STIGMA TOGETHER



**Sevilla**

August 25-29, 2025

# Tackling Self Stigma Together

August 25-29, 2025 - Sevilla, SPAIN



*Workshop, introduction to the Artificial Intelligence applications*

1. **True or False? – Quiz (10 min)**
2. **Expectations & Concerns Card (10 min)**
3. **Quick Idea Hunt (5 min)**
4. **Prototype Introduction & Testing (20 min)**
5. **What we need? Upcoming todo list (5 min)**
6. **Paper-Based New Feature Design (30 min)**
7. **Sharing & Group Presentation (40 min)**

**Sevilla**

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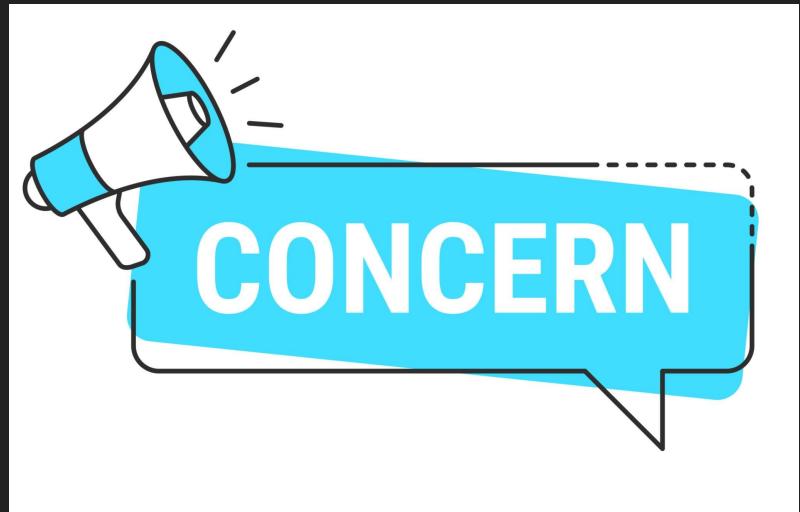


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## True or False? – Quiz



## Expectations & Concerns Card



## Quick Idea Hunt



# Prototype Introduction & Testing



# Prototype Introduction & Testing

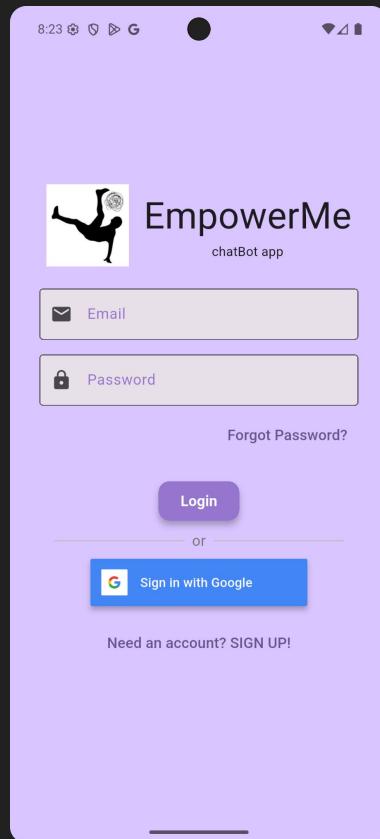
# App Name & Icon



## Prototype Introduction & Testing



# Login Page



The middle section shows two screens. The first is titled "Create an Account" and contains three input fields: "Email", "Password", and "Confirm Password". It includes a note about User Agreement and Privacy Policy, and a "Sign Up" button. The second screen is titled "Forgot Password?" and has a single "Email" input field, a "Send Reset Link" button, and a "Back to Login" link.

## Prototype Introduction & Testing

# Settings Page



## Prototype Introduction & Testing

The screenshot shows a mobile application's settings screen with a purple header bar. The header includes a back arrow, the word "Settings", and a gear icon. Below the header is a sidebar menu with the following sections and items:

- Your Account**
  - Delete Account
- About Erasmus+ TSST Project**
  - Introduction
  - Project Web Page  
https://???
  - Instagram Account  
@???
- About EmpowerMe**
  - Privacy Policy
  - Licences
  - EmpowerMe  
Version: 1.0.24
  - Copyright  
2025 Parlak Gençlik Topluluğu Derneği (BYC).

