



ONLINE OVERDRIVE GR. 6-8

Youth-led interactive assembly will provide students with a deeper look into the impact that online use may have on their mental health and overall well-being. Youth speakers will share personal stories of how online use affected their self-esteem, choices, social groups, and self-concept. Students will leave with a greater understanding of the choices they are making online and how to interact and use technology in a healthier way.

ASSEMBLY FORMAT:

- INTRODUCTIONS/WARM UPS
- OPINION POLL
- SPEAKER ONE
- INTERACTIVE ON EMOJIS
- SPEAKER'S TWO
- INTERACTIVE ON SMART POSTING
- SELF-CARE
- RESOURCES/Q&A

Did you know?
Balancing online and face to face socializing can help protect from an increased fear of missing out, increased body image concerns.

YOUTHSPEAK PERFORMANCE CHARITY
SPEAK. INSPIRE. CHANGE.

*Includes Printable Resources Material

LOOK TO YOUTHSPEAK FOR SELF-CARE STRATEGIES, RESOURCES, INFO AND MUCH MORE!

www.youthspeak.ca

(905) 967 - 0604

office@youthspeak.ca



@YouthSpeakCan



@YouthSpeakCan



@YouthSpeakCan



YouthSpeak
Performance Charity