



SAIMUN 2025

Resolution #459

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POWERED BY MODEL UNITED NATIONS CONFERENCE MANAGER

FORUM: Special Conference on Youth

QUESTION OF: The long-term psychological effects of technology addiction on youth

MAIN SUBMITTER: Greece

CO - SUBMITTERS: Algeria, Albania, Australia, Austria, Belgium, Denmark, Ireland, Guyana, Norway, Republic of Korea, Syria, Ukraine, United States of America.

THE SPECIAL CONFERENCE ON YOUTH,

Concerned by the increasing prevalence of technology addiction among youth and its long-term psychological effects, including anxiety, depression, and impaired social development

1. **Requests** the creation of a new UN subcommittee, the United Nations Youth Mental Health and Digital Wellness Council (UNYMHDWC), to be overseen by the United Nations Department of Mental Health, in conjunction with Member States and relevant nongovernmental organisations, to execute functions, including but not limited to:

- a. conducting research studies to collect data on current trends in technology usage among youth and its associated psychological effects, including addiction, anxiety, and depression
- b. providing an annual report, in collaboration with relevant UN bodies, to the Secretary General on the progress of this resolution, with a focus on challenges impeding effective implementation
- c. allocating all resources and funds detailed in this resolution in a fair and transparent manner
- d. collaborating with Member States to support the implementation of every clause of this resolution by offering expert advice on policies related to youth mental health and digital wellness;

2. **Urges** international cooperation between Member State governments, private sector entities, educational institutions, mental health professionals, and civil society to share best practices, innovative technologies, and policies that mitigate the psychological risks associated with technology addiction, such as but not limited to:

- a. initiatives that promote healthy digital habits and reduce excessive screen time through educational campaigns and community programmes
- b. development and deployment of digital tools and applications that monitor and encourage balanced technology usage among youth
- c. policies that incentivise stakeholders to invest in mental health services and digital wellness programmes for young people;

3. **Encourages** Member States to adopt progressive policies that promote youth mental health and digital wellness, with an emphasis on preventive measures and support for those affected by technology addiction, through measures including but not limited to:

- a. implementing guidelines and regulations for safe digital media use among youth, including recommended limits on screen time
- b. strengthening legal and educational frameworks to protect young people from the adverse effects of technology overuse
- c. providing financial support and tax benefits to initiatives that promote digital wellness and mental health education in schools and communities;

4. **Further calls for** the creation of an international programme, under the auspices of UNYMHDWC, with funds provided by the World Bank and other relevant bodies, aimed at training and educating youth, educators,

parents, and mental health professionals on the risks of technology addiction and strategies for digital wellness, through means such as but not limited to:

- a. workshops and vocational training sessions designed to develop skills in digital literacy, mental health awareness, and healthy technology habits
- b. initiatives in educational institutions to integrate digital wellness and mental health curricula into existing programmes
- c. an annual international convention, to be hosted in a designated neutral location, where global experts share insights on best practices and emerging research on technology addiction and youth mental health;

5. **Suggests** the creation of a dedicated fund, managed by UNYMHDWC and financed by the World Bank, aimed at providing financial support to Member Nations for the development of essential infrastructure to promote youth mental health and digital wellness, including community mental health centres, digital detox programmes, and school-based mental health services, through measures such as but not limited to:

- a. financing the establishment and modernisation of mental health facilities and digital wellness centres, with a focus on accessible services for youth
- b. funding initiatives to integrate digital wellness programmes into school curricula and community outreach projects, thereby reducing the negative impact of technology overuse
- c. establishing training programmes to equip mental health professionals with the specialised skills needed to address technology addiction and its psychological effects
- d. providing grants to governments and organisations to support the hiring of additional staff required to implement and manage effective mental health and digital wellness strategies.