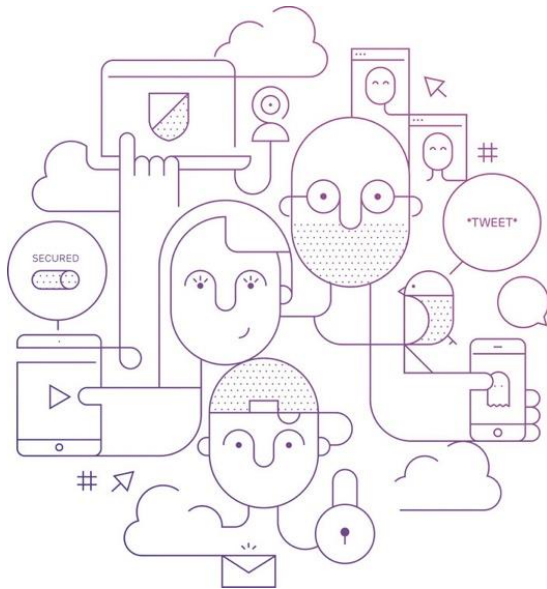


TechSafe

Registered Charity 1192525 www.techsafe.org.uk

Zoom workshop for parents & carers



Social Media and Mental Health

*Thursday 29th April 2021
7pm – 9pm £5.00 per household*

[To book please email:admin@aspects.org.uk](mailto:admin@aspects.org.uk)

1 in 5 young people say they wake in the night to check their messages on Social Media

In this interactive workshop, delivered via Zoom, we will:

- look at the mental health benefits and risks associated with using Social Media
- learn about children's 'social' development
- discuss key concerns and look at current research
- look at the science behind Social Media
- discuss Fake News
- identify solutions and strategies
- look at a variety of online safety resources
- signpost where to get more help



UK Council for
Internet Safety

a UKCIS Associate and CEOP Ambassador

