

Committee Bulletin

María Celeste Castellón

Ameer Khatib

Committee Directors



Table of contents

THE CONCORDIA SYMPOSIUM0
Welcome Letter from Committee Directors2
Committee Role4
Committee Description4
Powers of the Committee
Members of the Committee
TOPIC A: The Future of Space Colonization6
Introduction7
Historical Context
The Space Race and the Dawn of Space Exploration9
Post-Space Race: Moving Towards Long-Term Space Habitation10
The Role of Science Fiction and Early Space Colonization Concepts11
The New Space Age: Private Companies and Renewed Government Interest11
From Exploration to Colonization: The Next Frontier12
Debate Essence
The Ethical Dilemma: Space vs. Earth's Problems12
Economic Considerations: Who Pays for Space Colonization?
Political and Legal Disputes: Who Owns Space?13
Scientific and Logistical Challenges: Can Humans Survive in Space?13
Potential Benefits vs. Risks: Is Space Colonization the Future or a Mistake?14
Guiding Questions16
TOPIC B: The Impact of Emerging Technologies on Mental Health17
Introduction
Historical Context
Debate Essence
Threats to Mental Health23
Possible Solutions
Guiding Questions27
Resolution Paper Format
Header
Body of the Resolution Paper
Preambulatory Clauses
Operative Clauses
Example of Resolution Paper
Bibliography





Welcome Letter from Committee Directors

Dear Delegates,

It is with great enthusiasm that I welcome you to The Concordia Symposium Committee of XII DALE. My name is María Celeste Castellón Alemán, and my journey in the world of debate began in 2023 with the X DALE Congress.

I remember feeling a mix of excitement and nervousness at my first conference. I wasn't sure what to expect, but when I finally had the courage to raise my placard, something changed. It was in that room at Hotel Camino Real where I discovered a part of myself that had been hiding. That was what DALE was for me—an experience where I found my voice and met incredible people. That moment marked the beginning of a journey that not only helped me improve my debate skills but also built my confidence, leadership, and ability to handle complex situations.

Since then, I've participated in several conferences, including NICMUN 2023, and taken on staff roles at LIA-MUN, ND-MUN, DSM-MUN, and TEREMUN. At DALE 2024, I earned a second honorable mention. Altogether, these experiences have helped me grow in unexpected ways, teaching me to balance responsibility with creativity and the power of collaboration. DALE has also expanded my worldview and introduced me to invaluable friendships that have shaped who I am today, refining my leadership approach to focus on learning and growing together.

This conference offers you the same transformative opportunity, and I encourage you to embrace the experience fully. The Concordia Symposium is a complex and dynamic forum, and I have no doubt that your contributions will help guide our discussions towards meaningful and impactful solutions.

I look forward to seeing how your unique perspectives and innovative ideas will shape the debate and bring us closer to a deeper understanding of global security challenges. Welcome to DALE 2025! Let's make this an inspiring and transformative experience together.

Warmest regards, María Celeste Castellón Alemán Committee Director, The Concordia Symposium



A very warm welcome to The Concordia Symposium at the DALE Debate Conference! My name is Ameer Khatib, and it is my immense honor to serve you in this exciting experience. Over the course of this conference, we will debate pressing matters, brainstorm creative solutions, and partake in amazing and engaging conversations representative of what real-world international diplomatic endeavors might showcase.

My first DALE was just last year. Although at first, I was truly nervous about what the conference was about, and the fact I had never debated before, it was truly a conference to remember. Although winning an award is something I am proud of, DALE was so much more than just a certificate that says you were great, it's a place where we can express our feelings and values about certain topics formally and productively. A place to meet new people and debate with other well-experienced debaters. DALE is truly an experience I hope everybody gets to participate in.

This committee is committed to being a platform for thoughtful discussion where every voice is heard, and where every perspective builds important solutions. I urge you, as you reflect on the complex global challenges that lie ahead, to enter each debate session with an open mind and a willingness to learn from one another.

I am really looking forward to undertaking this journey with every one of you, and also to seeing the creativity and determination that each of you brings into our discussions. Let this not only be seen as a formal, serious debate but also celebration of the shared ideas and experiences of your fellow delegates.

> Kind regards, Ameer Khatib Committee Director, The Concordia Symposium

Committee Role

Committee Description



The Concordia Symposium is a platform for forward-thinking discussions, bringing together delegates to explore critical global challenges through interdisciplinary debate. This committee embraces a holistic approach by integrating diverse perspectives, fostering innovative solutions to complex issues. Delegates will engage in in-depth discussions on the scientific, political, and ethical dimensions of humanity's expansion beyond Earth. Key areas of debate include international cooperation in space governance, the sustainability of extraterrestrial settlements, and the socio-economic implications of interplanetary migration. Additionally, delegates will examine the psychological effects of rapid technological advancement, including artificial intelligence, social media, and virtual reality. The discussion will focus on balancing innovation and well-being, exploring policy frameworks that mitigate risks while maximizing the benefits of technological progress.

