



**Presented By Ben Tracy**

- **Digital Citizenship**
- **Responsible Social Media Use**
- **Online Safety**

# NAVIGATING LIFE *in the* DIGITAL AGE

In today's world, parents now have the added responsibility of warning about the impacts social media can have on young people's lives. Now more than ever, a simple TikTok or Instagram post can alter a young person's life forever. Ben will discuss popular social media apps, how social media impacts mental health, cyberbullying, identifying and reporting online predators, and more. His practical, proven strategies and resources help keep kids safe online.



**MOST BLESSED  
SACRAMENT  
PARISH**

**Thursday, September 14<sup>th</sup>**  
2:00 pm  
Gymnasium



[safesocialnetwork.com](https://safesocialnetwork.com)