



Activism. Mentorship. Philanthropy.

EARN VOLUNTEER HOURS AND GAIN INVALUABLE EXPERIENCE WITH DOPAMIND'S YOUTH INITIATIVE.

The DopaMind Youth Initiative arms teens and young adults with the knowledge and support they need to enact change in their generation by challenging their peers to think critically about technology. It is also an opportunity for students interested in brain science, mental health, marketing, art, and team leadership – all while supporting the DopaMind cause and mission through their volunteer work.

- Learn the basics of **digital wellness & mental health** topics supported by emerging data and studies
- Learn the science behind **technology** & adolescent brain development and how it relates to mental well-being
- Understand **social media mechanics** including the human psychology behind it – a foundation for a potential career in the marketing industry
- Hone and perfect **public speaking and presenting skills** – an invaluable tool for many future career paths

WAYS TO GET INVOLVED:

- **Volunteer in person** at events such as fundraisers and live panels by handing out flyers, assisting presenters, and taking photos or videos
- **Volunteer remotely** with administrative support including research, e-mail outreach, podcast facilitation, and social media coordination
- **Become an ambassador** at your school and spread the work about our programs and events
- **Become an educator** and present DopaMind's proprietary curriculum to your peers or serve as a mentor to elementary program students
 - **Host a youth event** for your friends and family

DopaMind Youth Initiative volunteers will receive certificates and letters of recommendations for college applications or job applications. To apply, email dopamindkids@gmail.com with a copy of your resume or summary on why you want to get involved. Thank you for your support!



ABOUT DOPAMIND: DopaMind is a 501(c)(3) nonprofit organization working to teach kids and their caregivers, parents, and teachers about how to navigate modern technology and empower them to make brain-healthy media choices. Their turnkey programs, including school curriculum and community events, are rooted in easy-to-understand brain science and social-emotional learning and are designed to help kids understand the relationship between technology use and mental well-being. DopaMind also creates original online content for kids using award-winning children's book illustration and for adults with expert interviews, current research, parenting tips, and more.



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