Powers of the Committee

The Concordia Symposium committee holds the authority to:

- Shape International Space Policy: Draft comprehensive frameworks for space governance, addressing issues such as resource allocation, territorial claims, and ethical considerations in space exploration.
- Facilitate Multilateral Collaboration: Strengthen cooperation between leading spacefaring nations and emerging stakeholders, fostering partnerships to ensure the sustainable and equitable expansion of human presence beyond Earth.
- Assess and Regulate Technological Impact: Propose guidelines for the responsible development and implementation of emerging technologies, mitigating their potential risks to mental health while maximizing societal benefits.
- Advise on Ethical and Societal Implications: Encourage participating states and institutions to adopt policies that balance innovation with well-being, ensuring that advancements in space and technology align with human rights and global stability.

Members of the Committee

• The Concordia Symposium Members: France, United Kingdom, Germany, United States, Russia, Netherlands, Ukraine, Denmark, Sweden, Canada, Poland, Belgium,



Portugal, Greece, Romania, Bulgaria, Hungary, Lithuania, Latvia, Slovakia, Belarus, Norway, China, South Korea, New Zealand, Singapore, Taiwan, India, Iran, Japan

This diverse composition allows for comprehensive discussions and innovative solutions to global security issues.



TOPIC A: The Future of Space Colonization



Introduction

Once a concept confined to science fiction, space colonization is rapidly becoming a tangible reality due to breakthroughs in rocket technology, astronautics, robotics, and medicine.



Governments, private corporations, and international organizations are investing heavily in research to expand humanity's presence beyond Earth. Space agencies such as NASA, the European Space Agency (ESA), and China's CNSA, alongside private companies like SpaceX and Blue Origin, are actively working towards sustainable human settlements on the Moon and Mars.

The urgency of establishing a multi-planetary society has been reinforced by global challenges such as climate change, resource depletion, and pandemics. Proponents argue that space

colonization could serve as a safeguard against existential threats, including asteroid impacts and ecological disasters. The International Space Station (ISS) has already provided critical insights into long-term human habitation in space, and Earth-based simulations such as Biosphere 2 and Mars analog missions continue to test the feasibility of extraterrestrial living conditions.



Despite the progress, significant challenges remain. Space colonists will face extreme radiation exposure, the physiological effects of low gravity, psychological stress from isolation, and the logistical difficulties of sustaining life in harsh environments. Ethical and legal considerations, including the governance of space settlements and resource exploitation, also require international cooperation and regulation.

Economic factors also play a crucial role in the feasibility of space colonization. The astronomical costs of launching and maintaining space missions raise questions about funding sources, potential profitability, and long-term sustainability. Some argue that space industries, including asteroid mining and space tourism, could help finance colonization efforts. However, others caution against diverting resources from urgent global issues, such as poverty, healthcare, and climate change mitigation.

Geopolitical tensions also extend beyond Earth's boundaries. The potential for space colonization has sparked concerns about territorial claims, military presence in space, and the risk of a new space race. The Outer Space Treaty of 1967, which prohibits nations from claiming celestial bodies as sovereign territory, remains the primary legal framework for space governance. However, as private corporations and emerging space powers gain influence, the treaty faces increasing challenges in enforcement and adaptation to modern realities.

Scientific and technological advancements have made space colonization a more realistic goal, but the ethical implications must also be considered. Issues such as planetary protection, the potential exploitation of extraterrestrial resources, and the impact on indigenous microbial life raise



important moral questions. If life-however microscopic-is discovered beyond Earth, humanity



will have to decide how to proceed responsibly.

Beyond survival, space colonization also offers opportunities for innovation. Research in space habitation has already contributed to advancements in medicine, engineering, sustainable and technologies. Low-gravity manufacturing, 3D printing, and new forms of energy production could

transform industries on Earth. Additionally, the cultural and philosophical shifts that arise from becoming an interplanetary species could redefine human identity, governance, and cooperation.

As nations and private entities push the boundaries of space exploration, the debate over space colonization raises critical questions: Should humanity prioritize off-world expansion over solving Earth's pressing problems? How can space governance be structured to ensure equitable access and prevent conflicts? What role should international bodies like the United Nations play in regulating space activities?

This guide will provide an overview of the scientific, political, and ethical dimensions of space colonization to facilitate informed debate and policy discussions



Historical Context

The idea of space colonization has fascinated humanity for centuries, long before the advent of modern space technology. From ancient civilizations mapping the stars to Renaissance-era astronomers theorizing about celestial bodies, humans have always looked to the cosmos with wonder. Mythologies across cultures envisioned the sky as the realm of gods, while early scientific speculation suggested that the Moon and other planets might be inhabited. However, it was only in the 20th century that space exploration transitioned from mere speculation to a tangible goal, laying the groundwork for discussions on permanent human settlement beyond Earth.

The Space Race and the Dawn of Space Exploration

The first major leap in space exploration came during the Cold War, when geopolitical rivalries between the United States and the Soviet Union fueled a rapid acceleration in technological advancements. This era, known as the Space Race, was marked by an intense competition between the two superpowers to achieve dominance in space exploration.



In 1957, the Soviet Union launched *Sputnik 1*, the first artificial satellite, marking the beginning of the modern space age. This historic event triggered a sense of urgency in the United States, leading to the creation of NASA (National Aeronautics and Space Administration) in 1958. Four years later, in 1961, Soviet cosmonaut Yuri Gagarin became the first human to orbit the Earth aboard *Vostok 1*, solidifying the USSR's early lead in space.



