



DIGITAL WELLBEING
FINAL PROGRAM AND FINANCIAL REPORTING
January 2023 - December 2023

INTRODUCTION

As LiveMore ScreenLess (LMSL) continues to improve and evolve our model to promote Digital Wellbeing, we take inspiration from the U.S. Surgeon General’s 2023 Advisories, referenced below. Our Training and Certification process, along with our resources and network, have been strategically designed to promote balanced, intentional, and responsible use of technology and a shift toward Digital Wellbeing environments.

The U.S. Surgeon General Dr. Vivek Murthy amplified the call for Digital Wellbeing in the 2023 Advisories: “Our Epidemic of Loneliness and Isolation” and “Social Media and Youth Mental Health.” Both Advisories are a poignant and urgent reminder that our young people need opportunities and adult support to be off their devices. Dr. Murthy calls on the entire community to engage in a “multifaceted effort to maximize the benefits and reduce the risk of harm posed by social media.” Dr. Murthy spotlights the “critical gaps in our understanding” of the impact of social media on adolescent mental health, while stressing that the risk of harm is undeniable.

Our Training and Certification process addresses Murthy’s call to action by educating, inspiring, uplifting, and creating community, connection, and conversation. We train educators and youth leaders to partner with students to support a shift toward Digital Wellbeing practices and promotion by equipping them with practical tools for creating courageous group conversations for young people to reflect on their device use—reduce isolation and build connections and community. This training equips young people with the awareness, knowledge, and skills they need to cultivate their own Digital Wellbeing, while supporting their growth as leaders who share and promote Digital Wellbeing with their peers and community.

Online Resource Library - Activities and Outcomes

In April of 2023, LiveMore ScreenLess delivered on its promise to create an online Resource Library with research and resources for young people, educators & advocates, and parents & families. We launched this robust library within a redesigned, youth-oriented website. The Resource Library now includes over 100 published resources across 43 topic areas. Resources are available in a variety of formats, including video, podcasts, key research, toolkits, and more. Since its April 2023 launch, over 8,000 users have accessed our Resource Library and hosting website.



The launch of LMSL's Resource Library brought about expanded opportunities for young people to contribute content to the Young People's section of LMSL's website, including creative contest submissions from our Youth Summit.

Visit our Resource Library at <https://livemorescreenless.org/resource-library/>

Online Resource Library Expenditures January to December 2023: \$134,190

Network of Organizations - Activities and Outcomes

LiveMore ScreenLess continued to coordinate Digital Wellbeing awareness and education through a collaborative Network of Organizations. We increased Digital Wellbeing awareness in Minnesota and beyond through webinars, in-person workshops, conference breakout sessions, and podcast and media interviews. Over the course of 2023, we presented at 10 conferences to 600+ adults through the following Network of Organizations:

- PACER
- NAMI
- MASC/MAHS
- CyberWise
- Healthy Screen Habits
- MACMH
- MN Community Education Association
- American School Health Association
- ITEM (MLA)
- SOPHE

Network of Organizations Expenditures January to December 2023: \$22,810

Peer Education - Activities and Outcomes

LiveMore ScreenLess continued to live out its mission of promoting and advocating Digital Wellbeing for and with young people through further development of our Digital Wellbeing peer-to-peer and leadership program. Our Peer Education strategies for young people to support balanced, intentional, and responsible use of digital media had an impact on over 700 Minnesota students. Peer education was our primary focus between January and May 2023.

In January of 2023, LMSL hired a Youth Engagement Coordinator to work with the LMSL Youth Engagement Director and team of college students to expand opportunities for high school students to participate in Digital Wellbeing activities. During this time, we developed outreach strategies to engage young people within classrooms statewide. Our Youth Engagement



Coordinator assisted the Youth Engagement Director in maintaining and expanding LMSL's Youth Council and Youth Advisors and in hiring college interns for additional support. We leveraged the reach of our Network of Organizations to connect with young people in Minnesota schools and national organizations who are leading efforts to promote Digital Wellbeing, such as Accountable Tech, Cyberwise, Healthy Screen Habits, Minnesota Public Radio, Star Tribune, and KSTP. Additionally, the Youth Engagement team supported the co-facilitation of our peer education programming at three high schools.

