

SDCA Friday Keynote Address

FEATURING

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It Takes a Digital Village: Adolescent Well-Being in the Age of Social Media

The world wide web has permanently altered the trajectory of human development, and not everyone is loving it. Within a span of hundred years we went from using corn cobs as toilet paper to refusing to use the toilet at all without our tiny computers. This rapid pace of change has created a natural divide between the people who believe the killer robot apocalypse is upon us and the people who grew up playing Angry Birds in the bathroom.

As the grown ups in the room, it's up to us to not only develop ways to contextualize and manage the impact social media has on us all, but also to establish reasonable expectations for adolescent behavior which have been updated to reflect the changes in the socio-technological landscape they are navigating.

This keynote will evaluate the dangers, disadvantages, opportunities and joys of the plugged-in lifestyle from the perspectives of safety, harm reduction and well-being.

Attendees will leave with practical strategies to help children and adolescents develop healthier interactions with social media and technology, as well as counselor-oriented suggestions to reduce burn out and compassion fatigue.