Determined to catch up, the United States launched the Apollo Program, which aimed to land humans on the Moon. This effort culminated in the historic Apollo 11 mission in 1969, when Neil Armstrong and Buzz Aldrin became the first humans to set foot on another celestial body. Armstrong's famous words, "*That's one small step for man, one giant leap for mankind,*" encapsulated the significance of this achievement—not just as a victory for the U.S., but as a milestone for all of humanity.

While the Space Race was primarily driven by political and military motivations, it also ignited the dream of interplanetary exploration. For the first time, space colonization was no longer a concept confined to science fiction but an idea that seemed within reach.

Post-Space Race: Moving Towards Long-Term Space Habitation

After the initial excitement of the Moon landings, interest in space exploration shifted from competition to collaboration. The U.S. and the Soviet Union began working together in the 1970s, culminating in the Apollo-Soyuz Test Project in 1975—the first joint U.S.-Soviet space mission. This paved the way for future cooperative efforts in space.

During this period, space agencies started focusing on long-duration space missions to study the

effects of prolonged space travel on the human body. The Soviet Union launched the Mir Space Station in 1986, which served as a critical testing ground for human endurance in space. Similarly, the U.S. developed Skylab, an early attempt at a semi-permanent space habitat. These experiments provided key insights into the challenges of space habitation, including muscle atrophy, bone density loss, and psychological stress caused by isolation.



By the 1990s, international cooperation reached new heights with the creation of the International Space Station (ISS), a joint project involving NASA, Roscosmos (Russia), ESA (Europe), JAXA (Japan), and CSA (Canada). The ISS has since become humanity's longest-running experiment in space colonization, providing invaluable data on how humans can survive for extended periods in microgravity. The research conducted on the ISS—ranging from life support systems to growing food in space—has laid the foundation for future off-world settlements.



The Role of Science Fiction and Early Space Colonization Concepts

Long before space agencies considered human settlements beyond Earth, science fiction writers

and visionaries were already imagining what life on other planets might look like. Writers like H.G. Wells, Isaac Asimov, and Arthur C. Clarke crafted stories that explored interplanetary travel, alien civilizations, and the ethical dilemmas of colonizing new worlds.

In the 1970s, physicist Gerard K. O'Neill proposed a radical vision for space colonization: massive, rotating space stations called O'Neill Cylinders, which would house self-sustaining human colonies in orbit. These designs, although never realized, sparked serious discussions about artificial habitats and space-based economies. The idea of terraforming Mars—making it habitable for humans—also gained traction during this period,



with scientists theorizing ways to modify the Martian atmosphere using greenhouse gases or nuclear explosions.

As technology advanced, these speculative ideas became more grounded in reality. The 20th and 21st centuries saw a growing interest in lunar and Martian colonies, with researchers studying potential sites for human habitation and developing prototypes for space habitats.

The New Space Age: Private Companies and Renewed Government Interest

After decades of stagnation following the Apollo missions, space exploration entered a new era in the 21st century, largely driven by private sector involvement. Companies such as SpaceX, Blue Origin, and Virgin Galactic have pioneered commercial space travel, reducing the cost of launching payloads and making space more accessible than ever before.

SpaceX, founded by Elon Musk, has been at the forefront of this movement, with ambitious plans to send humans to Mars through the Starship program. Musk has repeatedly emphasized his vision of making humanity a "multi-planetary species," arguing that establishing a self-sustaining Martian colony is essential for the long-term survival of our civilization.

Governments have also renewed their interest in space colonization. NASA's Artemis Program aims to return humans to the Moon by the mid-2020s, with the goal of establishing a permanent lunar base that could serve as a stepping stone for Mars missions. Meanwhile, China's CNSA has been rapidly advancing its own space ambitions, successfully landing rovers on the Moon and Mars, as well as constructing its own space station, Tiangong.



On the legal front, international discussions have emerged regarding the regulation of space resources and settlements. The Outer Space Treaty of 1967 remains the foundation of space law, prohibiting national sovereignty claims over celestial bodies. However, newer agreements such as the Artemis Accords seek to establish guidelines for resource utilization and peaceful cooperation in space.

From Exploration to Colonization: The Next Frontier

The journey from early space exploration to full-scale colonization is still ongoing, with both governments and private companies working to overcome the technological, political, and ethical challenges involved. While humans have not yet established a permanent settlement beyond Earth, the progress made over the past decades suggests that such a reality is no longer a matter of *if*, but *when*.

Understanding the historical trajectory of space exploration provides valuable context for today's debates on space colonization. The successes and failures of past missions offer crucial lessons on sustainability, governance, and technological innovation. As we stand on the brink of a new era in space exploration, the decisions made today will determine the future of humanity beyond Earth.

Debate Essence

Space colonization has long been presented as **humanity's next great frontier**, offering solutions to overpopulation, resource depletion, and existential threats such as asteroid impacts or climate change. However, despite its potential, it remains one of the most hotly debated topics in science, politics, and ethics. While some see it as a necessary step for survival, others question its feasibility, cost, and moral implications.



The Ethical Dilemma: Space vs. Earth's Problems



One of the primary ethical concerns is whether humanity should prioritize colonizing space when many problems on Earth remain unresolved. Critics argue that instead of investing billions in extraterrestrial settlements, governments and private companies should focus on tackling pressing global issues like poverty, climate change, and inequality.

