



THE CYBERSMILE FOUNDATION

PRESS RELEASE

The Cybersmile Foundation Launch New Digital Wellbeing Education Resource on World Mental Health Day

PALO ALTO, October 10, 2022 – The Cybersmile Foundation have launched a new Digital Wellbeing interactive learning module designed to help internet users maintain their mental and physical health when spending time online.

The engaging module helps users better understand the relationship between internet use and their mental and physical wellbeing. The resource also helps users consider a wide range of areas that can impact their wellbeing such as screen time, diet, sleep and algorithms.

The new module has been incorporated into the [Cybersmile Education Program](#) which contains a full curriculum of interactive learning modules focusing on a wide range of issues affecting internet users of all ages. These include topics such as: Mental Health and Social Media, Online Safety, Positive Gaming, Digital Civility, Body Image and many more.

To coincide with the launch of The Cybersmile Foundation's World Mental Health Day activities to raise awareness of mental health resources and support – Hollywood actress and Cybersmile ambassador Garcelle Beauvais will be joining to promote mental health and wellbeing resources offered by the nonprofit to her wide audience.

“Our recent Digital Wellbeing 2022 report showed us that 89% of Gen Z internet users’ mental health was negatively affected by their social media use. We are proud to be launching a new mental health learning experience on World Mental Health Day to help people better understand the importance of a healthy balance when spending time online,” said Dan Raisbeck, Co-founder of The Cybersmile Foundation

The creation of the new Digital Wellbeing module was guided by recent Cybersmile research projects including the foundation's State of Play Report that explored the emotional impact of identity-based cyberbullying on Gen Z internet users in the US, and their Digital Wellbeing

2022 report, a bi-yearly study examining the impact of social media and internet use on Gen Z wellbeing across the UK.

Notable findings from Cybersmile's Digital Wellbeing 2022 report include:

- 46% of respondents indicated that social media makes them want to permanently change a part of their body through surgery.
- 87% of respondents indicated that content on social media makes them feel pressured to be perfect.
- 85% of respondents indicated that social media negatively affects the way they feel about their own body.
- 89% of respondents indicated that social media negatively affects their mental health.
- 77% of respondents indicated that social media negatively affects their physical health.
- 89% of respondents indicated that they feel unsatisfied with their life when comparing it to others on social media.
- 86% of respondents indicated that social media use makes them feel anxious.
- 32% of respondents indicated that they feel addicted to bad news online.
- 33% of respondents indicated that they don't feel safe to share their opinions and views online.
- 44% of respondents indicated that they are worried they have an addiction to social media.
- 52% of respondents indicated that they feel better when they spend less time on social media.
- 51% of respondents indicated that their sleep is negatively impacted by the amount of time they spend online.
- 32% of respondents indicated that their diet is negatively impacted by the amount of time they spend online.
- 32% of respondents indicated that their exercise is negatively impacted by the amount of time they spend online.
- 40% of respondents indicated that their study is negatively impacted by the amount of time they spend online.

With the stark insights revealed through recent Cybersmile studies in the US and UK highlighting the impact that social media use, comparison culture and the neglect of essential wellbeing routines are having on people's mental health – The Cybersmile Foundation developed this latest resource to help internet users remain mindful of some of the risks associated with spending time online.

Additional activities and announcements will be revealed throughout World Mental Health Day.

ABOUT THE CYBERSMILE FOUNDATION

The Cybersmile Foundation is a multi-award-winning nonprofit organization committed to digital wellbeing and tackling all forms of bullying and abuse online. We work to promote kindness, diversity and inclusion by building a safer, more positive digital community. Through education, research, awareness campaigns and the promotion of positive digital citizenship we reduce incidents of cyberbullying and through our professional help and support services we empower those affected and their families to regain control of their lives.

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