

## "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 me
- Th physical effects of overuse
- Th 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:**

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*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.*