On the other hand, proponents counter that space colonization and Earth's well-being are not mutually exclusive. They argue that the technologies developed for space travel—such as renewable energy advancements, water purification systems, and sustainable food production—can also benefit Earth. Additionally, some scientists warn that human survival depends on becoming a multi-planetary species, as Earth will inevitably face existential threats, whether from natural disasters,

pandemics, or self-inflicted destruction.

Economic Considerations: Who Pays for Space Colonization?

Another major debate centers on the economic feasibility of space colonization. Establishing permanent human settlements beyond Earth requires massive financial investments, and many question whether the costs outweigh the benefits. Government-funded space agencies like NASA, ESA, and CNSA have historically driven space exploration, but in recent years, private companies like SpaceX, Blue Origin, and Virgin Galactic have taken the lead.

Supporters argue that commercializing space travel can make colonization more cost-effective. Companies have already begun developing space tourism, asteroid mining, and satellite industries, which could generate revenue to sustain long-term space missions. However, critics warn that privatization could lead to the exploitation of space resources, monopolies over extraterrestrial



territories, and a new form of colonialism where only the wealthiest nations and corporations control access to space.

Political and Legal Disputes: Who Owns Space?

Space colonization also raises complex legal and geopolitical questions. The Outer Space Treaty of 1967 established that no country can claim sovereignty over celestial bodies, but as nations and corporations rush to stake their claims, loopholes and ambiguities in space law are becoming increasingly apparent.

Some experts argue that new regulations, such as the Artemis Accords, are needed to ensure peaceful cooperation and prevent conflicts over lunar or Martian resources. Others fear that space will become the next battleground for geopolitical rivalries, leading to territorial disputes and militarization. As China, the U.S., and private entities advance their space ambitions, concerns about space governance, ownership rights, and international collaboration continue to grow.

Scientific and Logistical Challenges: Can Humans Survive in Space?

Even if space colonization becomes politically and financially viable, significant scientific and logistical hurdles remain. Key concerns include:

- **Radiation Exposure:** Without Earth's protective atmosphere, long-term exposure to cosmic radiation could cause severe health issues, including cancer and neurological damage.
- **Psychological and Social Struggles:** Extended isolation, confinement, and detachment from Earth could have profound psychological effects on space colonists, potentially leading to depression, anxiety, and cognitive decline.
- **Sustainability Issues:** Establishing self-sustaining colonies requires reliable systems for food production, waste recycling, and oxygen generation. Current technology is not yet advanced enough to support long-term human survival in deep space.
- Low-Gravity Health Risks: Studies on the ISS show that prolonged exposure to microgravity leads to muscle atrophy, bone density loss, and weakened immune function. Without artificial gravity solutions, long-term habitation may be dangerous.





Despite these challenges, researchers continue to develop new technologies, such as radiation shielding, hydroponic farming, and AI-driven space habitats, to overcome these obstacles.



Potential Benefits vs. Risks: Is Space Colonization the Future or a Mistake?

While space colonization presents many risks, its potential benefits could reshape human civilization. Supporters argue that it could:

- Ensure Humanity's Survival: Colonizing Mars or other celestial bodies would serve as a "backup plan" for humanity in case of global catastrophes.
- Advance Scientific Innovation: Technologies developed for space missions often have direct applications on Earth, from medical breakthroughs to renewable energy solutions.
- **Expand Economic Opportunities**: Asteroid mining, space tourism, and manufacturing in microgravity could unlock new industries and resources.

However, critics warn that space colonization could also:

- **Deepen Global Inequality**: If access to space remains limited to wealthy nations and corporations, it could create a new class divide where only the privileged benefit from off-world opportunities.
- Spark Conflicts Over Space Resources: The race for lunar water, Martian land, and asteroid minerals could lead to disputes, territorial claims, and even wars.



• **Divert Attention from Earth's Problems**: Some fear that an overemphasis on space colonization may distract from urgent environmental and social issues that need immediate attention.

Ultimately, the debate over space colonization is one of hope vs. caution—a balance between human ambition and ethical responsibility. As we stand on the edge of a new space age, the choices made today will determine whether space colonization becomes a dream fulfilled or a disaster in the making.

Guiding Questions

- 1. Should we prioritize space colonization when there are still major issues on Earth, such as poverty and climate change?
- 2. Would space colonization create a new form of colonialism, where powerful nations and corporations dominate extraterrestrial resources?
- 3. Who should fund space colonization—governments, private companies, or international coalitions?
- 4. How should space resources (such as lunar water and asteroid minerals) be distributed fairly among nations?
- 5. Should there be an international space governance system to regulate colonization and prevent conflicts?
- 6. Does the 1967 Outer Space Treaty need to be updated to address modern space exploration ambitions?
- 7. What are the biggest obstacles to sustaining long-term human life in space, and how can they be overcome?
- 8. How can we ensure that space habitats provide adequate psychological and social conditions for colonists?
- 9. What are the potential environmental consequences of space colonization, both for space ecosystems and for Earth?
- 10. Will space colonization lead to the expansion of human civilization, or will it create more global inequality and conflict?



TOPIC B: The Impact of Emerging Technologies on Mental Health





Introduction

In today's increasingly interconnected world, where digital technologies form the backbone of communication, industry, education, and even personal relationships, we find ourselves in the midst of a profound transformation—one that extends far beyond convenience or productivity. The

rapid acceleration of technological innovation has not only reshaped how we interact with information and each other, but it has also begun to alter the very fabric of human psychology and emotion.

