

"Impact of Social Media on Mental Health "

Facilitated by Conor McCafferty (Zest NI)

This half day workshop will help participants examine the dangers of Social Media and how to manage effectively

Course Aim

By the end of the workshop participants will have discussed:

- The origins of the smart phone and especially the major social media providers
- The impact of social media on the world
- The addictive nature of social media
- The physical effects of overuse
- The psychological effects of overuse
- The dangers especially for teenagers
- The risks of cyberbullying and online
- How to set healthy boundaries and manage screen time effectively

For further information on training please contact:

Email: clear@dhcni.com

Web: www.dhcni.com

Address: Clear Project (Developing Healthy Communities)

Building 83
Ledwidge Avenue
Derry – Londonderry
BT47 6GZ

Tel: 02871383386

Places are limited to 4 per organisation. Age restrictions apply. These sessions are open to staff & volunteers of community & voluntary sector organisations operating within the Western Trust Area.