**Digital Youth x MindTech: Digital risk, resilience and interventions, co creating change in youth mental health**

**13 November 2025, County Hall London**

**Draft Programme**

09.30 Registration and coffee.

10:00 Welcome address and launch of Digital Youth Network -Professor Chris Hollis and Professor Ellen Townsend.

**Morning Session: Digital Youth Highlights**

**10:10 Talk 1**

**Moving beyond screen time in DIORA: The importance of specific digital activities and the reactions they induce as predictors of adolescent mental health.**

Professor Sonia Livingstone, Professor Edmund Sonuga-Barke and members of Sprouting Minds Young Person’s Advisory Group and DIORA youth panel.

**10.30 Talk 2**

**The effectiveness of a socially assistive robot for improving emotion regulation among LGBTQ+ youth experiencing self-harm thoughts.**

Dr Petr Slovak, Dr Amy J Williams and Sprouting Minds.

**10.50 Talk 3**

**When SPARX fly: lessons learned from a gamified digital CBT intervention for low mood in young people.**

Professor Chris Hollis, Dr Camilla Babbage and Sprouting Minds.

**11:10-** Refreshments, exhibition, demo's.

**11:45-** Keynote Address-**Dr** **Amy Orben,** **University of Cambridge** (including the DSIT report and the challenges of linking research evidence and policy in this field).

**12:05**- Spotlight on policy: Panel Discussion in response to keynote, **Baroness Hilary Cass, Prof Sonia Livingstone, Prof Bernadka Dubicka.**

*Close of Morning Event*

**12:20** Lunch, exhibition, demo’s poster session and networking.

**Afternoon: Where do we go now and how do we get there?**

**13.20** - Interactive workshops include:

* Cultivating participatory (or creative) processes in research.
* Working with innovators: how to work effectively with tech partners to design and develop digital solutions.
* Challenges and solutions to designing, developing and implementing digital platforms to support remote assessment and monitoring.
* Using large data sets to help identify factors that might protect or mitigate against the negative impacts of harmful online experience.

**14.55 -** Refreshments, exhibition.

**15:20-**Panel session –tbc but will focus on the potential of digital.

**16:00**: Keynote address: **Prof Cathy Creswell, University of Oxford:** **Taking digital interventions for youth from research to practice.**

**16:20** Next steps and closing comments.

**16:30** Close.