

MENTAL
HEALTH
AWARENESS
MONTH



MENTAL HEALTH



AWARENESS



MENTAL HEALTH - MENTAL AWARENESS

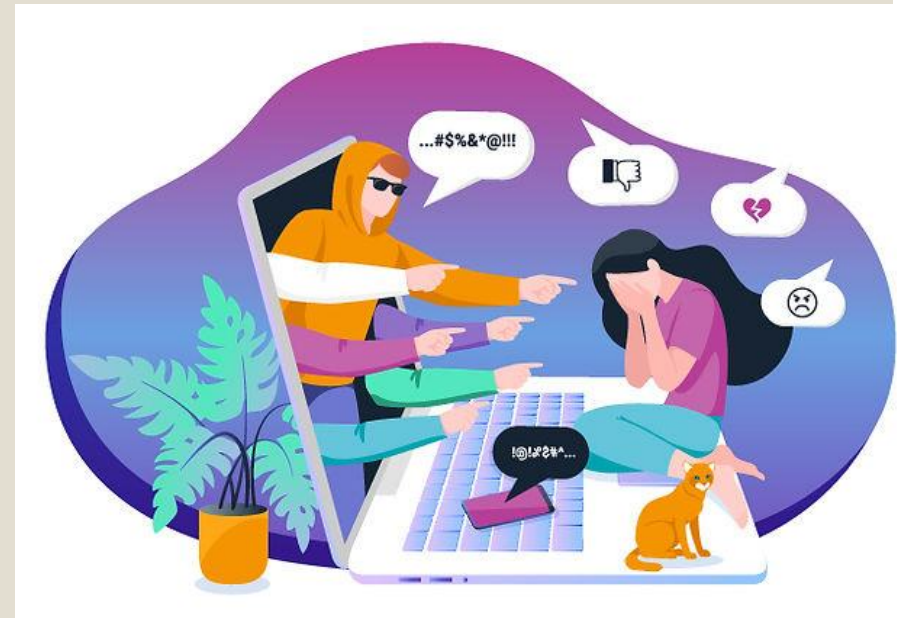
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Our Campaign:

- Campaign focused on cyber safety and mindfulness online.
- Addressing the rising trend of internet and media usage.
- Aimed at young adolescents.
- Goal: Promote online awareness and positive mindset through social networks.

What?





Launching a campaign to raise awareness about online safety and responsible behavior among young people. Our interactive game aims to:

Teach children to navigate online situations safely and independently.

Equip them with essential skills and knowledge for online protection.

Why?





- Targets youth aged 12-16.
- Addresses significant mental health risks in this age group.
- Provides support and resources.
- Aims to prevent depression and severe mental health issues.

Who?

