

# ONLINE OVERDRIVE

(GR. 7-12)



This 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 mental health, self-esteem, and choices. Students will leave with a greater understanding of the choices they are making online and how to interact with and use technology in a healthier way.

## ASSEMBLY FORMAT:

- INTERACTIVE INTRO / WARM UP
- SPEAKER ONE: PERSONAL STORY
- TECH CHECK-IN
- SPEAKER TWO: PERSONAL STORY
- BEFORE AND AFTER PHOTO EDITING
- WHAT'S DOPAMINE? + HEALTHY SOURCES
- CYBERBULLYING AND ITS IMPACT
- KEEPING YOURSELF SAFE ONLINE
- CALL TO ACTION
- RESOURCES/Q&A

\*Includes Printable Resources Material



*...Talking about personal stories on how the online world has affected them, really puts things into perspective and shows that things like these are real instead of hypothetical. Both stories had different messages and really empowered our minds. Overall I found the Online Overdrive presentation interesting, engaging, and many beautiful messages were shared with the audience.*

Aanya, UHS Wellness Council  
Vice-President

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