

Digital Health for Youth:  
Addressing Mental Health and Physical Well-Being in the Digital World

By  
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Youth spend a significant amount of time in the digital world, and at increasingly younger ages. The digital world has opened doors to everything from educational opportunities, to meeting and getting to know others, to creating vlogs, blogs and other creative outlets. There has also been a decline in in-person interactions with peers, alongside a sharp rise in mental health issues. How to effectively manage this digital world is key to the mental health and physical well-being of our youth. In addition to exploring the current research, this workshop will:

- Look at the mental health aspects of digital speech, including cyberbullying, self-harm, and addiction to media;
- Examine the physical health aspects of digital speech, including brain development, attention and distraction, and healthy growth;
- Review the issues of tolerance, decency and understanding;
- Discuss resources that can help develop the mental and physical well-being of youth in the digital world.