

Benny Klein and Zoey Botnick

CSTD: Welcome Letter

YUNMUN XXXIV

Dear Esteemed Delegates,

Welcome to YUNMUN XXXIV! We are extremely honored and excited to be your chairs in this year's Commission on Science and Technology for Development, or CSTD.

A little about Zoey: I'm a Los Angeles native, where the sun always shines, and I graduated from Shalhevet High School. After high school, I embarked on a journey to Israel and attended Midreshet Moriah for seminary. Something extra special about me is that I'm not only your esteemed chair but also the head of Media Center. Get your smiles ready because we will be saying "cheese" a lot! I can't wait to meet y'all and have the best YUNMUN ever!

SparkNotes of Benny's story: I like soccer, dance, and strategy board games. I have lived in a handful of places, including Jerusalem, Israel; Sharon, Massachusetts; Cleveland, Ohio; Silver Spring, Maryland; Baltimore, Maryland; West, Hempstead, New York; and I spend a good amount of time in Hollywood, Florida. I know. You're probably saying to yourself, "Woah, this guy must be crazy." Well, firstly, I'm glad you're speaking to yourself. Be your own best friend. I like that. Secondly, you're right. I'm insane. And so will this year's YUNMUN conference for the select few in this banger of a committee.

And now, for the juicy content.

With strong links to other UN bodies, the United Nations Commission on Science and Technology for Development aims to address various issues that arise in the interface between human life and technology. The CSTD is a platform for international collaboration among both member states and relevant NGOs. The world is exponentially growing technologically, and our human development is not always up to par; the CSTD has done pivotal work in achieving sustainable development for both new and old problems. Now, it is up to us, the CSTD, to solve new, urgent issues in the technology-human imbalance.

Our first and only topic is social media's impact on mental health. While there are certainly benefits to social media and smartphones, detrimental behaviors are rampant, and mental health is suffering immensely because of their widespread use. Countless studies have surfaced in the past

few years indicating that too much usage of social networking sites (SNS) is strongly correlated with depression, low self-esteem, and addiction. While SNS was designed to alleviate stress and connect people, prolonged exposure can increase feelings of loneliness and “exacerbate mental health problems such as anxiety and depression.” There is more work to do on the research and the policy ends, and the international community needs to sign in before it's too late.

There is a lot to discuss and many solutions to discover, propose, and enact. Silly introductions aside, we are going to have an amazing conference together. To ensure that happens, we ask a few things of you. Firstly, please treat others, whether the chairs or your fellow delegates, with the utmost respect. Secondly, please research beforehand. Don't be afraid of the word “research,” and you can make notes of important information online. Thirdly, **do not plagiarize**. Everything will be submitted through TurnItIn to ensure that work is original. We would rather read a worse original essay than a high-level copied one. Fourth, be creative! This conference is not real life, so we advise you to think outside of the box and come to the conference with potential solutions. Lastly, have fun! Smile! No one will remember if you mess up, and everyone will remember a good time.

To show us that you read this and thoroughly enjoyed our humor, please **send us a short email** introducing yourself and a fun fact about yourself! Our emails are btklein@mail.yu.edu and zbotnick@mail.yu.edu.

So excited to meet you all in just a couple of months!

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Chairs, Commission on Science and Technology for Development

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