Social Media and Our Families

May 10, 2018

OUTLINE:

8:30-9:00  - Introductions, Training Objectives, Schedule

9:00-10:00  - Social Media Platforms: Behavior and Mental Health Implications

  • Social Comparison Theory and Social Media
  • Neurological impact of Social Media-Reward Circuitry
  • Social Media and Mental Health Outcomes
    • bullying, depression, and anxiety
    • parental social media use

10-10:15  BREAK

10:15-11:30  - Adolescent development: identity development, executive function, behavioral control

- Brain development, risk taking behavior and interaction with social media.

11:30-12:15  - Putting it Together:

  • Tips for Parents: Assessing, Monitoring, Teaching Skills, and Safe-Guarding

    • Social Media as a resource
    • Healthy and safe social media use

12:15-12:30  - Closing Summary and Q&A