

WHO

World Health Organization

TOPIC: Balancing Risks and Opportunities: Social Media and Adolescent Mental Health

LANGUAGE: English

The World Health Organization (WHO) highlights the urgent need to address the impact of excessive social media use on adolescent mental health. Overexposure has been linked to anxiety, depression, cyberbullying, sleep deprivation, and low self-esteem, while also offering benefits such as connectivity, peer support, and access to information. This dual nature makes it essential to promote responsible digital engagement, strengthen digital literacy, and involve parents, schools, and communities.

The committee will consider evidence-based public health policies, cross-sectoral cooperation, and international frameworks to protect adolescents while ensuring safe participation in digital spaces. Given its global implications for youth well-being, public health, and social cohesion, this debate seeks to raise awareness, improve prevention strategies, and develop actionable recommendations to create a balanced, safe, and inclusive digital environment for the next generation.



LEVEL: Beginner