A more detailed descriptions of our Peer Education and Youth Engagement efforts follows:

Digital Wellbeing Clubs: The creation of Digital Wellbeing Clubs at Two Rivers High School, Faribault High School, and Minnehaha Academy allowed us to demonstrate the efficacy of deeper involvement with students beyond facilitated discussions. These clubs provided valuable insights into how young people are readily willing to be vulnerable and to share their experiences with device use and digital media and are activated to lead Digital Wellbeing efforts in their communities.

Training Our Youth Engagement Team: We trained and equipped our youth engagement team with the skills, knowledge, and community to facilitate workshops and hold facilitated discussions. The work of this team enabled us to define and articulate our direct service work. Additionally, the process of training and equipping this team provided us with the structure to strategically scale our services by developing training modules: Digital Wellbeing Training and Certification for Educators and Youth Workers, launched in June 2023. Our Digital Wellbeing Training includes two modules (Get Activated and Get Equipped), our 100+ page Facilitator Toolkit, and our in-depth and comprehensive Educator Certification

Programmatic and Strategic Affirmation: The college interns' experiences affirmed the need for Digital Wellbeing conversations, highlighting that young people lack opportunities to effectively address their problematic device use. Reflection interviews at the end of their internships further emphasized the significance of and need for our approach:

"A key learning from my internship was that adults are the key players in Digital Wellbeing and they don't realize that."

"A key learning for me was how many people are feeling the exact same way about their device use, how aware everyone is about it, and how little there is to address it."



Supporting data

LMSL made significant progress in our youth engagement and Digital Wellbeing efforts, enabling us to reach and positively impact over 700 of students and over 700 educators.

Engagement with 739 Students: Over the grant period, we successfully engaged with 739 students through various programs, including youth engagement activities, facilitated discussions, a Digital Wellbeing Youth Summit, the establishment of three Digital Wellbeing clubs, and further development of our Youth Council. These engagements proved the efficacy of holding brave space for young people to reflect on their device use. Exit tickets from young people who experienced these discussions indicated that **100%** of participants found the facilitated discussions useful to their wellbeing.

Youth Summit Summary: We executed a successful Youth Summit with 57 students and 30 adult advocates from 11 schools. Our youth engagement team played a pivotal role in creating an interactive and inspiring conference in celebration of building community, conversation, and connection.

- **Youth Summit Feedback:** Evaluations from the Youth Summit revealed that young people most appreciated a sense of community and inspiration from others, an energizing and inclusive environment, engaging speakers, and opportunities for self and community reflection on the impacts of device use,
- **Youth Summit Key Learnings:** Participants reported learning about the benefits of reducing screen time, the importance of nurturing the brain through proper sleep, the many ways screens tend to interfere with empathy, and the harmful effects of device and social media overuse and misuse.

Peer Education Expenditures from January 2023 - December 2023: \$100,418

Educator Training & Professional Development - Activities and Outcomes

Midway through the fiscal year 2023, LMSL began shifting focus to a scalable model to implement Digital Wellbeing Educator professional development and training series to raise awareness and provide resources so that educators can support student digital wellbeing. Our work shifted from working directly with young people and educators to collaborate at a systems level with schools and youth leaders to train and equip educators and youth workers to hold facilitated discussions with young people.

Our Digital Wellbeing Training includes our Get Activated and Get Equipped modules and our in-depth and comprehensive Educator Certification. The Educator training and certification pathway activates and equips educators with the awareness, knowledge, and skills they need to



hold Digital Wellbeing conversations with students. We further developed our Digital Wellbeing Toolkit to include over 100+ pages of material that supports young people cultivating their own Digital Wellbeing, as well as to grow as leaders to share and promote Digital Wellbeing awareness, knowledge, and skills with their peers and community.