In this new digital environment, emerging tools such as artificial intelligence (AI), advanced social media platforms, immersive virtual reality (VR), and highly personalized biometric tracking technologies are no longer just external



instruments used to enhance daily tasks. Rather, they have become deeply embedded in the internal workings of the human mind, influencing how individuals understand themselves, interpret their social environment, and experience emotional reality.

Where once the digital world was a separate domain we stepped into momentarily, it has now fused with the physical world in a way that is nearly seamless. Notifications, likes, facial recognition, personalized ads, algorithm-driven newsfeeds, and mental health chatbots have become part of the mental ecosystem of millions. These tools are beginning to influence not just what we think, but how we think—shaping our attention spans, our emotional regulation, and even our sense of identity. The way we feel about ourselves, how we relate to others, and how we conceptualize happiness, success, and worth are increasingly filtered through screens, metrics, and algorithms.

As we step into this uncharted territory of the digital age, the question of how technology interacts with mental health has become one of the most urgent and polarizing discussions of our time. On the one hand, this era of innovation holds extraordinary promise. AI-powered therapeutic applications are beginning to bridge the gaps in mental health care by offering immediate, round-the-clock support, customized coping strategies, and data-driven treatment plans. For individuals in remote areas or with limited access to traditional therapy, these tools are not just helpful—they



can be life-saving. Similarly, social media platforms and online support groups provide powerful opportunities for connection, especially for those who struggle with loneliness, social anxiety, or stigmatized identities. VR technology is also breaking new ground in psychological treatment, allowing individuals to confront fears, process trauma, and manage stress through carefully designed virtual environments that simulate real-world challenges in a controlled setting.

However, alongside these optimistic possibilities lie a host of serious risks and long-term concerns.



The same technologies that connect us also expose us to relentless comparison, digital overexposure, and the addictive pursuit of virtual validation. Social media can foster a toxic culture of perfectionism and inadequacy, while algorithmic curation reinforces echo chambers that can deepen social divisions and individual isolation. Moreover, the everpresent collection of biometric data and the integration of AI into sensitive areas of life raise

deep ethical concerns about surveillance, consent, and mental autonomy. What happens when our emotional states can be predicted, tracked, and potentially manipulated for profit or control?

Another pressing issue that often gets overlooked is the uneven distribution of technological access. While some benefit from the democratization of mental health support through digital platforms, others are left behind due to lack of internet access, digital literacy, or financial resources. This growing digital divide mirrors—and in some cases amplifies—existing societal inequalities, leaving already vulnerable populations with fewer resources to address their psychological well-being.

In this increasingly complex and morally ambiguous context, it is no longer enough to marvel at technological progress or fear its consequences in isolation. We must carefully and critically examine how these tools intersect with our inner lives and emotional health. As society becomes more dependent on these emerging technologies, we must ask: Are we designing a future that uplifts the human spirit and expands access to emotional care? Or are we quietly engineering a world that alienates, monitors, and fragments us in ways we don't yet fully understand?



This is the central challenge before us. It is the responsibility of this committee—and indeed of all who care about the future of human well-being—to thoughtfully weigh the advantages and unintended consequences of technological innovation. Only by doing so can we determine whether this brave new digital era is truly a step forward for mental health, or if it risks deepening the psychological struggles it seeks to solve.

Historical Context

The tension between technological innovation and human mental well-being is not new. Throughout history, every major leap in technology has carried with it profound implications for how people live, think, and relate to one another. During the Industrial Revolution of the late 18th

and early 19th centuries, for example, the transition from agrarian to industrial societies dramatically altered daily life. People who once lived in close-knit rural communities found themselves working long, repetitive hours in factories, often under hazardous conditions and with little social support. This disruption of traditional social structures and the dehumanizing nature of mechanized labor led to a rise in psychological distress, including what would now



be recognized as anxiety and depression. The era sparked early conversations about labor rights, urban living conditions, and the psychological costs of progress.

In the 20th century, the invention of mass media technologies like radio, television, and eventually the internet again transformed how people communicated and consumed information. These tools connected the world in new ways but also led to growing concerns about passivity, alienation, and the blurring of reality and entertainment. For example, the post-World War II rise of television introduced a new kind of passive entertainment that, while bringing families together in living rooms, also contributed to sedentary lifestyles and reshaped attention spans. Psychologists and sociologists began to study the effects of screen time on cognition, socialization, and emotional regulation.

The emergence of the internet in the 1990s and the rise of social media in the early 2000s pushed this historical pattern even further. Platforms like Facebook, Instagram, and Twitter enabled instant global communication, fostering connections and community building. Yet, they also ushered in new stressors, such as cyberbullying, social comparison, and the pressure to curate idealized online personas. Mental health experts began to raise alarms about rising rates of anxiety and depression, especially among adolescents, as digital life increasingly blended with real life.



Now, in the 21st century, we are entering an even more intimate phase of technological development. Unlike previous tools that shaped our environments, current emerging technologies such as artificial intelligence (AI), virtual reality (VR), and biometric tracking have the potential to directly influence our inner worlds—our thoughts, emotions, and behaviors. AI-powered mental health apps can offer personalized therapy sessions, while VR is being used in exposure therapy for PTSD and phobias. Biometric devices can monitor mood, stress, and other mental health indicators in real-time. These innovations offer immense promise, but they also raise urgent ethical, psychological, and social questions. As with past technologies, the risk of unintended consequences—such as privacy breaches, emotional dependency, and digital inequality—is real.