At the bottom of the screen, there is a footer section with the European Union flag and the text "Co-funded by the European Union".

Project Web Page ?

Project Instagram Account ?



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# Settings Page / Introduction



## Prototype Introduction & Testing

Language	Page Content Summary	Key Features
Polski	<p>Witamy w Empower Me</p> <p>Empower Me to wielojęzyczny asystent dobrostanu dla młodych osób, oparty na sztucznej inteligencji. Wspiera budowanie odporności, dbanie o siebie i <b>przezwyciężanie auto-stygmatyzacji</b> poprzez wspierające rozmowy i praktyczne wskazówki.</p> <p>Aplikacja powstaje we współpracy partnerów z Polski, Turcji, Macedonii Północnej, Hiszpanią i Curaçao w ramach programu Erasmus+.</p> <p><b>Co oferuje Empower Me?</b></p> <ul style="list-style-type: none"><li>Bezpieczna rozmowa o emocjach i codziennych wyzwaniami.</li><li>Zdrowe nawyki i strategie radzenia sobie – w krótkich wskazówkach.</li><li>Dostęp do lokalnych i międzynarodowych zasobów wsparcia.</li><li>Wiedza o auto-stygmatyzacji i sposobach jej ograniczania.</li></ul> <p>Kontynuuj w <a href="#">wymianie językowej</a></p>	<ul style="list-style-type: none"><li>Conversaciones seguras y sin juicios sobre emociones y retos diarios.</li><li>Consejos breves para hábitos saludables y estrategias de afrontamiento.</li><li>Recursos de apoyo locales e internacionales.</li><li>Información para comprender y reducir el autoestigma.</li><li>Uso en tu idioma preferido.</li></ul>
Türkçe	<p>Empower Me'e Hoş Geldin</p> <p>Empower Me, gençlerin iyi olmasını destekleyen çok dilli bir yapay zeka asistanıdır. Dayanıklılığı güçlendirmeye, öz-bakım becerilerini geliştirmeye ve <b>özştigma ile başa çıkmaya</b> yardımcı olur.</p> <p>Uygulama, Erasmus+ kapsamında Polonya, Türkiye, Kuzey Makedonya, İspanya ve Curaçao ortaklarıyla birlikte geliştirilmiştir.</p> <p><b>Empower Me neler sunar?</b></p> <ul style="list-style-type: none"><li>Duygular ve günlük zorluklar hakkında güvenli, yargılamayan sohbet.</li><li>Sağlıklı alışkanlıklar ve başa çıkma stratejileri için kısa öneriler.</li><li>Yerel ve uluslararası destek kaynakları.</li><li>Özştigma nedir ve nasıl azaltılır?</li><li>Tercih ettiğin dilde kullanın.</li></ul> <p>Özgürce sor. Güvenle öğren. Kendine güvenerek</p>	<ul style="list-style-type: none"><li>Conversaciones seguras y sin juicios sobre emociones y retos diarios.</li><li>Consejos breves para hábitos saludables y estrategias de afrontamiento.</li><li>Recursos de apoyo locales e internacionales.</li><li>Información para comprender y reducir el autoestigma.</li><li>Uso en tu idioma preferido.</li></ul>
