

A young child with light brown hair, wearing a blue and white striped t-shirt and a pink skirt, is sitting on a wooden staircase. The child is looking down at a tablet device held in their hands. The staircase has wooden treads and blue-painted risers. The walls on either side are white with some greyish-blue paint splatters or brushstrokes. The overall lighting is soft and natural.

Digital Addiction & Mental Health

Presented by Claudine Belhomme

PARENT ACADEMY



DEPRESSION AND ANXIETY

Youth and young adults report higher rates of depression and anxiety than adults.



Sharp decline in recent years

Among youth who felt mentally well in 2019: **1 in 5 (21%) dropped to poor mental health by 2023**

About **1 in 5 children and youth** have a mental health disorder
70% of mental health issues start before age 18

Children and youth mental health is in a steep downward trend

COMMUNITY SPOTLIGHT KIDS HELP PHONE

Kids Help Phone is Canada's only 24/7 e-mental health service offering **free, confidential support to young people** in English and French.



In 2020,
Kids Help Phone
received an
137% increase
in service
interactions
across Canada

1.9M
interactions
in 2019...

... **4.6M**
interactions
in 2020



What We Want for Our Children

- Well surrounded
- Calm and able to cope with life's pressures
- Sensitive to God, to others and to nature
- Joyful



What We Get



What We Get

What We Get

Children who
are...

Digitally
addicted



What We Get

Children who
are...

- Digitally
addicted
- Unable to cope
- Inattentive
- Anxious
- Sad





Good News!

Your family **can**
achieve
responsible use!



What Happens
When Children
See Parents
Using Their
Devices
without Them



o Greater Strategy:



Spend Time with Your

The image is a composite of two photographs. The left half shows a close-up of a woman with long, wavy brown hair, wearing a brown patterned sweater, smiling and looking down. The right half shows a man and a young boy sitting at a desk, looking at a laptop screen. The man is pointing at the screen, and the boy is looking on with interest. The background of the right half shows a window with a view of a city. The text "Use technology together." is overlaid in the center of the image.

Use technology together.

**Teach
your
children
to
produce
rather
than**





Rediscover Real
Life!

Age-Old Solutions

- Outdoors!
Outdoors!
Outdoors!
- Family outings
(camping,
sightseeing,
museums, parks)
- Invite their
friends over
- Home chores
- Set phone & no



Live life
fully!

