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THE DIGITAL LANDSCAPE


- Teens who spend more than **3 hours per day** on social media are at **twice the risk** of experiencing mental health issues, such as depression and anxiety.
- Teens spend nearly **90% of their screen time** on their smartphones, engaging primarily in activities like messaging, social media, and video streaming.
- On average, families spend **less than 30 minutes** of quality time together during weekdays.
- Teens now **average over 2 hours** of screen time **daily**, with top platforms including TikTok, Instagram, and Snapchat.
- 60%** of teens with the highest social media use rate their overall mental health as **poor or fair**.

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THE EFFECT ON YOUTH'S IDENTITY



SOCIAL MEDIA SOCIAL LIFE
TEENS REVEAL THEIR EXPERIENCES



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YOUTH MENTAL HEALTH IN 2025

- ~**40%** of High School students reported experiencing persistent feelings of **sadness or hopelessness** in the past year
- ~**20%** of High School students **seriously considered attempting suicide** in the past year
 - With **9.5%** attempting to die by suicide
- Suicide Deaths among **10 to 24 year olds** increased by **62%** from 2007 to 2021




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WHAT THE DATA SAYS

- Adolescents who spend more than **3 hours per day** on social media are **twice as likely** to experience symptoms of depression and anxiety.
- Teens who use screens for **7+ hours/day** are **40% more likely** to report problems with completing homework and maintaining focus in class.
- **60%** of teen girls who use social media for **3+ hours/day** report **persistent sadness or hopelessness**—up from 36% in 2011.
 - **80%** of teen girls say that comparing themselves to others on social media **negatively impacts** their body image and self-esteem.

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WHAT THE DATA SAYS


- Youth who experience **cyberbullying** are **2 to 9 times more likely** to contemplate suicide, with **40%** of bullied teens attempting suicide.
- Suicide-themed **viral challenges** have been linked to **increased suicide rates** among youth, particularly following high-profile cases or online trends.
 - "Blue Whale Challenge", "The Momo Challenge", The "Depression" Room, Suicide Live Streams, etc.
- Teens exposed to harmful or triggering content online are **2.5x more likely** to report suicidal thoughts.

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YOUTH BASED PROGRAMS




GO LIME GREEN



RAISE YOUR VOICE



I AM SEMINARS



GALVA STRENGTH





ENDING THE SILENCE

© GALVA STRENGTH

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PROVEN RESULTS





- 91% of participants would recommend this program to others
 - (63.4% strongly agree, 27.5% agree)
- 89.9% of participants feel more equipped to nurture healthy boundaries in their life after the workshop.
 - (56.1% strongly agree, 33.8% agree)
- 87.7% of participants feel more equipped to practice self-care because of the workshop.
 - (52.1% strongly agree, 35.6% agree)

*Based on SC data collected from 2024 with 12,272 participants



- 87% of participants thought the presentation was helpful to them.
 - (43.5% strongly agree, 43.5% agree)
- 90.9% of participants feel more equipped to nurture healthy boundaries in their life after the workshop.
 - (27.3% strongly agree, 63.6% agree)
- 91.3% of participants feel more equipped to help themselves, friend, or family member due to the information given.
 - (47.8% strongly agree, 43.5% agree)

*Based on data collected from 2023-2024 with 10,575 participants



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WHY YOUTH PROGRAMS?

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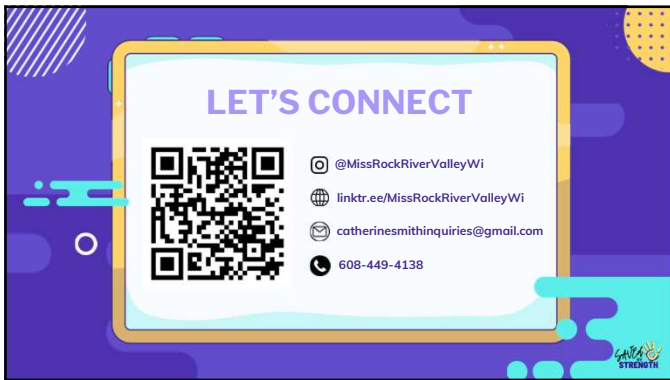
"THE EPIC STORY OF TOMORROW CANNOT CONTINUE IF IT ENDS TODAY."




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