

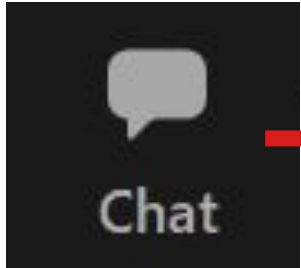
# **Navigating the Digital World: Youth Voices & Strategies for Healthy Online Engagement**

**December 18th 2025**

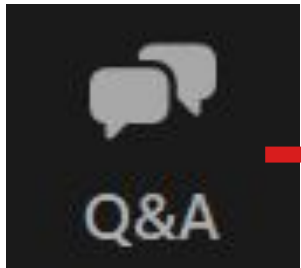


**COLLABORATIVE  
MENTORING**   
WEBINAR SERIES

# Tips for Engagement



- Introduce yourself!
- Talk with one another
- Share resources
- Respond to presenters









- Ask the presenters questions
- Upvote questions you'd like to see answered

- **Live captions** available in the panel by clicking on the “**CC**” at the bottom of the screen
- Who is with us today?
  - Type in the **Chat** to introduce yourself - name, organization, location
  - For all participants to see your message, change to “All panelists and attendees” in the Chat

**\* This webinar is being recorded, and will be sent out in one week with the slides.**

# Bianca Myrick



-  Mom to a teen son
-  Background in elementary education and public administration
-  Executive Director of Pretty Purposed, a nonprofit that provides girl centered mentorship
-  Adjunct professor at Virginia State University
-  Owner of Bianca Myrick Consulting
-  Lover of history, reading, and dance

# Michael Brown



- 📌 Freshman at Virginia Commonwealth University
- 📌 Studying to become a nurse
- 📌 Volunteer for the police cadets and local rescue squads
- 📌 Mentee and ambassador for Launch for Life, award-winning mentorship program for boys and young men







# Adam Goodman



- 📌 Sophomore at Trinity Episcopal School in Richmond, VA
- 📌 Captain of the junior varsity football team
- 📌 Plays varsity football and varsity lacrosse
- 📌 Selected for the 2028 Lacrosse All Showcase Team by college coaches
- 📌 Mentee and ambassador for Launch for Life, award-winning mentorship program for boys and young men

# David Crisafi



-  Dad to two teen sons
-  Co-founder and Executive Director for Launch for Life, an award-winning mentorship program for boys and young men
-  22 years in law enforcement
-  Masters in Clinical Mental Health
-  Licensed resident in counseling
-  Youth sports coach

# Digital World - Good vs. Hard

- Educational (hobbies, politics, etc)
- Diversity & Exposure
- Acceptance of identity



- Comparison
- Polarization & radicalization (hate)
- Grooming
- Scamming



# The World of AI

- Misuse among youth include cheating ranging from homework to tests

*but*

- Be open-minded
- Positives include studying, organization, and writing support



Out of more than 200 million writing assignments reviewed by Turnitin's AI detection, **1 out of 10 assignments detected AI**, and **3 out of 100 assignments were mostly AI-generated** (Education Week).

# Pay Attention Adults

- Maturity level of the youth matters
- Adults overlook same age relationships that can be toxic
- Stay aware of adults on the internet but also pay attention to same age relationships



# Boundaries & Meeting Youth Where They Are

- Communication is comfort and safety
- Understanding your goals of communication
- Keep it simple; don't overthink it
- Social media, gaming and chat application boundaries
- Check in often with parent(s) and mentor

# Framework: Normal vs Intervention

## Adolescent digital technology and media use: A latent class analysis

Megan Moreno, MD, MSc, MPH; Kole Binger, BS; Qianqian Zhao, MS; Jess Eickhoff, PhD; Matt Minich, MS; Yalga T Uhl, PhD

### Class 1: "Family-Engaged Adolescents"



Technology devices were owned by their families



Have rules at home about technology use, focused on content, and they communicate about them frequently



Reported higher levels of well-being, sleep, and physical activity



Reported high levels of positive, ongoing communication and relationships with parents



Parents' own social media use was low

### Class 2: "At risk adolescents"



Technology devices were owned by the teen



There were either no rules at home about technology use, or strict rules about screen time



Reported higher levels of risk such as depression, anxiety, loneliness, and poor body image



Reported low levels of communication with their parents about rules or otherwise



Parents' own social media use was high

### Key Takeaways

- Most adolescents using technology are doing fine
- Consider family owned devices when possible
- Parents can play a positive role in promoting healthy technology use and well-being behaviors
- Center household rules on content and communication (not screen time), consistent with AAP recommendations
- Parents should be aware of their own technology use, particularly at home



# Building Real Connections

- Mentors need to model the behavior
- Create in-the-moment opportunities at in-person events
- Engage in curiosity and open-ended communication
- Don't criticize, but empathize
- Meet the mentee where they are at, but be your authentic self

# Building Real Connections



# Three Next Steps

- 1) Educate yourself
  - a) Incorporate technology education in your mentor training
- 2) Be curious, not judgmental
  - a) Learn from your mentees and ask questions about their technology hobbies
- 3) Know your limits
  - a) Don't pretend and don't use a medium you aren't comfortable with

The background is a vibrant, abstract composition of various shades of blue, ranging from light sky blue to deep navy. It features a complex pattern of overlapping, semi-transparent geometric shapes, primarily triangles and polygons, creating a sense of depth and movement. Thin, light blue lines crisscross the background, and small, faint white dots are scattered throughout, adding to the intricate, digital aesthetic. In the center, a dark blue, rounded rectangular box serves as a focal point, containing the text 'AUDIENCE Q&A' in a bold, white, sans-serif font.

# AUDIENCE Q&A

# Additional Resources

## Contact Us

Email us with any feedback or questions at [collaborativewebinarseries@mentoring.org](mailto:collaborativewebinarseries@mentoring.org)!

## Affiliates

MENTOR Affiliates can support with training, resources, public awareness and advocacy. [Find your local affiliate here.](#)

## 2026 National Mentoring Summit

Coming up in February (4th - 6th)! Register now at [mentoring.org/summit/](https://mentoring.org/summit/)!

# Remember!

- Please take **3-4 minutes to complete the anonymous survey** to let us know how we did!
- Within a week, you will receive an email with information on how to download the **slides, recording, and resources** on the CMWS webpage on MENTOR's website.

**See You in 2026!**