One of the primary internal challenges we encountered was building and sustaining relationships within schools, particularly due to frequent personnel changes. We strive to build and maintain strong existing relationships and to expand new relationships by identifying champions and early adopters. To mitigate the challenge of personnel transitions and retention, we lean on our comprehensive systems approach. This approach involves actively engaging and educating a broader spectrum of school and community leaders.

We are committed to continuing our mission to promote Digital Wellbeing for and with young people.

Education Training and Professional Development Expenditures from January 2023 - December 2023: \$119,547

Final Expenditure Summary

LMSL has spent \$376,965 in calendar year 2023 on the 4 project areas described above, closing out the multi-year grant through MDE. LMSL spending to date represents 100% of awarded grant funding, with grant-based spending ramping up significantly since the 3rd quarter of 2022. As our report has summarized, LMSL was able to achieve the launching of our robust and practical Resource Library and Website; the creation of a vast state and national Network of Organizations that we leveraged to amplify our Digital Wellbeing education and resource sharing; Peer Education and Leadership development for over 700 young people and a first-ever Digital Wellbeing Youth Summit; and Education Training dedicated to increasing awareness, knowledge, and skill building. We are extremely grateful for MDE's partnership in Digital Wellbeing, and look forward to working together again in the future.



LiveMore ScreenLess™

DIGITAL WELLBEING REPORT APPENDIX



● JANUARY - DECEMBER 2023 ●

Contact

Website livemorescreenless.org
Email kk@livemorescreenless.org
Address 2429 Nicollet Avenue, Minneapolis, MN 55404



DIGITAL WELLBEING SPRING YOUTH ENGAGEMENT 2023

Youth Engagement

The LiveMore ScreenLess Youth Engagement Team - made up of a recent college graduate, 5 College interns, and our Youth Engagement Director - held Digital Wellbeing Discussions and Workshops with high schools students at our Youth Summit, at a Student Leadership Conference, and during Classroom visits.



Theory of Change



Building connections and community is essential to our theory of change.



I learned that others are facing the same thing as me.



Having this discussion with other people helped me realize that a lot of us are experiencing very similar things when it comes to technology.



Facilitated Discussion Data



100%

found the discussions useful to their wellbeing

84%

said the discussions changed or may change their mind about Digital Wellbeing

Precontemplation

Increased awareness of screen time

"This conversation made me think more about my screen time."

Contemplation

Awareness of screen use impact on Wellbeing

"Turning screens off is important for our wellbeing."

Preparation

Intentionality to Practice Digital Wellbeing

"I will set limits for myself and spend more time on other things that I enjoy."

Digital Wellbeing Youth Engagements—Spring 2023

Schools

Best Buy Tech Center at Capri Theater
Cretin Durham Hall HS Eden Prairie HS Edison HS
Faribault HS Hopkins N Jr High Minnehaha Academy
Osseo HS Rogers HS Roseville HS South HS
Two Rivers HS Washburn HS Wayzata HS

Classes/Groups

AVID Digital Media Arts Digital Wellbeing Club
ELL English Heart Club LINK Crew
Student Council Theatre



College Interns & Youth Engagement Coordinator

LOG OFF

LISTEN IN

LIVE MORE



We aim to build community, raise awareness and knowledge about Digital Wellbeing, increase motivation to practice Digital Wellbeing, and be inspired by others.



Schedule

- 8:30-9:00 am
Check-in
- 9:00-9:15 am
Welcome and Overview of the Day
- 9:15-9:50 am
Social Wellbeing Games
- 9:55-10:35 am
Breakout Session #1
- 10:35-10:45 am
Break and Snacks
- 10:50-11:30 am
Breakout Session #2
- 11:35 am -12:00 pm
Keynote Speaker - Dr. Roxanne Prichard
"Mind Your Mental Garden"
- 12:05-12:50 pm
Lunch
- 12:55-1:55 pm
Digital Wellbeing Contest Showcase
- 1:55-2:10 pm
Break and Snacks
- 2:15-2:45 pm
Keynote Speaker - Jenny Miller
"Bridge Building Through Empathy"
- 2:45-3:00 pm
Next Steps / Closing



