

Online Overdrive

Wellness in a Digital World

For grades 9–12



Program Outline

This **youth-led interactive session** will provide students with a deeper look into the real life effects of internet usage 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
- ✓ Explore their Digital Footprint and How to Make Healthier Choices with Technology
- ✓ Be Encouraged to Manage their Algorithms and Spot Rage Bait
- ✓ Understand the Real-life Consequences of What they Share Online

“The YouthSpeak presenters had a way of keeping us riveted throughout... the personal stories... really put things into perspective and show that things like these are real instead of hypothetical.

– High School Student Leader

TRAINED YOUTH SPEAKERS SHARE PERSONAL STORIES

Key Takeaways



Impact of Technology

Helps students increase their mental health literacy by discussing relevant 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, filters, negative content, and misinformation, helping students strengthen their critical thinking skills.



Safer Internet Usage

Youth Speakers discuss setting healthy boundaries 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