Македонски	<p>Добредојдовте во Empower Me</p> <p>Empower Me е повеќезажичен асистент заснован на вештачка интелигенција за благосостојба на младите. Помага да се зајакни резилентността, самогрижата и <b>надминување на самостигмата</b> преку поддржувачки разговори и практични ресурси.</p> <p>Апликацијата е создадена во соработка со партнери од Полска, Турција, Северна Македонија, Шпанија и Курасао во рамките на Еразмус+.</p> <p><b>Што нуди Empower Me?</b></p> <ul style="list-style-type: none"><li>Бездедни разговори за емоции и секојдневни предизвици.</li><li>Кратки совети за здрави навики и стратегии за справување.</li><li>Локални и меѓународни ресурси за поддршка.</li><li>Знаење за самостигмата и начини за</li></ul>	<ul style="list-style-type: none"><li>Conversaciones seguras y sin juicios sobre emociones y retos diarios.</li><li>Consejos breves para hábitos saludables y estrategias de afrontamiento.</li><li>Recursos de apoyo locales e internacionales.</li><li>Información para comprender y reducir el autoestigma.</li><li>Uso en tu idioma preferido.</li></ul>
Español	<p>Bienvenido a Empower Me</p> <p>Empower Me es un asistente multilingüe de bienestar para jóvenes, impulsado por IA. Ayuda a fortalecer la resiliencia, el autocuidado y a <b>superar el autoestigma</b> mediante conversaciones de apoyo y recursos prácticos.</p> <p>La aplicación se co-crea con socios de Polonia, Türkiye, Macedonia del Norte, España y Curazao en el marco de Erasmus+.</p> <p><b>¿Qué ofrece Empower Me?</b></p>	<ul style="list-style-type: none"><li>Conversaciones seguras y sin juicios sobre emociones y retos diarios.</li><li>Consejos breves para hábitos saludables y estrategias de afrontamiento.</li><li>Recursos de apoyo locales e internacionales.</li><li>Información para comprender y reducir el autoestigma.</li><li>Uso en tu idioma preferido.</li></ul>
Papiamentu	<p>Bon bini na Empower Me</p> <p>Empower Me ta un asistente di bienestar pa hubenan, ku AI i multi-lingual. Eta yadubo fortalese resilensia, kuida-bo-mes, i <b>vencé auto-stigma</b> dor di konversashon di sosteni recurso práktiko.</p> <p>E aplikashon aki ta desaroyá ku sòsio fordi Polonia, Türkiye, Macedonia di Nort, España i Kòrsou bou di Erasmus+.</p> <p><b>Ki Empower Me por hasi?</b></p>	<ul style="list-style-type: none"><li>Conversaciones seguras y sin juicios sobre emociones y retos diarios.</li><li>Consejos breves para hábitos saludables y estrategias de afrontamiento.</li><li>Recursos de apoyo locales e internacionales.</li><li>Información para comprender y reducir el autoestigma.</li><li>Uso en tu idioma preferido.</li></ul>



