



THE CYBERSMILE FOUNDATION

PRESS RELEASE

Renowned U.K. Doctor And Wellbeing Expert Dr Radha Modgil Joins Cybersmile Advisory Panel

London, UK, July 23, 2020 - The Cybersmile Foundation have announced renowned NHS Doctor and wellbeing expert Dr Radha Modgil as the newest member of the charity's expert advisory panel.

Dr Radha is based in the U.K. and joins a range of international experts from the fields of research, gaming, parenting and online safety to help ensure Cybersmile remain at the forefront of digital wellbeing and cyberbullying related issues.

Launched in 2017, the Cybersmile Advisory Panel is integral to the charity's activities and an important asset for the ongoing development of various products and services including education programs, support facilities, research projects and Help Center resources.

"We are extremely proud to welcome Dr Radha to the Cybersmile Advisory Panel. Her wealth of knowledge and experience in mental health and wellbeing issues is an immense asset to our organisation and activities. We are excited to include Dr Radha in our activities going forward," said Dan Raisbeck, Co-founder of The Cybersmile Foundation.

In the U.K. Dr Radha is the medical expert for BBC Radio 1's daytime show Life Hacks and co-presenter of their weekly Life Hacks podcast. She was also the medical reporter for The Sex Education Show and Make My Body Younger. Radha also reported on ITV's This Morning, BBC Breakfast, ITV Tonight, Channel 5 News and ITN News.

Aside from her work as an NHS GP and wellbeing expert, Dr Radha contributes regularly to online education providers such as BBC Learning and is also a columnist for a number of publications including Top of The Pops Magazine. Dr Radha was previously a columnist for the i newspaper, Woman's Own, Bliss & MSN Lifestyle and has worked on campaigns with BBC Children in Need, Public Health England and the NHS Youth Forum.

"We are all relying much more on technology and online activities for so many aspects of our lives. It has never been more important, therefore, to equip and support people with the knowledge, skills and confidence they need to navigate the internet safely without neglecting their own wellbeing. This is why I'm supporting the Cybersmile Foundation who

are doing incredible work to help people of all ages not only build the necessary skills to deal with online life and to reach out for support with they need it, but also on the importance of kindness, inclusion and digital wellbeing,” said Dr Radha Modgil.

Dr Radha first worked with Cybersmile on their *Digital Wellbeing 2020* report, a national study of young people’s understanding and perspective of digital wellbeing in the U.K. The report was launched on Stop Cyberbullying Day this year and focused on key areas included screen-time, smartphone addiction, parental support, educator support and parent’s internet use.

Dr Radha will be working alongside The Cybersmile Foundation’s existing panel of experts to support and equip the Cybersmile team with a broad range of professional skills and experience in key areas relating to online life for people of all ages and abilities.

ABOUT THE CYBERSMILE FOUNDATION

The Cybersmile Foundation is a multi-award-winning non-profit organisation committed to digital wellbeing and tackling all forms of bullying and abuse online. They work to promote kindness, diversity and inclusion by building a safer, more positive digital community and encouraging people to realise their full potential without the fear of ridicule and abuse.

Through education and the promotion of positive digital citizenship, The Cybersmile Foundation reduces incidents of cyberbullying and provides professional help and support services to children and adults around the world.

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The Cybersmile Foundation is an international non profit organization registered as a 501(c)3 not-for-profit organization in the U.S. and as a registered charity in the U.K. (No. 1147576)