

AI & Youth Digital Wellbeing Pilot Report (2026)

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Executive Summary

This report presents findings from EASE's AI & Digital Wellbeing Pilot conducted in the Upper River Region in 2026. The pilot aimed to assess how structured AI literacy education combined with digital wellbeing training can improve youth safety, confidence, and responsible technology use.

Key Findings

- 78% of participants demonstrated improved understanding of AI-generated misinformation.
- 72% reported increased awareness of data privacy and personal digital protection.
- 65% reported adopting healthier screen-time habits after the workshop.
- Educators observed increased critical thinking during digital assignments.

Key Risks Identified

- Overreliance on AI for academic tasks.
- Limited awareness of algorithmic bias.
- Increased anxiety linked to social media comparison and online pressure.

Conclusion

The pilot demonstrates that AI education must integrate wellbeing, ethics, and critical thinking components to ensure positive youth outcomes. Standalone technical training is insufficient without mental health awareness and digital safety safeguards.

This report informs the scale-up of EASE's AI & Digital Wellbeing programming.

