Social Media: Friend or Foe? Understanding the role and implications of social media and technology on youth

May 19, 2022
May 26, 2022
June 2, 2022
12:00pm – 2:00pm, each session
(interested participants must attend all three sessions)
Virtual Learning via Zoom
8.0 Continuing Education Hours
(6.0 hours for live, virtual session and 2.0 hours for self-paced work assigned by the instructor)

Trainer: Kyira Wackett, MS, LPC

Course Description:

Cell phones, laptops, tablets...the presence of technology is ubiquitous and the use of social media is not far behind. There is a smartphone in almost every teenagers pocket. In fact, in 2021, over 95% of teens surveyed by the PEW research center indicated they either own or have access to a smartphone.

According to a study done in 2018 at the Pew Research Center, 45% of teens admit to going online “almost constantly” while 44% report going on several times a day. Now, consider the impact of a global pandemic that turned the world upside down. Unregulated, unintentional and unstructured time engaged on technology are the biggest risk factors for use and have led to increased mental health distress, sleep disturbance, physical health issues, suicidality and loneliness for not only teens but adults as well.

But, whether we like it or not, social media and technology are here and play a significant role in young people’s lives. The platforms may change but the pull towards it will not. And it is our job to embrace that fact and learn how it can be used to enhance connection and self-esteem as well as the risks factors. Join us for this 3-session series where we will dive deep into the role technology plays in teenagers' and young adults’ lives and find ways to better engage with and support those whom you are working with.

Each of the 3 sessions will be a blend between didactic training and large and small-group discussions. Attendees will be encouraged to consider their own use and engagement with technology as a means to understand the effects it can have in our lives and what it means to support regulated, intentional and structured use.

We will focus on much of our work on how to talk about this topic directly with teens as well as taking to their caregivers and supports. Emphasis will be placed on curiosity and openness rather than shame and judgment as there are many ways in which we can work with teens to help them have a supportive relationship with social media and with technology at large.

About your Trainer:

Kyira Wackett is an artist, public speaker and community advocate. She holds a Master’s Degree in Counseling Psychology and is a licensed therapist specializing in eating disorders, anxiety disorders and trauma.

Kyira has been speaking on topics related to mental health, authenticity and personal & professional development for over 10 years. In 2016, she founded her company, Kinda Kreative, wherein, she has focused her efforts more specifically on creating social change, taking conversations about mental health into the communities at large, empowering self-exploration and cultivating opportunities for growth - both personally and professionally. In 2017, her company received an America’s Small Business Champion Award which Kyira notes she is still in shock about, but has used to remind herself everyday about how important the work is that she is doing.