

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