

Online Overdrive

Wellness in a Digital World

For grades 7-8



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.

Youth Will

- ✓ Learn about the Dopamine Ding & Algorithms
- ✓ Explore their Digital Footprint with a Critical Lens
- ✓ Understand the Physical and Mental Effects of Being Online
- ✓ Be Encouraged to Set Boundaries and Make Healthy Choices in Online Spaces

“ [Youth Facilitators] were super engaging and the stories they shared were powerful and relevant for the students. **The students participated actively and asked good questions.** ”

– Principal

TRAINED YOUTH SPEAKERS SHARE PERSONAL STORIES

Key Takeaways



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, AI, 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.

ONE CONVERSATION AWAY FROM HOPE.

Start the Conversation. Connect with us: www.youthspeak.ca | una@youthspeak.ca

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- **Dopamine Ding & Algorithms**
- **Before and After Photo Editing**
- **Setting Online + In-person Boundaries**
- **Digital Footprint**

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.

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YOUTH EXPERIENCE. YOUTH VOICE. YOUTH EMPOWERED.



Connect with us: www.youthspeak.ca

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