Looking at this historical trajectory, it becomes clear that technology has always been a doubleedged sword: it enhances human life in extraordinary ways but can also create new psychological burdens. The current moment is simply the latest chapter in this long story. As society steps deeper into the digital age, the challenge is to ensure that progress in technology does not come at the cost of mental health—a lesson history has taught us time and again.



Debate Essence

At the heart of today's digital age lies a fundamental tension: Do emerging technologies enhance mental well-being, or do they silently erode it? Proponents argue that innovations like AI-powered therapy apps, VR treatment for PTSD, and online support communities democratize mental health



care, making it more accessible, personalized, and effective than ever before. They emphasize the transformative potential of technology to combat isolation, provide timely interventions, and empower individuals with tools for emotional regulation and self-understanding.

On the other hand, critics warn that these same technologies may be fueling a growing mental health crisis. They point to rising rates of anxiety, depression, and loneliness, particularly among younger generations, as a direct consequence of constant connectivity, algorithmic manipulation, and digital overexposure. Social media platforms, they argue, breed comparison and insecurity, while biometric tracking and AI raise urgent ethical questions about surveillance, autonomy, and the commercialization of human emotion.

The debate, then, is not just about what technology can do, but about what kind of society we are creating through our use of it. Is this a future of greater emotional support and mental empowerment—or one of algorithm-driven disconnection, control, and psychological harm?

Threats to Mental Health

Despite the many benefits offered by emerging technologies, there are numerous and increasingly evident threats to mental health that must be acknowledged. One of the most prominent is the rise in social comparison and feelings of inadequacy, particularly driven by social media platforms.



Users are constantly exposed to carefully curated, often idealized portrayals of other people's lives highlight reels that rarely reflect reality. This exposure can distort selfperception, especially among adolescents and young adults who are still forming their identities. When individuals begin to measure their self-worth against filtered snapshots of others' successes, beauty, and lifestyles, it can lead to chronic

dissatisfaction, low self-esteem, and in more serious cases, depression and anxiety. The constant chase for validation through likes, comments, and followers reinforces this cycle, encouraging individuals to tie their value to online approval rather than authentic self-worth.

Another significant threat comes from digital overexposure and information overload. With smartphones and connected devices always within arm's reach, people are rarely disconnected from the online world. This has led to a phenomenon known as "technostress," where the pressure to stay updated, respond instantly, and multitask across platforms can cause heightened stress



levels, difficulty concentrating, and emotional exhaustion. The blurred boundary between work and personal life, especially with the rise of remote work and online schooling, can result in burnout, sleep disruption, and a lack of mental downtime—all of which are vital for emotional regulation and cognitive health. Constant notifications and digital interruptions also fragment attention and reduce the brain's ability to enter states of deep focus or rest.

Equally concerning is the rise in loneliness and isolation, paradoxically occurring in a time of hyperconnectivity. While technology offers more ways than ever to communicate, it often replaces in-person interactions with shallow, screen-mediated exchanges. Relationships formed or maintained exclusively through digital platforms may lack the depth, emotional nuance, and nonverbal cues that face-to-face contact provides. This can lead individuals to feel more disconnected and unsupported, even if they are frequently "talking" to others. In fact, studies have shown that high usage of social media can correlate with increased feelings of loneliness, especially when usage is passive or rooted in comparison rather than genuine connection.

Additionally, algorithmic manipulation and echo chambers pose a subtle yet powerful psychological threat. Platforms use data-driven algorithms to show users content that aligns with

their existing preferences, beliefs. emotional or states—whether that content or not. For is healthy someone experiencing depression anxiety, or algorithms might amplify content that deepens those feelings, reinforcing negative thought patterns or exposing them to harmful material like pro-anorexia or self-harm communities. This can trap users in mental feedback loops, making recovery harder and pushing



individuals further into isolation or despair.

Furthermore, the introduction of biometric tracking and emotion-detection AI raises serious ethical concerns about autonomy and privacy. Devices and applications that monitor users' heart rate, voice tone, facial expressions, or brain activity to infer emotional states might offer valuable insights—but also carry the risk of misuse. When sensitive mental health data is collected, stored, and possibly shared without full transparency or consent, it can be used for manipulation,



discrimination, or surveillance. People may become fearful of expressing emotions naturally if they feel watched or judged by machines. This intrusion into the private realm of thoughts and feelings can intensify anxiety, diminish trust in digital systems, and contribute to a sense of loss of control over one's inner life.

Lastly, digital inequality is an often-overlooked threat. While digital tools can improve access to mental health care, those without reliable internet, proper devices, or digital literacy are left behind. This growing divide not only perpetuates existing social and economic disparities but also adds a layer of psychological stress for marginalized groups who watch others benefit from resources they cannot access. The inability to engage with modern tools due to technological or financial barriers can lead to feelings of exclusion, hopelessness, and frustration.