Digital Wellbeing Youth Summit

Monday, May 15, 2023



LIVEMORE
SCREENLESS
TEAM

LiveMore Staff



Maree Hampton KK Myers Amy Webster



Peter Jarzyna Kennedy Korpi Amina Mohamoud



AD Banse Sydney Ertl Elaina Drake



Danyelle Robinson Randi McKay Nasteho Yasin



Henry Evenson Sylvia Hawley Hailey Hill Zarion Irby



Stella Kalmoe Sienna Kath Makda Mekonen Elenor Moga

College Interns

Youth Council

KEYNOTE
SPEAKER



Dr. Roxanne Prichard

Roxanne Prichard, PhD is a Professor of Neuroscience and Psychology at the University of St. Thomas. An award-winning researcher, speaker, and author, Dr. Prichard has spent the last twenty years studying how college students sleep. She has designed popular courses on sleep and dreaming, led workshops for college health professionals, and has presented numerous papers at national and international professional meetings. Her TEDx talk “Addressing our Children’s Sleep Debt” was featured in the lecture series: Transforming Education. Her research has been summarized in a variety of national media outlets including The New York Times, PBS News Hour, Huffington Post, and USA Today, among others. She lives in St. Paul with her husband, her daughters, and rescue dog. In her free time, she loves to mushroom hunt and synchronize swim.

KEYNOTE
SPEAKER



Jenny Miller

Jenny Miller (she/her), Senior Director of Equity & Leadership Development at the YMCA of the North, is an advocate of systems change and a bridge builder for inclusivity and belonging. Jenny has been immersed in the YMCA local, national, and global movement since 2007 where she began leveraging her career for community connectedness and social change. She graduated from Iowa State University with a Bachelor of Arts degree in Communication Studies and Sociology. In her spare time, Jenny and her partner, Matt, enjoy creating culturally inclusive art through their small business called: Mixed Emotions JM. They also have the cutest fur-babies named Doug and Mia who bring so much joy and laughter to their lives.





ABOUT US

Technology has transformed the way we live, no matter the age. Out of deep concern for the wellbeing of young people, we created LiveMore ScreenLess to promote and advocate **Digital Wellbeing: balanced, intentional, and effective use of technology.** Check out our story and join us on the journey toward Digital Wellbeing for all.

SCHEDULE

- 8:30-9:00 am
Check-in
- 9:00-9:15 am
Welcome and Overview of the Day
- 9:15-9:50 am
Social Wellbeing Games (large group)
- 9:55-10:35 am
Breakout Session #1
- 10:35-10:45
Break and Snacks
- 10:50-11:30 am
Breakout Session #2
- 11:35-12:00 pm
Keynote Speaker, "Mind Your Mental Garden" Dr. Roxanne Prichard
- 12:05-12:50 pm
Lunch
- 12:55-1:55 pm
Digital Wellbeing Contest Showcase
- 1:55-2:10 pm
Break and Snacks
- 2:15-2:45 pm
Keynote Speaker, "Bridge Building Through Empathy," Jenny Miller
- 2:45-3:00 pm
Next Steps/Optimistic Closing

LIVEMORE SCREENLESS



YOUTH

SUMMIT

MAY 15

WWW.LIVEMORESCREENLESS.ORG





DIGITAL WELLBEING YOUTH SUMMIT

2023

Who We Are

LiveMore ScreenLess advocates and promotes Digital Wellbeing for and with young people and educators



Purpose of the Summit

An interactive and inspiring gathering of diverse Minnesota high school and college students building community, connections, and conversations around Digital Wellbeing



Summit likes and learnings



LIKES



- Engaging speakers
- Opportunity to reflect on device use
- Community and inspiration of others
- Energizing and inclusive environment

LEARNINGS

- Benefits to screening less
- Sleep nurtures the brain
- Screens interfere with empathy
- Harms of device and social media overuse and misuse

LEADERSHIP

SUMMIT ATTENDEES COMMIT TO...

