



# ONLINE OVERDRIVE

GR. 9-12

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 UP
- SPEAKER ONE
- INTERACTIVE - MYTH VS. FACT
- INTERACTIVE - CREATING SAFE SPACES ONLINE
- SPEAKER TWO
- INTERACTIVE - REAL OR FAKE
- TIPS FROM OUR SPEAKERS
- 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!

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