Possible Solutions

One of the most critical solutions to the mental health challenges brought on by emerging technologies is the ethical design of digital platforms and tools. This involves rethinking the way technologies—especially social media apps, AI interfaces, and biometric devices—are created, shifting the focus from user engagement and data extraction to genuine user well-being. For example, instead of designing platforms to maximize screen time and stimulate endless scrolling through dopamine-triggering features like infinite feeds or autoplay, developers could adopt human-centered design principles. These prioritize the mental and emotional needs of the user, such as incorporating features that encourage breaks, prompt reflection, or promote healthy digital habits. An app might, for instance, gently remind users to take a moment away from their screens after prolonged usage or offer real-time support if it detects signs of distress through biometric feedback. Moreover, algorithms that curate content should be made transparent and customizable. When users are given insight into how their feeds are shaped—and the ability to adjust those settings—they can avoid becoming trapped in isolating echo chambers that reinforce anxiety, misinformation, or harmful social comparisons.

A second important solution lies in the regulation and protection of mental health data. As AI and biometric tracking become more integrated into personal well-being apps and healthcare systems, ensuring the privacy, consent, and ethical use of this highly sensitive data is essential. Governments and tech companies must work together to establish robust data governance frameworks that include strict protections against surveillance, misuse, and unauthorized access. For instance, biometric data indicating signs of depression or emotional instability should not be accessible to advertisers, employers, or third-party apps without clear, informed user consent. In the same vein, users must be empowered with the right to understand, control, and delete their data at any time. Without these safeguards, the potential mental health benefits of such technologies



may be overshadowed by justified fears of being constantly monitored, judged, or manipulated based on emotional vulnerability.



Additionally, digital literacy and education must become а cornerstone of any long-term Young people, solution. in particular, need to be taught how to navigate digital spaces critically and healthily. Schools, parents, and communities should provide education on topics like the psychological effects of social media, how to recognize unhealthy online habits, and strategies for emotional self-care in the digital world. This also includes

understanding the mechanics behind algorithms, recognizing bias or manipulation, and developing resilience to the pressures of online culture. When individuals—especially adolescents—are better informed, they are more equipped to make conscious choices about their technology use and to seek help when needed.

Furthermore, to ensure that technology actually helps bridge mental health gaps, equitable access to digital tools must be prioritized. Many of the people who could benefit most from online mental health resources—such as individuals in rural or underserved communities—are often the least likely to have access due to poor internet infrastructure, financial barriers, or a lack of digital training. To address this, governments and organizations should invest in expanding affordable internet access, distributing smart devices for health care use, and offering training programs on how to use mental health apps effectively. This ensures that digital health innovations don't simply serve the privileged few but can reach the populations who need them most. Importantly, tools and apps must also be culturally sensitive and multilingual, recognizing that mental health support must adapt to the diverse needs of different communities.

Finally, the field of mental health itself must evolve alongside technology. Collaboration between tech developers and mental health professionals is crucial to ensure that new tools are not only innovative but also clinically sound. Psychologists, psychiatrists, and therapists should be directly involved in the creation, testing, and refinement of AI chatbots, VR therapy programs, and mental health apps to ensure they are grounded in science and responsive to real-world clinical needs. These tools should complement, not replace, human care—especially in complex or severe cases.



Hybrid models that blend digital support with real therapists could offer the best of both worlds: increased accessibility with professional oversight.

Guiding Questions

- 1. How have past technological revolutions, like the Industrial Revolution and the rise of mass media, shaped human mental health, and what insights can we apply to the digital challenges we face today?
- 2. In what specific ways are technologies such as artificial intelligence, virtual reality, social media algorithms, and biometric tracking altering how we think, feel, and perceive ourselves and others?
- 3. How can AI-powered tools and digital therapy apps be used to improve access to mental health support, especially in regions with limited healthcare infrastructure?
- 4. What mental health benefits can be found in online communities, support groups, and virtual platforms that connect individuals across geographical and cultural boundaries?
- 5. How does constant exposure to idealized images and curated lives on social media platforms affect users' self-esteem, emotional stability, and sense of personal identity?
- 6. In what ways do personalization algorithms contribute to the formation of echo chambers, and how might these digital environments intensify feelings of isolation, anxiety, or hopelessness?
- 7. How does digital overload—caused by constant notifications, multitasking, and screen dependence—contribute to stress, cognitive fatigue, and emotional burnout in daily life?
- 8. What are the potential dangers of emotion-reading AI and biometric surveillance in mental health contexts, and how do they challenge privacy, autonomy, and trust?
- 9. How can tech companies and designers apply ethical and human-centered design principles to create platforms that promote rather than harm mental health?
- 10. What role should digital literacy and emotional education play in equipping users, especially adolescents, to navigate the mental challenges of the digital world?
- 11. How can societies ensure that digital mental health technologies are accessible to marginalized populations who may lack internet access, devices, or technical skills?



12. Who should be responsible for regulating and guiding the development of mental health technologies—governments, developers, educators, or users—and how should that responsibility be shared?

Resolution Paper Format

Header

- **Committee**: This identifies the body addressing the issue, in this case, The Concordia Symposium.
- **Topic**: The issue under discussion.
- **Sponsors**: These are the member states who authored or supported the draft resolution. Sponsors actively contribute to drafting and will advocate for its passage.
- **Signatories**: Member states that may not necessarily agree with the resolution but want to debate it. There's no limit to the number of signatories.

Body of the Resolution Paper

Preambulatory Clauses

- **Definition**: These set the context for the resolution, providing background information, justifications, or prior relevant resolutions.
- Format: Preambulatory clauses begin with an italicized action word, followed by a statement, and end with a comma (except the last clause, which ends with a colon to transition into operative clauses).

