**Community Awareness Event**

“Unplugged: Finding Balance with our Social Media Connections and Connections in our Life”

**January 19, 2023**

**Lincoln Medical Education Partnership**

**Vrbka Classrooms (Entrance 1, First Floor)**

**4600 Valley Road, Lincoln**

**6:30 – 8:00 p.m.**

Presentation:

In the United States, children start using social media around 11 years of age (American Academy of Pediatrics). Snapchat, TikTok and Instagram are among the most popular social media platforms used by youth. While there are positive aspects of social media, there are also potential risks. Join us for this important community presentation to learn how to help youth navigate the world of social media in a healthy way. Dr. Melissa Lafferty, Clinical Psychologist at Nebraska Mental Health Centers, will discuss the following:

* The positive and negative consequences of social media consumption
* The “addiction” cycle of social media consumption
* The consequences of that cycle on how others connect with each other
* Strategies for finding balance with social media consumption while still making meaningful connections off-line

**Future Presentation Save the Date:**

Digital Citizenship: Cyberbullying, Sexting and Internet Safety

Karen Haase, KSB School Law

February 9, 2023

Lincoln East High School (Cafeteria, Enter through Door #1)

1000 S. 70th Street, Lincoln

6:30 – 7:45 p.m.

Please contact Abbe Edgecombe, SCIP Coordinator for Lincoln-Lancaster County for questions or additional information: (402) 327-6841 or [aedgecombe@lmep.com](mailto:aedgecombe@lmep.com)





