

Technology & Adolescent Mental Wellness Program

Youth Advisory Board

What is TAM? The Technology and Adolescent Mental Wellness program (TAM) is a research initiative and diverse community seeking answers to the following foundational question: **How can technology support adolescent mental wellness?** Members of our Youth Advisory Board work to ensure that TAM is asking the right questions about youth and technology use.

WHAT DOES A TAM YAB MEMBER DO?

As a youth advisor, we will ask you to share your experiences with technology and your perspective on its benefits, drawbacks, and impact in your daily life. You may be asked questions like, "What is a big problem or big opportunity facing teens on social media?" "What is your interpretation of this data about teen mental health?" "What would motivate you or your friends to participate in research?" You will be asked to share these perspectives with your fellow youth advisors, with academic researchers, and with people from the tech industry, healthcare, and the larger community.



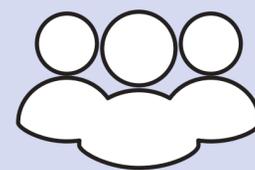
HOW WILL THE TAM YAB BENEFIT YOU?

Being a TAM youth advisor is perfect for youth interested in careers in healthcare, mental health, research, and other STEM fields. TAM YAB members are invited to ask for exactly what they want and need in the YAB experience, and as such our activities change year to year. YAB members in the past have requested things like: career exposure and information; learning about college, graduate school, and medical school; tackling hard conversations; interviewing and resume building; learning about mental health; and finding more opportunities to get involved with researchers all over the United States. TAM YAB members also play an integral role at the TAM program's yearly virtual colloquium. Youth advisors receive a stipend of \$100 at the end of their term after fulfilling all commitments.



WHAT ARE THE REQUIREMENTS AND RESPONSIBILITIES?

All requirements are virtual; therefore, youth from all over the United States can apply! Applicants should be between the ages of 13-18. We strive for a diverse YAB and encourage you to note in your application the ways in which you bring a diverse perspective to the YAB. The term for a youth advisor is 1 year (August 2021-August 2022), with the option to renew for another year. YAB members are required to attend the following events: the virtual colloquium (conference) on **September 29th and 30th**, and between 8-12 hours of virtual TAM YAB meetings over the one-year term. YAB members are asked to engage in occasional e-mail communication over the course of the one-year term.



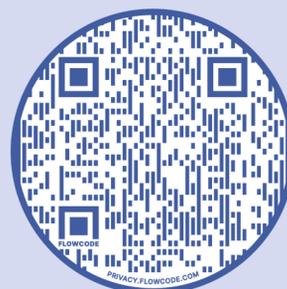
QUESTIONS?

TAMPROGRAM@
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NOW**

DUE 7/30/21



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& WATCH VIDEO**

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