

TABLE OF CONTENTS



Learning Objective	Pg. 3
Mental Health and The Digital Age	Pg. 3
Social Media and Mental Health	Pg. 4
Digital Tools to Help Mental Illness	Pg. 5
The Digital Age and You: Reflection Exercises	Pg. 5
Communication and Social Media	Pg. 6
Bonus Reflection Exercises	Pg. 7
Conclusion	Pg. 8

Learning Objective

This learning exercise will teach youth how to best use technology in order to preserve their mental health. Youth will work on reflection exercises on how best to be mindful in the digital age. An emphasis on preventing cyberbullying will be expressed throughout this learning exercise.

Mental Health and The Digital Age: The Facts

There is no doubt that we are living in the digital age. Everything from how we order food to how we interact has turned digital. Your generation is immersed in technology and the trend will likely grow. Digital interaction has its advantages; however, it can also take a toll on us mentally. Serious issues like cyberbullying and digital fatigue can occur.

According to an OECD study, half of all mental illnesses begin by the age of 14 and three-quarters by mid 20's. Furthermore, an average 15 year old spends about 30 hours online - a trend that is only increasing with the increased amount of smartphone usage, video gaming and remote learning trends.

"When online, social media apps are overwhelmingly popular, with almost three-quarters of students (73%) participating in a social network such as Facebook, while around three-fifths (62%) chat online daily or almost daily." - Children and Young People's Mental Health and the Digital Age.

How is technology influencing the onslaught of mental illness?

- An OECD PISA survey states that extreme internet users (more than 6 hours a day) are likely to have lower life satisfaction and well-being. Depression and anxiety can become prevalent in such users.
- Moderate internet users (1-2 hours a day) reported higher life satisfaction.
- The World Health Organization has found that adolescents who report very low or very high internet use report the lowest satisfaction with life - a factor which often leads to mental health illness