

# Online Overdrive

## Wellness in a Digital World



### Program Outline

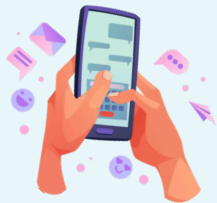


This **youth-led interactive session** will provide students with a deeper look into the impact that online use may have on their mental health and overall well-being. Youth speakers will share personal stories of how online use affected their mental health, self-esteem, and choices.

- **Dopamine Ding & Navigating Online Spaces**
- **Real vs AI Imagery Interactive**
- **Digital Footprint & Keeping Yourself Safe Online**

*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

Discusses various online challenges related to social media and misinformation, **helping students strengthen their critical thinking skills.**



#### Safer Internet Usage

Youth Speakers discuss various tips and strategies they use to **navigate the internet in a safer way.**

YOUTH EXPERIENCE. YOUTH VOICE. YOUTH EMPOWERED.



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