The screenshot shows the mobile application's Settings page. At the top, there is a purple header bar with a back arrow and the word "Settings". Below this is a white content area with a dark grey sidebar on the left.

- Your Account:**
  - Delete Account
- About Erasmus+ TSST Project:**
  - Introduction
  - Project Web Page <https://???>
  - Instagram Account @???
- About EmpowerMe:**
  - Privacy Policy
  - Licences
  - EmpowerMe Version: 1.0.24
  - Copyright 2025 Parlak Gençlik Topluluğu Derneği (BYC).

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## Privacy Policy – Empower Me

Last updated: August 10, 2025 | Version: 1.0

### 1. Data Controller

The development of this application was coordinated by the NGO iLanguage in Vienna, Austria, and developed by Kod48.

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### 2. Data We Collect

We collect minimal personal data necessary for service provision:

- Email Address & Account Data:** Collected via Firebase Authentication during sign-in (e.g., email or Google account).
- Chat History:** Stored securely in cloud database (Firebase Firestore) and accessible only to you when authenticated.

### 3. Third-Party Services

#### a) OpenAI API

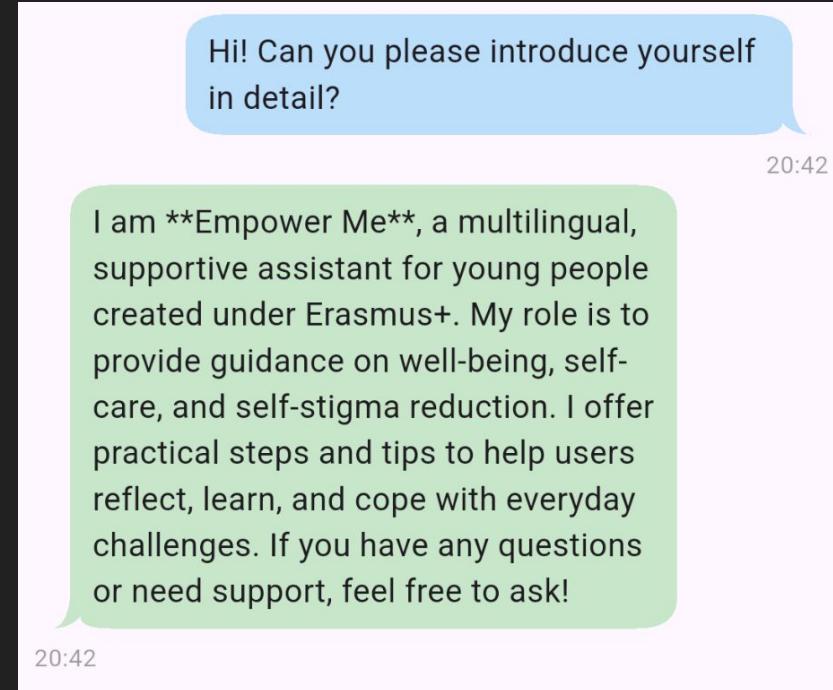
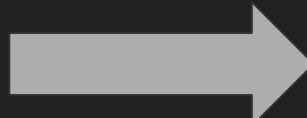
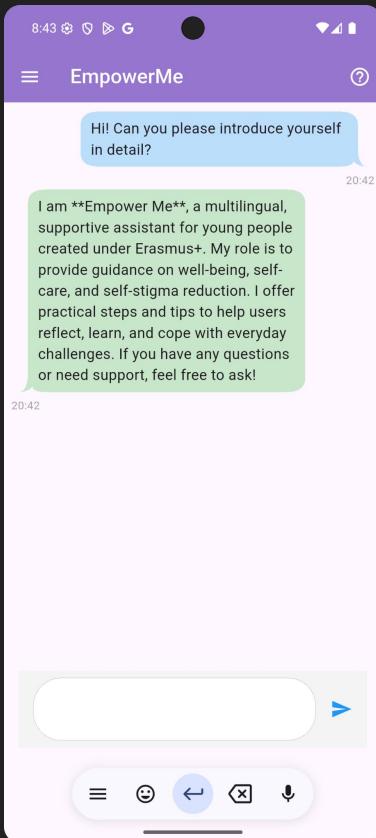
- Your chat inputs are sent to OpenAI to generate responses.
- Data Sharing:** Inputs may include personal data; we advise users not to share sensitive information.
- OpenAI's Role:** With our business API, OpenAI does not train models on your data.
- Data Transfer:** Data may be processed on servers outside the EEA (e.g., USA).



# Settings Page / Chat Page



## Prototype Introduction & Testing



# Scenario: “Lina and the Unseen Weight”



Prototype Introduction & Testing

## Profile:

- Name: Lina
- Age: 19
- Background: University student in her first year, studying computer science
- Location: Urban city, living in a student dorm
- Personality: Ambitious, perfectionistic, socially withdrawn lately

## Story:

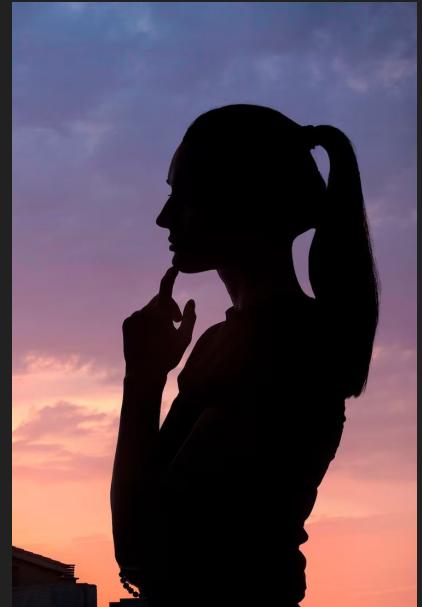
Lina was always a top student in high school, but since starting university, she's been struggling with anxiety and depressive feelings. She notices her grades slipping, and she starts to believe that needing help would make her look “weak” or “incapable.”

