

Parent University

GROWING UP IN PUBLIC

Tuesday, October 17, 2023

6:30-7:30pm

Join Us for a free virtual presentation!



OUR KIDS ARE GROWING UP IN A HYPER-CONNECTED WORLD. HOW CAN WE BEST SUPPORT THEM?

- How can we help our kids navigate coming of age in a world where nearly every moment of their lives can be shared and compared?
- What does it mean to be "famous" these days?
- We can track our kids' every move with apps, see their grades within minutes of them being posted, and fixate on their digital footprint, anxious that a misstep could cause them to be "canceled" or even jeopardize their admission to college.
- All of this adds pressure on kids who are coming of age and immersed in social media platforms that emphasize "personal brand," "likes," and "gotcha" moments.
- How can they figure out who they really are with zero privacy and constant judgment?

Devorah Heitner will talk about focusing on character, and not the threat of getting caught or exposed, to support our kids to be authentically themselves. Dr. Heitner has a Ph.D. in Media/Technology and Society from Northwestern University and has taught at DePaul University and Northwestern University.

JOIN US TO LEARN MORE

- How parents can mentor children as they grow up on Instagram, TikTok, Discord, and other social media apps
- How parents can help kids be thoughtful about their digital footprint and reputation. Strategies for teaching children to recognize how social media affects their mood and mental health and when to take a break.
- How can we help our kids not get too focused on appearance and body image when they are constantly being photographed?
- How to work on sleep habits to balance screen time and getting enough rest.
- Supporting kids in staying true to themselves as they grow up "in public" on social media apps.



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