

Screens, Social Media and Mental Health: Supporting Digital Wellbeing



Mental Health Support Team (MHST) Workshop

OBJECTIVES

- Understand risks and benefits of online engagement.
- Explore the impact of social media on self-esteem and mental health.
- Learn how to set healthy boundaries without creating conflict.

TAKEAWAYS

- Social media can connect but also overwhelm.
- Online risks include cyberbullying, exposure to harmful content, and sleep disruption.
- Parents can guide children in developing safe and balanced digital habits.

May
13th



12-1:30pm or
7-8:30pm

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