

Impact Snapshot

2,314

3rd-12th grade students

received our standards-based, youth-informed digital literacy curriculum

445

Parents & Caregivers

participated in our parent education workshops at school partner sites

248

Mental health & youth-serving providers

participated in our Healthcare Partnerships program workshops

19

Schools and school districts

6

Healthcare providers

36

Teen leaders

participated in our Teen Empowerment programs

Student Learning Outcomes

86%

of students who participated in our School Partnerships Program responded “yes” or “working on it” to the statement:

“I will slow down and **THINK** before I post or comment.”

88%

of students who participated in our School Partnerships Program responded “yes” or “working on it” to the statement:

“I will share something I learned in this workshop with others.”

80%

of student survey responses included **at least one solution to make the internet a kinder place** after participating in a school-based program. Here are just a few:

“I could make the **internet a kinder place** by posting kind comments to people who post things they feel proud about. I will not add unkind comments to people who feel proud about something.”

3rd grade participant

“Comment and tell people when they're doing great.”

4th grade participant

“I can try to **think before I let out my opinions**, at times what I say may not seem harmful to me because they are my thoughts, but everyone has different opinions and mine could trigger people and vice versa.”

8th grade participant

“Report inappropriate behavior online to a trusted adult.”

5th grade participant

“**Appreciate others** even if everything didn't go to plan.”

5th grade participant

“Following people who you like instead of hating on people who you don't like.”

8th grade participant

“**Stand up when you see someone being bullied online**. Put yourself in their shoes and always be kind because you never know what someone is going through.”

7th grade participant

Teen Empowerment Outcomes

16

Teen Interns

participated in our ShiftCtrl Summer Internship

20

High School Students

participated in our monthly Youth Voices Advisory Board

87%

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

248

people participated in live or asynchronous workshops via our Healthcare Partnerships Program

91%

of Healthcare Partnerships Program workshop participants responded affirmatively to the statement:

"I have a better understanding of some of the current trends, risks, and rewards of digital use for young people."

94%

of Healthcare Partnerships Program workshop participants responded affirmatively to the statement:

"I feel more prepared to begin a dialogue with young people about their digital use to better understand their perspectives and support them in developing digital agency skills."

94%

of Healthcare Partnerships Program workshop participants responded affirmatively to the statement:

"The workshop taught me some practical strategies to support young people in developing a balanced, healthy relationship with technology."

Participants shared

"[This workshop] provided me with prompts and questions to start conversations with youth about the impact of technology on their lives."

"I liked this workshop because it addressed reasons for and against digital use and related personal digital practices with relevant populations."

"I learnt strategies to ask the right questions for my clients to think about their digital behavior. Also helped me to self reflect."

"[I liked this workshop because] It included information from young people themselves."

"[This workshop] gave me concrete tools and strategies to talk about feelings surrounding social media with my clients and their parents."

Parent and Caregiver Outcomes

445

Parents and caregivers participated in live workshops

86%

of parent/caregiver workshop participants responded affirmatively to the statement:

"I have a better understanding of some of the risks and rewards of digital use for young people."

89%

of parent/caregiver workshop participants responded affirmatively to the statement:

"I now have some tools and strategies that will help me dialogue with 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."

MY DIGITAL TAT2

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