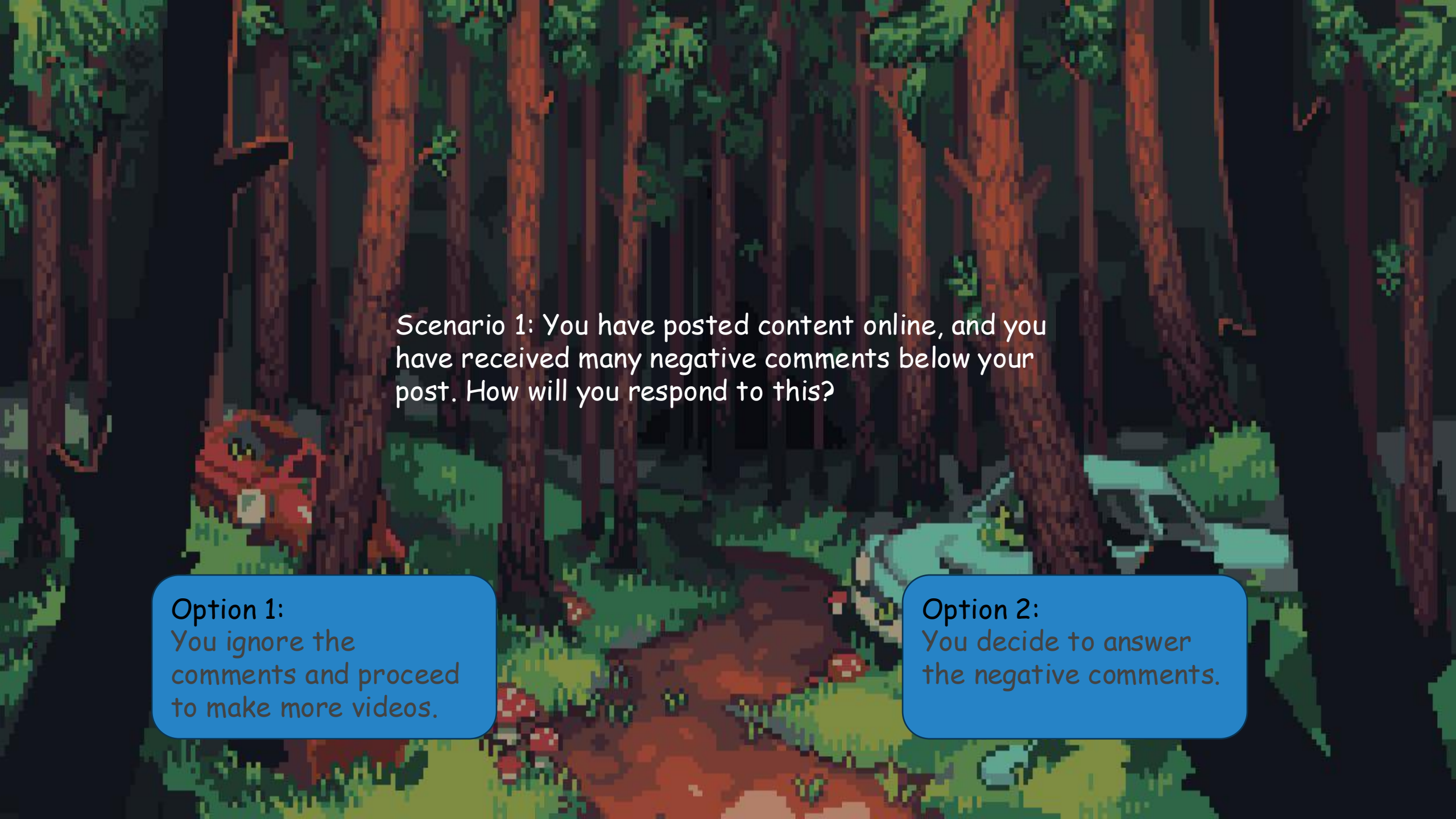


How?

Since social media took off as a popular phenomenon in the early 2000s, the rate of adolescent depression has significantly spiked. Between 2005 and 2017, depression among young people reportedly went up 52%.

Our campaign is a is in the creation of making

LOADING

A pixelated illustration of a forest. The scene is filled with tall, thin trees with brown trunks and green foliage. A dirt path winds through the center of the forest. On the left side, there is a small, round, red-roofed hut. The overall style is reminiscent of a classic video game or a digital painting with a low-resolution, pixelated aesthetic.

Scenario 1: You have posted content online, and you have received many negative comments below your post. How will you respond to this?

Option 1:
You ignore the comments and proceed to make more videos.


Option 2:
You decide to answer the negative comments.

Now that you have chosen to ignore the comments, you continue to post content as you enjoy it, even if you receive little positive feedback, in this situation you are the winner as you have not given the commenters the satisfaction of a reaction to their remarks.

Nobody is never bothered by negative comments, but you choose to focus on the positive side and not escalate the situation.



Go back to to choose alternative option.

A dark, pixelated forest scene with a small blue character standing in the lower right. The character has a white face with two small white eyes. The forest is composed of many tall, thin trees with dark, bare branches. The ground is covered in dark, pixelated bushes and grass. The overall color palette is dark blue and black.

You fight back and argue in the comments, which escalates the negative situation and gives the commenters a reaction and ultimately makes matter worse to the point of getting threats. It's too late to report it as you have also offended the other person. You are both at blame by this stage.

See what would have happened if you ignored it.


Scenario 2: You have received a friend request on Instagram from someone you don't know but have mutual friends with. What do you choose to do?

Option 1:

You decide to ask your mutuals about the user.

