



Youth Digital Wellness Ambassador Roadmap

What Ambassadors Can Do (Pick & Choose)

1. Spread the Pledge

- Share the *Youth Digital Wellness Pledge* link in schools, colleges, or online.
- Goal: Inspire peers to commit (track number of sign-ups).

2. Host Awareness Moments (Not Big Events)

- 10-minute talk in class / morning assembly
- Small group discussions with friends, parents, teachers
- Share a poster, blog, or story on social media
- Goal: Create *awareness touchpoints*, not resource-heavy events.

3. Monthly Challenge

- Example: *Device-Free Dinner, No-Screen Sunday, 20-20-20 Eye Rule*
- Run it with peers, friends, or family — share outcomes online.



Simple Reporting Format (Monthly)

Each Ambassador submits a short update (Google Form / WhatsApp message / Email):

1. Name & School/College

2. Month Reporting

3. Activities This Month (tick or fill in):

- ☐ Shared pledge link / collected pledges
- ☐ Spoke in class / group about digital wellness
- ☐ Hosted a challenge (name it)
- ☐ Social media post (link or screenshot)

4. Numbers/Impact:

- 👤 People who signed the pledge: _____
- 🏠 Awareness moments created (talks, posters, discussions): _____
- ➡️📱 Social media reach (likes, shares, views): _____ (approx.)

5. Personal Reflection (2–3 sentences):

- What worked well?
 - What's one thing I want to try next month?
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Recognition

- Every ambassador who reports monthly → gets a **digital badge**.
- Quarterly, spotlight the top **impact stories** (not just numbers).
- At year-end, honor “Youth Digital Wellness Champions” for consistency.