



# SOCIAL MEDIA & YOUTH

## WORKSHOPS FOR TEACHERS & PARENTS

EXPLORE THE LINK BETWEEN SOCIAL MEDIA AND THE MENTAL HEALTH OF YOUR CHILD

### WORKSHOPS INCLUDE:



#### **SOCIAL MEDIA 101 : TEENAGE TRENDS AND SCREEN TIME**

Explore managing online threats, as well as get to understand Social Media Law.  
19 SEPTEMBER, 2019



#### **DOWNLOADS, LIKES AND SHARES. THE MENTAL HEALTH PRESSURES**

Explore social media and teen suicide, depression, body shaming, trauma and the effects of cyber bullying.  
3 OCTOBER, 2019



#### **HAVING THE SOCIAL MEDIA TALK WITH YOUR TECH-SAVVY CHILD**

Practical exploration of the social media contract and social media self-care.  
17 OCTOBER, 2019

ALL SESSIONS INCLUDE PRACTICAL ADVICE AND RESOURCES.

**BOOK NOW**

**PRESENTED BY CAYLEY JORGENSEN**

(REGISTERED COUNSELLOR WITH THE HEALTH PROFESSIONS COUNCIL OF SOUTH AFRICA)



**15:00-17:00**



**iSTORE SANDTON DRIVE,  
1 SANDTON DRIVE**



**R200/WORKSHOP**



**FOR MORE INFORMATION ,  
RSVP@THINKAHEAD.CO.ZA**