- Advocating for Digital Wellbeing for themselves and others
- Balanced and intentional device use
- Returning to the 2024 Summit



57
STUDENTS

30
ADULT
ADVOCATES

SUMMIT
STATS

11
SCHOOLS

6
SCREEN FREE
HOURS

DIGITAL WELLBEING YOUTH SUMMIT 2023

Youth Voice



“ I learned a lot about the ways in which we can increase empathy while thinking about tech use. Empathy, empathy, empathy. ”



“ I learned a lot about the ways social media affects us without us realizing. ”

“ I will try to teach others around me the importance of screenless connection and how to better our own lives without the use of a screen. ”



Student Intentions



- I will implement change in my own life and encourage my friends to do that as well.
 - I will encourage my friends who are attached to their screens to engage more in conversation.
 - I will live in the moment and spend less time on my phone.
- 
- 



YOUTH SUMMIT 2023: AN INSIDE LOOK



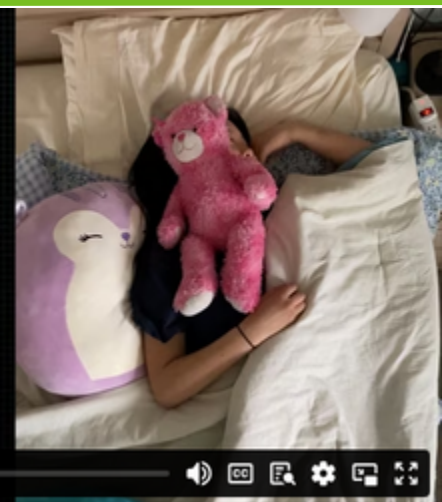
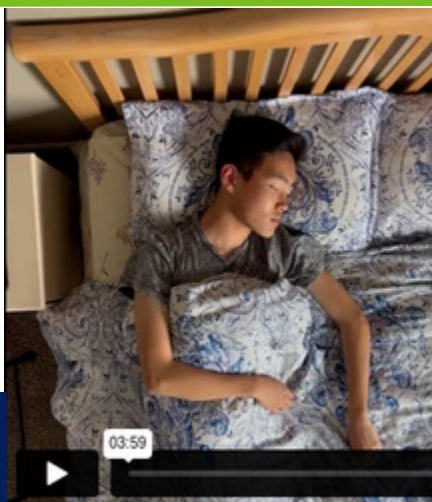
LiveMore ScreenLess brought together young people from across Minnesota. It was a day filled with connection, conversation, and celebration!

[Watch Video Here](#)

Contest Submissions

Ashley Zhou (she/her) & Darrel Zhao (he/him) won First Place in our Digital Wellbeing Art Contest with this video.

[Watch Video Here](#)





Greetings!

We are thrilled to share highlights with you about LiveMore ScreenLess's first-ever Digital Wellbeing Youth Summit! On Monday, May 15, 2023, we brought young people and adult advocates and educators together to intentionally build community centering Digital Wellbeing.

57 young people attended representing 11 different high schools and colleges. 100% of participants were engaged and participated in the activities! We danced, played human bingo, and were quite goofy during our games. We were inspired to learn how our mind is like a garden and the importance of sleep with Dr. Roxanne Prichard. We celebrated the Digital Wellbeing Youth Contest Showcase winners. And made connections and learned during student-led breakout sessions. The highlight for many students was the opportunity to be in a circle in conversation about the effects of Digital Media.

As you are probably aware, Dr. Vivek Murthy's recent report on "Our Epidemic of Loneliness and Isolation" is a poignant reminder that our young people need opportunities to be off their devices. Dr. Murthy's framework advises adults to be "Cultivating a culture of connection." You will see in our newsletter how LiveMore ScreenLess is doing just that!

And for more fun news - we were featured on [ABC5 -KSTP](#) in a segment titled "Work already underway Surgeon General's Call to Action Surrounding Social Media Harms." Yes, indeed! LiveMore ScreenLess's work supporting Digital Wellbeing for and with young people is certainly already underway.



Here's to Connection, Conversation, Community, and Celebrating!
LiveMore ScreenLess Team

Check Out the Surgeon General's Report!