On social media, her peers constantly share success stories, internships, and academic achievements. Lina compares herself to them and feels like she doesn't belong in her field anymore.

When a friend suggested she talk to the university counselor, Lina said:

“I don’t want people to think I can’t handle life on my own. If they know I’m struggling, they’ll think less of me.”

This internalized belief — that struggling means she’s a failure — is a form of self-stigma. It keeps her from reaching out for support, even though she’s suffering.



# We asked “EmpowerMe”



## Prototype Introduction & Testing



I feel like everyone else is managing life better than me, and I'm just falling behind.

According to the provided background:

1. Stigmatized individuals may face status loss in society, leading to structural discrimination and potential negative coping responses.
2. Seeking psychological help is a common situation where stigma is intense, potentially affecting self-stigma and self-perception.
3. Psychological issues can contribute to self-stigma, delaying help-seeking and worsening mental health.
4. Mental health conditions perceived as more socially dangerous can lead to increased exclusion and distancing.

Try this:

1. Remember that everyone's journey is unique, and social media often portrays an idealized version of life.
2. Practice self-compassion by acknowledging your efforts and progress, no matter how small.
3. Reach out to a trusted person or mental health professional for support and guidance.

If you need more: How can you challenge negative self-perceptions and focus on your strengths to build resilience?



EmpowerMe

# We asked “EmpowerMe”

TSST



Prototype Introduction & Testing



I get what you're saying, but how do I actually start seeing my strengths when all I can think about are my failures?

According to the provided background:

1. Self-stigma can lead to reduced self-esteem and decreased self-efficacy.
2. Self-stigma may cause individuals to focus more on their failures than their strengths.

Try this:

1. Practice self-compassion by acknowledging that everyone makes mistakes and has setbacks.
2. Keep a journal of your achievements, no matter how small, to shift your focus towards your strengths.
3. Challenge negative self-talk by replacing self-critical thoughts with more balanced and realistic ones.

If you need more: How do you usually react to setbacks or failures?



EmpowerMe



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# We asked “EmpowerMe”



## Prototype Introduction & Testing



Honestly, when I fail at something, I just shut down and avoid trying again because I don't want to feel that disappointment twice.

According to the provided background:

1. Self-stigma can impact self-esteem and self-efficacy.
2. Seeking help and having a positive attitude towards therapy can reduce self-stigma.

Try this:

1. Recognize that failure is a part of learning and growth. It doesn't define your worth.
2. Challenge negative thoughts about yourself by focusing on your strengths and past successes.
3. Consider seeking support from a trusted friend, mentor, or counselor to work through your feelings of disappointment.

If you need more support with overcoming the fear of disappointment and trying again, feel free to ask for guidance on building resilience and self-compassion.



# We asked “EmpowerMe”



## Prototype Introduction & Testing



I'm scared that if I open up to someone, they'll see me differently and think I'm weak.

According to the provided background:

1. Self-stigma can lead to concerns about how others perceive us when we open up about our struggles.
2. It's common to fear being judged as weak or different when sharing personal challenges.

Try this:

1. Remember that opening up takes courage and strength, not weakness.
2. Choose someone you trust and feel comfortable with to share your feelings.
3. Start by sharing small bits of information to test the waters and gradually open up more.

If you need more: How comfortable do you feel with the idea of opening up to someone about your feelings?





- It uses Open AI API (paid feature)
- It needs more and more Academic Knowledge
  - We are gonna integrate new data in the upcoming mobilities, Curaçao and Türkiye activities.
- We can design new features to make it richer
- Ready to use
- We can publish on the app marketplaces
  - Google Play
  - App Store

## Group Work



Paper-Based New Feature  
Design

