



More mindful engagement

Healthier balance

Greater control



THE KIDMAN CENTRE UTS

Free 'Taking Charge' workshop for parents and teens: Managing how you use social media

Do you find yourself clicking and scrolling on social media without stopping to think about how it makes you feel?

Do you want to understand the influence that social media might have on you, and learn ways to make it work *for* rather than *against* you?

We are offering a FREE one-hour workshop to help parents/caregivers and teens understand what makes social media so compelling, and to learn how social media can be used in healthy, balanced ways.

The workshop will be presented by an experienced psychologist, and held at The Kidman Centre's Randwick premises from 6pm to 7pm on Monday, 4 May 2020.

The Kidman Centre UTS is a non-profit organisation dedicated to the understanding, prevention and reduction of mental health problems in young people aged 5 to 25, so that they can thrive through their formative years.

The workshop will focus on practical, evidence-based strategies and cover the following topics:

- The appeal of social media
- Harnessing the potential psychological benefits (e.g. connection and support) and reducing potential downsides (e.g. negative comparisons and fear of *missing out*)
- Scrolling and posting *mindfully* rather than on *auto pilot*
- Maintaining the life/screen balance

Bookings are essential as numbers are limited. See the blue panel for workshop details and booking link.



Workshop and Booking Details

When

6:00pm to 7:00pm on Monday, 4 May 2020

What

1-hour workshop for parents and caregivers, teenagers and the general community

Where

The Kidman Centre UTS, based at the Prince of Wales Hospital in Randwick Parkes Building, Level 10 East High Street entrance, Randwick ([Video](#) on how to find us)

Who

Presented by one of The Kidman Centre's experienced psychologists

Bookings essential

Phone: (02) 9514 4077 or Email: kidmancentre@uts.edu.au or via Eventbrite: <https://www.eventbrite.com.au/e/taking-charge-for-parents-teens-managing-how-you-use-social-media-tickets-81643635311>

www.tkc.uts.edu.au