Inspiration

What did you like best about the Youth Summit and why?

“Everyone came into the Summit without their device and was ready to engage with others and share.” - Student

“The contest submissions were inspiring!” - Adult

What did you learn today?

“I learned that digital wellbeing is about finding balance in my life and relationship with technology.” -Student

“The importance of creating new headlines that celebrate young people.” - Adult

What will you do next as a Digital Wellbeing leader and advocate?

“I'm motivated to better connect with my peers and that I don't need my phone to make that connection.” - Student



Youth Summit Contest!

Our Digital Wellbeing Youth Summit Contest had over 40 submissions! Featured below are 1st, 2nd, and 3rd place winners with quotes from 1st place winners.



1st place: Darrel Zhao and Ashley Zhou, Wayzata High School



Thanks for Celebrating With Us!
--The LiveMore ScreenLess Team





2nd place: Martin Villaba, Hopkins North Junior High



3rd place winners:

- (L) Ezrielle Ekar, Roseville Area High School and
- (R) Zaron Irby, Minnehaha Academy

[Check out the Contest Submissions!](#)

Word(s) of the Month

Word of the month:

Digital Wellbeing Youth Summit



Defined as **Connection, Conversation, Community, Celebration.**

We created the space for **Conversation and Connection in Community** while **Celebrating the creativity and activism of young people.**



New Research



"...especially for teens, getting those light screens out of their hands is gonna be important. And teaching other ways to calm down is a really important skill."

- Dr. Roxanne Prichard

Check out this [NPR](#) interview on "1A" with our keynote speaker Dr. Roxanne Prichard and Johann Hari discussion how we are "really paying attention"!

Get Activated & Equipped

Are you looking for a way to join the Digital Wellbeing movement?
To change the headlines from the dire reporting on youth mental health?
To be part of the solution?

Sign up for our Facilitated Discussion training and be equipped to hold conversations with young people to reduce isolation and promote Digital Wellbeing.





NATIONAL WEBINAR



On April 20, 2023 the LiveMore ScreenLess Youth Engagement Team joined Diana Graber of Cyberwise and Dr. Pamela Rutledge, Director of the Media Psychology Research Center, for their monthly podcast, “Cyberwise Chats.”

Amy Webster,
Youth Engagement Director

Amina Mohamoud,
Youth Engagement Coordinator

[Click Here to Listen](#)

Kids are spending more time with screens than ever, and worried parents are wondering if we have reached the point of no return. Can we help kids strike a balance between screen time and all the other important things in their young lives? We think so, and we are going to tell you how. We’re excited to be joined for this chat by Amy Webster and Amina Mohamoud. They are the Youth Engagement Director and Coordinator of “LiveMore ScreenLess,” a nonprofit that partners with school communities to promote and advocate for digital wellbeing, which is defined as balanced, intentional and effective use of technology.



Resource Library

English

About Us Connect with Us [Donate](#)

LiveMore ScreenLess™

GET EQUIPPED GET INSPIRED GET INFORMED



Resource Library

The LiveMore ScreenLess Resource Library is here for you! Use this vetted, scholarly, interpreted resource to increase your awareness of technology-related issues, answer specific questions, and learn actionable ways to enhance Digital Wellbeing.



Browse by Topic

Browse by Type

Search



Anxiety & Depression



Attention



Aural Health



Body Image



English

About Us Connect with Us [Donate](#)

LiveMore ScreenLess™

GET EQUIPPED GET INSPIRED GET INFORMED



Resource Library

The LiveMore ScreenLess Resource Library is here for you! Use this vetted, scholarly, interpreted resource to increase your awareness of technology-related issues, answer specific questions, and learn actionable ways to enhance Digital Wellbeing.



Browse by Topic

Browse by Type

Search



Advisories



Graphics



Key Research



Our Newsletters



Podcasts



Toolkits



Videos



Websites



Educator and Youth Leader Certification



School Community Model

Our School Community Model supports a School Culture shift toward Digital Wellbeing



Based on the CDC/ASCD WSCC Model

