



## 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:

- 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

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](http://www.youthspeak.ca)

(905) 967 - 0604

[office@youthspeak.ca](mailto:office@youthspeak.ca)



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