

# 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.



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