



ARTICLE FOR PARENTS AND PROFESSIONALS

Shadow's Edge: First-Ever Mobile “Serious Game” for Teens

For young people who struggle with chronic illnesses or emotional challenge, the weight of their trauma is ever-present, yet rarely are they given the opportunity to talk about the dark or scary side of their situations, let alone have a tool to help them move through and grow from their experience.

Enter the Digging Deep Project, with the mission of empowering teens to take charge of their emotional health in fun and engaging ways.

The Project’s newest product, the recently released mobile game, ***Shadow’s Edge***, is designed to build resilience in teens with medical or emotional challenges. Combining psychology and technology, this free app reaches teens with psycho-educational content right where they are—on their mobile devices and playing games!

Shadow’s Edge players are guided through a process of journaling and creative expression, helping these teen players come to terms with their challenges within an immersive, edgy game world.

The quest of the player is to revive ***Shadow’s Edge***, a city that has been decimated by storm. Through gameplay, teens learn they can rebuild their lives by trusting their feelings and finding meaning in their experience.

Teens struggling with hardship needn’t stay in an isolated or dark world—they have the power to reshape it. They can create beauty where there was once dilapidation: There can be light; There can be colour; There can be hope.

Available for free on the App Store and Google Play. For more information and blog for and by teens visit www.shadowsedge.com. For parents and professionals, more information on www.diggingdeep.org.