

**Webinars- “How to empower teenagers to develop healthy online behaviours”**



This talk draws on the most recent quality research on wellbeing and technology use for young people. It will take apart the endless scary headlines about screen time, social media and what can happen to young people online. What we know is that most young people are using technology in appropriate ways to explore and build their social identity, express themselves, learn, play, connect with others, gain social support. As children become adolescents, they experience a process of social emancipation, in that the peer group becomes increasingly important to them. Technology helps enable this by connecting them with their peers. Dr. Fox Hamilton will talk about a few key areas that can help parents understand what their kids are doing online, and how it's affecting them. Topics covered include-

- The screen time issue.
- How to empower young people to behave in healthy ways and support their wellbeing.
- What aspects of the internet might get in the way of that – difficulties and where they might not be their best selves.
- Some risky behaviour online, pornography use and consent around sexual images.
- How do kids handle problems online?

**About the presenter:** Dr. Nicola Fox Hamilton is a cyberpsychology researcher who has published several papers and book chapters in the area of cyberpsychology, online dating, and relationships online. She lectures in Cyberpsychology and Applied Psychology in IADT, Dun Laoghaire. See [www.nicolafoxhamilton.com](http://www.nicolafoxhamilton.com) for more information.

**Target Audience:**

The session for parents is open to parents/carers including kinship and foster carers who live in the Western Health and Social Care Trust area.

The session for professionals is limited to those working directly with parents, carers, children and young people. You may be contacted if you provide a personal email address to establish your role. Places are available to practitioners of all backgrounds and disciplines who work within the Western Trust area from the voluntary, community and statutory sectors. Places are not available to private or fee-based organisations or businesses.

**27.04.21 at 11am-12pm for Professionals [Book here](#)**  
**28.04.21 at 6-7pm for Parents [Book here](#)**