

**Book: Today's youth and mental health: Hope, power, and resilience**

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As youth mental health becomes a pressing concern among practitioners, policy makers and academics, it is imperative to embrace the discourse from an interdisciplinary and transnational perspective. In early 2018, we published our new book entitled *“Today’s Youth Mental Health: Hope, Power, and Resilience”* (Pashang, Khanlou, & Clarke). An emerging theme highlighted by contributors, including youth (from Canada, Germany, Afghanistan, Burkina Faso, Portugal, South Korea, and Jamaica) is the inclusion of youth’s voice in matters affecting their lives. On the one hand, youth are striving to survive in increasing global violence and political instability, socio-economic inequities and environmental degradation, and on the other, they are revolutionizing the world through innovation, transnational leadership, and technological advancements. Specifically, digital technologies, including social media, occupy nearly one third of youths’ time everyday. The shift in how youth socialize and view the world has evolved and will continue to do so speedily. Technological landscapes however have yet to break the silence of cyber gender inequities and cyber sexual violence (Cyber-SV) against women. We define Cyber-SV as an intentional act to control, expose, shame and humiliate women online, with the potential of leading such violation to offline gender and sexual exploitation. Cyber-SV can have detrimental social, economic, health and mental health impacts on women.

We have published the findings of our research as a chapter in our Today's Youth book as well as the International Journal of Mental Health and Addiction. We also have presented at various conferences at Women's College Hospital, Humber Institute of Technology and Advanced Learning, Ryerson University, and community-based organizations. In June 2019, I will share the results of our research at the International Conference on Food Science, Nutrition and Public Health, in Singapore. Ultimately, Cyber-SV can have devastating impacts on those it directly impacts as well as their families and communities. It will further normalize gender and sexual violence among individuals standing as bystanders, perpetrators, and the global community at large.

In 2017-2018 we explored the mental health impacts of Cyber sexual violence against the emerging young women (age 19-29) by conducting qualitative research funded by Women’s College Hospital, Women’s Xchange 15K challenge. By applying anti-oppression and gender-transformative health promotion frameworks we learned that Cyber-SV is a complex and multilayered discourse requiring intervention and commitment at both national and international levels, including social media outlets.

**References:**

Pashang, S., Khanlou, N., & Clarke, J. (2018). The Mental Health Impact of Cyber Sexual Violence on Youth Identity. *International Journal of Mental Health and Addiction*, <https://doi.org/10.1007/s11469-018-0032-4>

Pashang, S., Khanlou, N., & Clarke, J. (2018). Redefining Cyber Sexual Violence Against Emerging Young Women: Towards Conceptual Clarity. In Today's youth and mental health: Hope, power, and resilience (Ed). *Advances in Mental Health and Addiction* (Series editor: Masood Zanganeh). New York: Springer.

See our project's information sheet at:  
<http://nkhanlou.info.yorku.ca/files/2018/12/Soheila-Information-Sheet-Cyber-Project-2018.pdf>