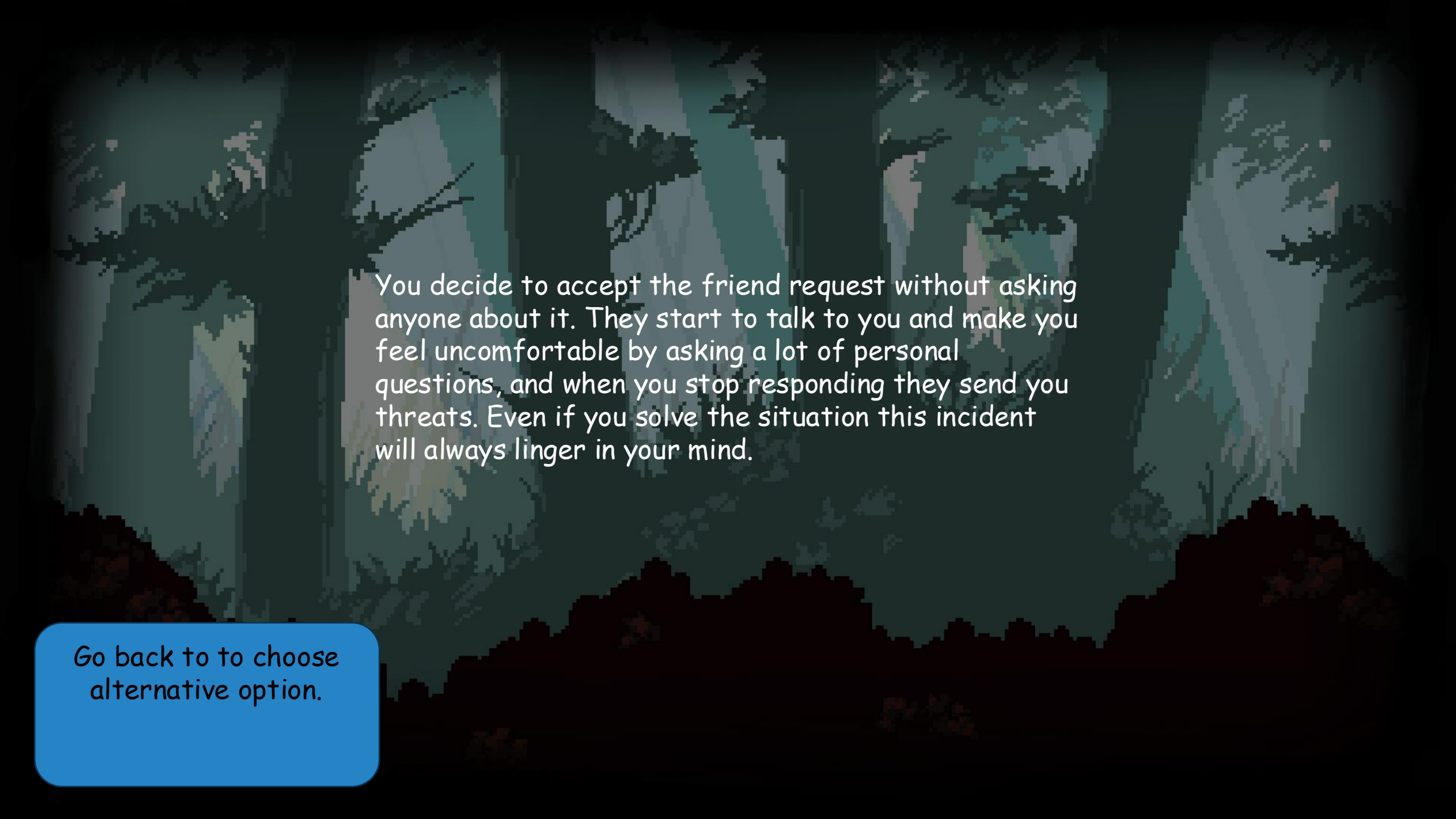
Option 2:

Accept the request.

A scenic landscape featuring a calm lake in the foreground, reflecting the vibrant colors of a sunset. The sky transitions from a deep purple at the top to a bright orange near the horizon. Silhouettes of trees and mountains are visible against the colorful background. The overall mood is peaceful and serene.

After asking your friends you have come to the conclusion that although your friends may know the user, you do not, so you ultimately decline the request and go about your day as normal.

Go back to see what happens if you kept talking to him



You decide to accept the friend request without asking anyone about it. They start to talk to you and make you feel uncomfortable by asking a lot of personal questions, and when you stop responding they send you threats. Even if you solve the situation this incident will always linger in your mind.

Go back to to choose alternative option.

Conclusion

Ultimately, we believe that this multiple choice game will assist young teens by bringing attention and knowledge of online behaviour and helping them navigate the complex online world of social media and the internet.