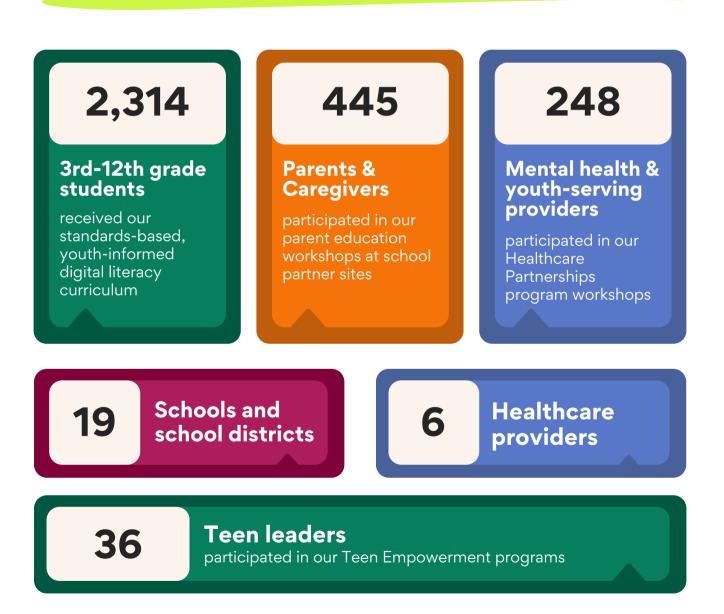
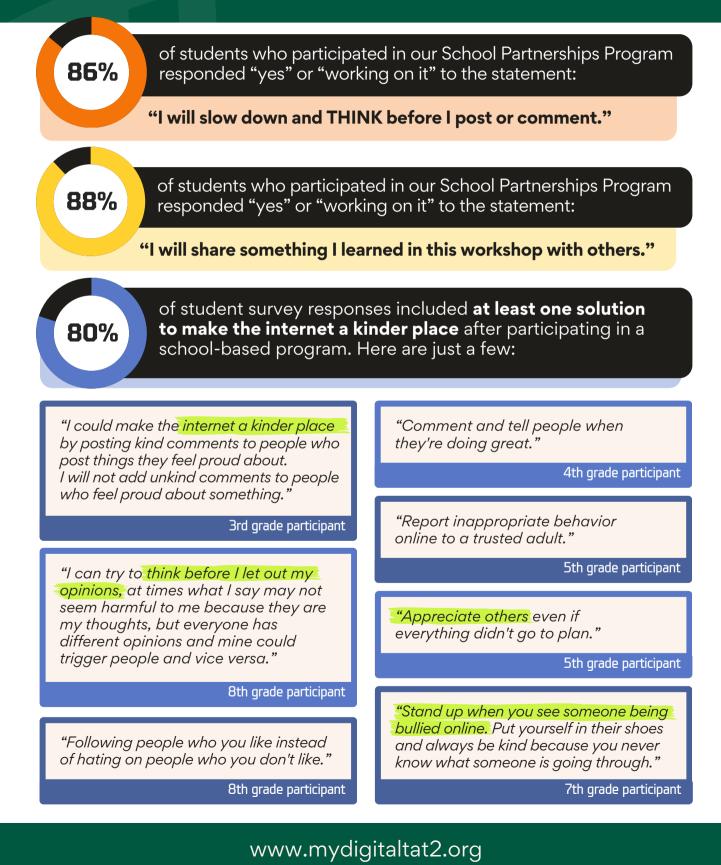


2023-2024 Impact Report

Impact Snapshot



Student Learning Outcomes



Teen Empowerment Outcomes

Teen Interns participated in our ShiftCtrl Summer Internship



High School Students

participated in our monthly Youth Voices Advisory Board

87%

6

of summer interns reported an **improvement in their communication skills ratings** after participating in the program.

100%

of interns agree that they gained awareness of their technology use and its impact on their mental health and productivity.

"As technology becomes more engrained in our lives everyday, I think it is important to continue to draw attention to and educate young people about the pros and cons of it and how to properly manage it. In that way, I think that this internship has reminded me about the importance of implementing strategies to balance the time that we are plugged in with the time we take to unplug and unwind."

ShiftCtrl Summer Intern

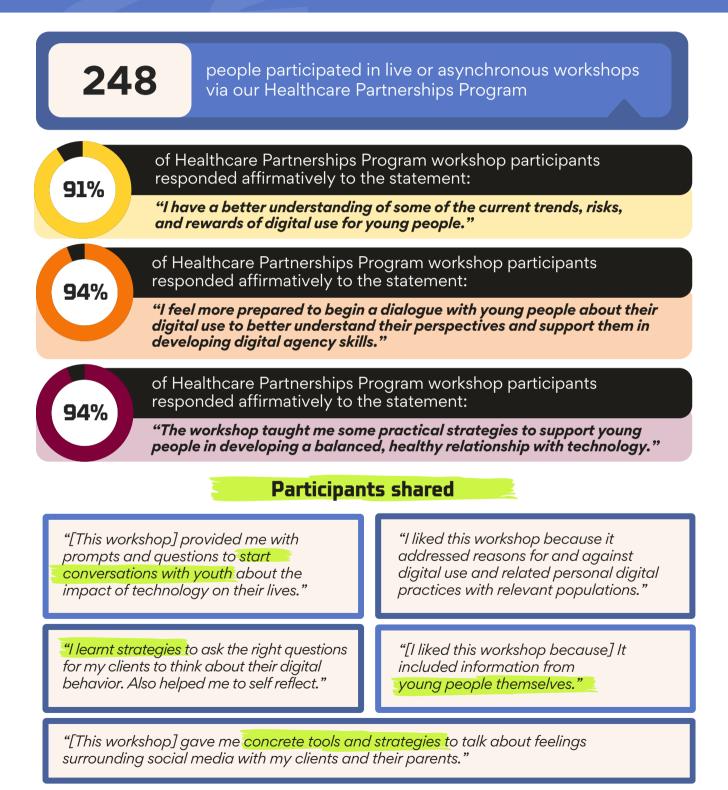
"I think that the topics we have been discussing have been super informative and great."

Youth Voices Advisor

"The Capstone research was the first big research I have done and it was really such an educational experience in putting the whole thing together on my own. I feel like because I did this project I am prepared to give important presentations in the future."

ShiftCtrl Summer Intern

Healthcare Provider Outcomes



Parent and Caregiver Outcomes



"I now have some tools and strategies that will help me dialogue wit and support my child in developing a more balanced and healthy relationship with technology."

Participants shared

"MDT2's parent workshop is very well designed and well delivered -- it helped me better understand the most important aspects of teen use of digital media and gave me some very concrete

strategies for engaging my child around media use."

"It was my first introduction to how to teach digital skills for my kids and I appreciated the positive twist and not just a focus on fear" "I loved this workshop because it is non-judgemental and it gives me ideas on how to approach digital issues with my kids."

"It opened my eyes on what challenges my teen might be experiencing and practical ways on how I can support her."

"Great insights. Loved the practical approach that can be put to use easily in daily life."



