



Fryshusets Nätvandrare (Web Coaches)



Nätvandrarnas main objective:

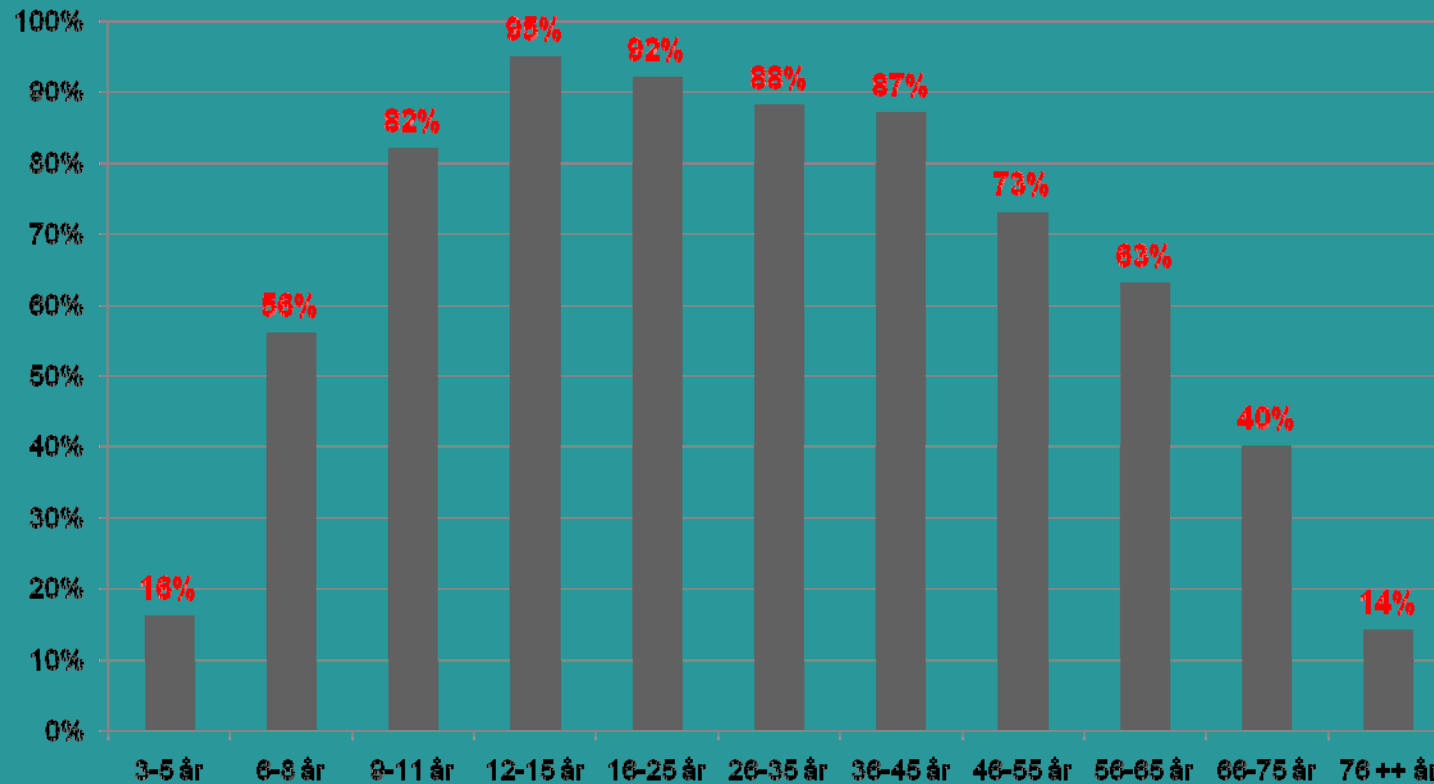


To be an adult presence in the
every day life of children and young people

Bridging the gap between children and those
engaged in professions that deal with
children and young people



Använder internet dagligen eller någon/ några ggr / vecka





We operate through:

- Commercial web communities
- Online games
- MSN
- Our own website: Fryshuset.se



TOP 10

LYSSNA ◀ ▶

Bästa glassen

- | | |
|----|--------------|
| 10 | Tutti frutti |
| 9 | Blåbär |
| 8 | Hallonsorbet |
| 7 | Saffran |
| 6 | Vanilj |
| 5 | Marsipan |

FOTOALBUM



Lovely Days Sommaren 09

NÄTVANDRARE



Heidi Ander
Nätvandrare

[Ställ en fråga till Heidi Ander](#)



Helena Meyer
Nätvandrare

[Ställ en fråga till Helena Meyer](#)

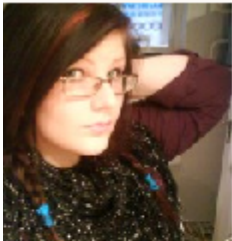


Magnus Söderberg
Nätvandrare

[Ställ en fråga till Magnus Söderberg](#)



Paranoiid F19
0 dec 2008 12:42



Daybreak: You have to change.

yess



leidi NÄTVANDRARN
31 **E**
0 dec 2008 12:55



isola: gulligt.. :/ finns dt ngn du litar på ? eftersom du inte vill prata med ngn psykolog/kurator, vilket du borde, faktiskt.Kan nog vara bra ibland.