• Examples of Preambulatory Phrases:

Sample Preambulatory Phrases

Affirming Alarmed by Approving Aware of Bearing in mind Believing Confident Contemplating Convinced Declaring Deeply concerned Deeply conscious Deeply convinced Deeply disturbed Deeply regretting Desiring	Expecting Expressing its appreciation Expressing its satisfaction Fulfilling Fully alarmed Fully alarmed Fully aware Fully believing Further deploring Further recalling Guided by Having adopted Having considered Having considered Having devoted attention Having heard	Having studied Keeping in mind Noting with regret Noting with deep concern Noting with satisfaction Noting further Noting with approval Observing Reafirming Realizing Recognizing Recognizing Referring Seeking Taking into account Taking into consideration
Deeply regretting	Having examined	Taking into account
Desiring	Having heard	Taking into consideration
Emphasizing	naving received	Viewing with appreciation

Welcoming



Operative Clauses

- **Definition**: These outline the solutions or actions the committee wants to implement to address the issue.
- Format:
 - 1. Each clause begins with a capitalized verb (e.g., *Expresses*, *Calls Upon*).
 - 2. Clauses are numbered for clarity.
 - 3. Each clause ends with a semicolon (;) except the last one, which ends with a period (.) to signify completion.
- **Examples of Operative Clauses:** •

Sample Operative Phrases

Accepts Affirms Approves Authorizes Calls Calls upon Condemns Confirms Congratulates Considers Declares accordingly Endorses Deplores Designates Draws the attention Further invites Emphasizes

Encourages Endorses Expresses its appreciation Further resolves Expresses its hope Further invites Deplores Designates Draws the attention Emphasizes Encourages Expresses its appreciation Expresses its hope Further proclaims Further reminds

Further recommends Further requests Has resolved Notes Proclaims Reaffirms Recommends Regrets Reminds Requests Solemnly affirms Strongly condemns Supports Takes note of Transmits Trusts



Example of Resolution Paper

Committee:	The Concordia Symposium
Topic:	Combating Drug Trafficking in the Middle East
Sponsors:	The United States of America, X, X(up to 3)
Signatories:	Japan, X, X(no limit)

The Concordia Symposium

<u>Recognizing</u> that drug trafficking in the Middle East funds terrorist activities and undermines regional and global security,

<u>Reaffirming</u> our commitment to maintaining stability and security through collaboration with partner nations,

<u>Observing</u> our efforts to create the Defense Against Terrorism Program (DATP) and its potential application in dismantling drug networks that fund terrorism,

- 1. <u>Expresses</u> full solidarity with affected nations in the Middle East states impacted by the illicit drug trade and its associated security challenges;
- 2. <u>Calls Upon</u> member states to strengthen intelligence-sharing platforms, to track and dismantle drug trafficking networks in the region;
- 3. <u>Recommends</u> expanding training programs for Middle Eastern law enforcement agencies, focusing on counter-narcotics operations and financial tracking of drug-related funds.



Bibliography

NASA History - NASA. (s. f.). NASA. https://www.nasa.gov/history/

NASA. (2025, 24 marzo). *Latest News from Space Station Research - NASA*. https://www.nasa.gov/international-space-station/space-station-research-and-technology/latest-news-from-space-station-research/

NASA. (2025a, marzo 14). *Artemis - NASA*. https://www.nasa.gov/feature/artemis/ Us, D. R. W. (2023, 9 mayo). *The pros and cons of space colonization*. Theweek. https://theweek.com/the-big-debate/1022853/the-pros-on-cons-of-building-settlementsoutside-earth?

Malik, N. (2025, 19 marzo). Space Colonization and Why Humanity is Better Off Not
Pursuing It. Viterbi Conversations In Ethics. https://vce.usc.edu/semester/fall2024/space-colonization-and-why-humanity-is-better-off-not-pursuing-it/
Colmenares, C. (2019, 29 mayo). Should Earthlings colonize the final frontier? Ethicists
weigh in. Clemson News. https://news.clemson.edu/should-earthlings-colonize-the-final-

frontier-ethicists-weigh-in/

DeCleene, K. E., & Fogo, J. (2011). Publication Manual of the American Psychological Association. *Occupational Therapy In Health Care*, 26(1), 90-92. https://doi.org/10.3109/07380577.2011.629024

Jessica Wanger. (2024, 24 octubre). *Is technology creating an anxious generation?* World Economic Forum. https://www.weforum.org/stories/2024/10/technology-creating-an-anxious-generation/



Dane.Schultz. (2023, 9 agosto). *Role Of artificial intelligence and its impact in mental health services*. HIMSS. https://legacy.himss.org/resources/role-artificial-intelligence-and-its-impact-mental-health-services

Advocates, C. (2024, 24 julio). *The Impact of Technology on Mental Health: Balancing Connection and Screen Time*. Citizen Advocates. https://citizenadvocates.net/blog/the-impact-of-technology-on-mental-health-balancing-connection-and-screen-time/

Technology and the Future of Mental Health Treatment. (s. f.). National Institute Of Mental Health (NIMH). https://www.nimh.nih.gov/health/topics/technology-and-the-future-of-mental-health-treatment

Modern Technology and Mental Health. (2023, 29 octubre). Circle Health Group. https://www.circlehealthgroup.co.uk/health-matters/mental-health/modern-technologyand-mental-health