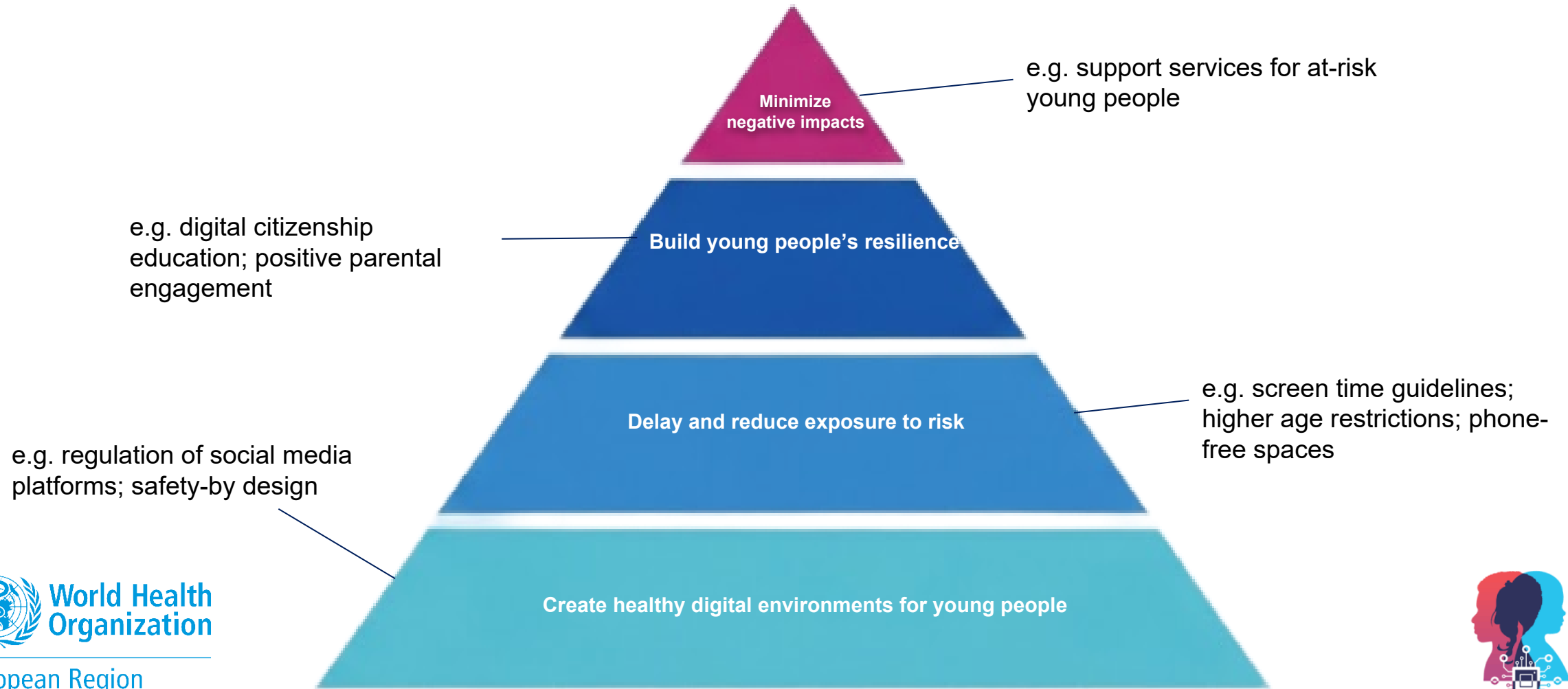


WHO/Europe Policy Brief: Addressing the digital determinants of youth mental health and well-being

- Drawing on findings of an **evidence review and the policy mapping**
- Addressing **health ministries and public health agencies**, acknowledging need for **multisectoral action**



A comprehensive, multi-pronged approach is needed to address digital determinants of young people's mental health & well-being



8 priorities for policy action

Make young people's digital well-being a policy priority

Apply proven, intersectoral public health strategies to improve digital well-being

Develop clear guidance on digital well-being and healthy technology use

Hold industry and commercial interests to account

Support and initiate future laws and regulation to make digital environments healthy places for young people

Bolster the capacity of the health workforce to promote healthy technology use

Increase research into the impacts of social media on young people's mental health and well-being

Invest in and promote alternatives to screen-based parenting, play and entertainment

Apply the Precautionary Principle

Co-create with young people and families

