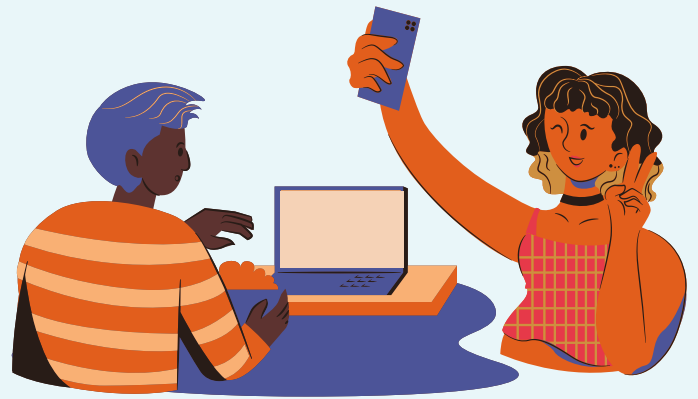


Online Overdrive

Wellness in a Digital World



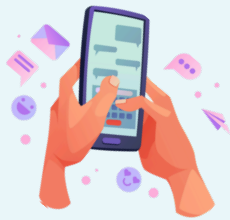
Program Outline



This **youth-led interactive session** 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.

YOUTH SPEAKERS WILL SHARE PERSONAL STORIES



Impact of Technology

Helps students increase their mental health literacy by discussing various terms and definitions.

Youth Speakers discuss the various **nuances that come with mental health, reducing stigma.**



Increase Digital Literacy

Youth Speakers will share their **personal self-care strategies** and how they integrated them into their own lives. Youth Speakers will also share how they found their coping tools and why they are effective.



Safer Internet Usage

Helps students understand the different ways we can show support. Emphasizes the **importance of reaching out** when needed.

YOUTH EXPERIENCE. YOUTH VOICE. YOUTH EMPOWERED.



Connect with us: www.youthspeak.ca

BOOK US TODAY!

