



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:

- INTERACTIVE INTRO / WARM-UPS
- SPEAKER ONE: PERSONAL STORY
- TECHNOLOGY AND MENTAL HEALTH
- SPEAKER TWO: PERSONAL STORY
- SOCIAL MEDIA: REAL OR FAKE?
- HEALTHIER SOURCES OF DOPAMINE
- IMPACTS OF CYBERBULLYING
- SOCIAL MEDIA TIPS
- INCLUSIVITY MAP: CLASS ACTIVITY
- CALL TO ACTION
- RESOURCES/Q&A



Thank you for sending us Lolita, Angelica, and Pratheep. Their message was powerful and their information and tips were very helpful. The students had wonderful feedback.

Valerio Sorgini, Department Head,
Library Learning Commons,
Our Lady Queen of the World
Catholic Academy

*Includes Printable Resources Material

YOUTHSPEAK PERFORMANCE CHARITY
SPEAK. INSPIRE. CHANGE.

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

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