

**Committee**: WHO

**Topic**: Uncontrolled use of technology and digital obesity

**Country**: Canada

The World Health Organization (WHO), an international organization affiliated with the United Nations, plays a vital role in addressing global public health issues. However, the rise of social media and the uncontrolled use of technology have led to various negative effects on individuals and societies. Fear of missing out (FOMO) pushes people to constantly check their social media feeds, leading to compulsive use and potential addiction. This not only exacerbates the digital divide in Canada, where some individuals or communities have limited or no access to technology or the internet, it also increases the risk of cyberbullying. Uncontrolled social media use can also have detrimental effects on mental health by disrupting sleep-wake cycles and affecting overall well-being due to the blue light emitted from screens.

Studies have shown that Canadians spend a significant amount of time on social media and screens, with a significant increase in the last decade. This situation has increased concerns about social media addiction and problematic use. In response, 78% of Canadians believe stricter regulations should be implemented by the government to control uncontrolled use of technology, including social media platforms and online games. The Canadian government is also taking action to address cybersecurity concerns by investing over $100 million in initiatives to protect against cyber threats, data breaches and online fraud.

In light of growing concerns about the negative effects of uncontrolled technology use, governments may need to issue guidelines or timelines for public use of technology. This can help raise awareness of the potential risks of excessive screen time and encourage responsible and healthy technology use. Addressing the effects of unregulated technology use on mental health, social and cybersecurity is critical to ensuring the well-being and safety of individuals and communities in Canada and beyond.

In conclusion, although the World Health Organization (WHO) plays a crucial role in addressing global public health concerns, we believe that the negative effects of uncontrolled use of technology cannot be ignored, especially in the context of social media. Fear of missing something (FOMO), digital divide, cyberbullying, and harmful effects on mental health are important issues that need to be addressed. Findings that a significant percentage of Canadians believe stricter regulations are needed, and Canadian government investments in cybersecurity initiatives reflect growing awareness of these issues.

To mitigate the negative effects of uncontrolled technology use, we recommend that governments consider posting guidelines or timelines for public use of technology. This can help raise awareness and educate individuals about the potential risks of excessive screen time and encourage responsible and healthy technology use. It is imperative to prioritize the well-being and safety of individuals and communities by addressing the effects of uncontrolled technology use on mental health, social and cybersecurity. By taking proactive measures and promoting responsible technology use, we can strive to build a healthier relationship with technology and create a safer digital environment for all.