Bra svar! Jag håller med om att det låter som att du skulle behöva stöd och hjälp med att ta dig igenom det här. Det är sällan enkelt att bryta ett destruktivt beteendemönster på egen hand.

På ungdomsmottagningen finns det både kuratorer och psykologer. Om du tycker att det är svårt att prata med någon öga mot öga kan du börja med att ställa frågor på deras hemsida: umo.se

FRYSHUSET





KP hem i brevlådan?
Klicka här!

E-post

Kom ihåg

Lösenord (Glömt?)

Logga in

Hallå hallå!

Sitt inte bara där och glo
- bli medlem på KPwebben NU!



Bli medlem

- Förstasidan
- Prat
- Min skrubb
- Sök kompisar
- Klubbar
- KP-chatten
- Dagböcker
- Förrådet
- KP-läsning
- KP-bloggen
- Kropp & Knopp
- Svar på allt
- KPtv
- Spel
- Kul å Klur

Blogg

Textstorlek

Nätvandrarerna

av KP-Malin

Nätvandrarerna



Idag har jag haft ett möte med KP-Carro och Heidi-Nätvandrare. Vi pratade om hur bra det är att Nätvandrarerna finns här hos oss på KPwebben.

Heidi berättade att hon tycker det är superroligt att hon har blivit kompis med så många härliga KPwebbare. Om du har missat artikeln om [Nätvandrarerna](#) och deras arbete så tycker jag att du ska [läsa den nu](#)



Najs!



Tipsa en kompis



Skriv ut sidan

Taggar

RSS

Välj månad:

september 2009 (12)

Visa blogginlägg om:



Djur
7 inlägg



Film & TV
1 inlägg

Lilla Aktuellt

Här är senaste nyhetsuppdateringen från Lilla Aktuellt. Ett nytt program läggs upp varje vardag efter klockan 16.00.



Boy: I got my driver's licence today-
congratulate me! Damn I got a flow!

Web Coach:

Congratulations. Now make sure you keep it.

Boy: I explained it all to my girlfriend... and all I feel now is this enormous pressure, but I had these problems even before I met her so what is wrong with me?

Web Coach:

In most cases it passes by itself, but it is always good to talk to someone who is an expert. Then you can get a confirmation that there is nothing wrong with you. And if there, against all odds, should be something wrong, they will be able to help you.

What do you think?

Girl: I wanted to try a new hair dresser like just for fun... hell I regret getting this haircut!! My hair looks so damn ugly you wouldn't believe! And now school starts... hell things couldn't be worse

Web Coach:

Hat???

Girl: Therefore I don't think that just because alcohol might be more dangerous than cannabis you should legalize cannabis, on the contrary you should also ban alcohol.

Web Coach:

Here here! Just because alcohol is a big social problem doesn't mean that we need another one.

Girl: because like.. I am convinced that I have cancer in my lymphatic glands or something because I had ONE nightly sweating

Web coach:

Cancer in your lymphatic glands does not appear through sweating. However sweating is a very common symptom of fever.

Boy: I went into the livingroom and mum
says:

”I am going to kill myself, I have nothing to live for anymore and you know I love you more than anything”

Girl: Ohh I been through the same thing, once I wanted to move away from home, and then my mum said that when you return I will not be alive anymore.

Girl: Hi! I have the exact same problem!! My mother also got the idea to kill herself a few weeks ago. Dad called the police and they took her to the hospital for a couple of days where they gave her new medication.

Girl: Tell your mother that she has to be here for you and that she should fight for your sake.

Boy: Thank you for all you answers.

Web coach:

So how are you now?

Did you get the chance to talk to someone about what has happened to you?

Girl: Can you kill yourself with Doliprane? I want to be sure. It would be embarrassing to fail.

Web Coach:

If you overdose Doliprane there is a big danger of severe liver damages.

Why do you want to kill yourself?

Boy: I can't stand talking to someone IRL,
I gave it two shots, and I only felt worse so
I've had it.

Web coach:

If you would be more comfortable, you are welcome to E-mail me if you want someone to talk to. Or add me on helena.meyer@fryshuset.se

Girl : <3<3<3<3

I hope that you understand that if it wasn't for you I don't know what I would have done, you saved me. Or maybe you didn't exactly save me. Anyway you saved me from the evil and the darkness. And for that I am grateful to you.

<3

hugs

Web coach:

Take care



Our statement:



Children and young people experience that the Internet involves a lower threshold for a deeper dialogue concerning poor mental health as well as everyday problems. They often prefer the Internet to “face to face” contact .



FRYSHUSET

NÄTVANDRARE

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This paper was produced for a meeting organized by Health & Consumers DG and represents the views of its author on the subject. These views have not been adopted or in any way approved by the Commission and should not be relied upon as a statement of the Commission's or Health & Consumers DG's views. The European Commission does not guarantee the accuracy of the data included in this paper, nor does it accept responsibility for any use made thereof.