



We do not yet have comprehensive data to know exactly how access to the internet from a young age will impact the human brain throughout life. However, what we have been seeing in recent years is a rapid increase in youth anxiety, depression, and suicide. This is alarming!

We have always known that the teen years bring about insecurity, anxiety and self-doubt, but it seems that the limitless access to the digital world is amplifying this. Yet, the conversation about mental health stays the same.

This is where we have seen a need for a new conversation around keeping our youth safe in the digital world, both physically and mentally.

Would you like to help by sharing your expertise, experience, or connecting us with others that can help to facilitate our workshops or presentations?

PLEASE GET IN TOUCH TODAY

Let's start a

NEW DIGITAL CONVERSATION

Connect with us online:



www.imenough.co



info@imenough.co



[@imenoughco](https://www.instagram.com/imenoughco)



[@imenoughco](https://twitter.com/imenoughco)

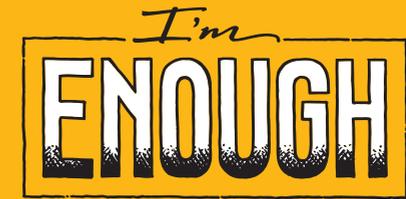


www.facebook.com/imenough.co/

#StartTheConversation #ImEnough #HellotoKindness



Charitable Trust Registration Number: 2727492



Digital Coping Strategies for Young People
& those who care about them

IMENOUGH.CO

WHO are we?

I'm Enough is a Charity focused on providing digital coping strategies for young people and those who care about them.



WHY do we exist?

The internet is a vast place full of information that can be utilised in many different ways, eg. learning new things, or connecting with friends.

This technology is very new and the oldest people who grew up with the internet are now only young adults.

Social media can have both a positive and a negative impact on people. This is where we identified a need to equip and empower our youth, and those that care about them, with digital coping strategies.

WHAT do we do?

I'm Enough provides coping strategies in a range of mediums; such as social media, our website, and workshops - offering tips and resources to help our youth and the people who care about them whilst also reaching as many people as possible.

We have joined forces with a team of experts in a range of different fields in order to target the full Te Whare Tapa Whā Health Model - addressing the mental, emotional, physical, social, and spiritual health and wellness of each individual when starting this new digital conversation.

What is Digital Anxiety?

Digital anxiety is a combination of feelings that you or someone you know may have experienced from using technology and the internet. Some examples are:

- A fear of inadequacy when seeing others' posts.
- The need to instantly respond to messages and comments.
- Pressure to only post about the positive aspects of their lives.
- Feelings of depression when no one likes their online content.
- Not knowing which friendships are real or fake.
- Constantly staying connected to a vast audience of people who they may not know personally.

There are many ways a person may experience digital anxiety. Once you have identified that you or a person close to you may be experiencing these things, the next question is: how can we help?

