

# Understanding the Challenges of the Digital World to Help Build Resilience in Young People

*Presented by Martine Oglethorpe*



*Parents, students and teachers are invited to an evening with Martine Oglethorpe*

Tuesday 29th August, 2017

7pm to 9pm

Dingley International Hotel

334 Boundary Rd, Dingley Village

\$20 per person (at the door) NO EFTPOS

BISTRO open beforehand

On site free parking

## How to BOOK

Email [rick@criticalagendas.com.au](mailto:rick@criticalagendas.com.au)

Include your name, date attending and number of tickets required at \$20 each.

Collect and pay for tickets on the night. No EFTPOS.

Enquiries: 0433 616 771

## Testimonials

'As a non techsavvy parent with a very techsavvy almost 10 year old, I am personally walking in a mind field on a daily basis. Martine's presentation not only provided a depth of understanding about the IT world that our children today are living in, but some fantastic strategies (many of which I have since implemented) to help manage and 'control' their involvement in a way that also allows them to expand their knowledge base (and to some degree my own!). Thank you so much for a great presentation!'

Julie Sengelman, Executive Officer APFACTS. APFACTS is the peak nongovernment school parent voice for the ACT, proudly built by parents for parents to have an active voice in education issues.

Thankyou Martine!

We really appreciate you coming to our school to enlighten us with all your fabulous info!

I have received very positive feedback not just from parents, but our teachers too! Everybody was highly impressed with your advice, professionalism and engagement and we would love to see you again!!

Ringwood Heights Primary School

## This is a Community Event Everyone welcome!

As young people become immersed in the digital world for learning, information, entertainment and socialisation, there can be no denying the role that technology plays in their lives, and as such, their social and emotional wellbeing. With rising rates of anxiety and depression, with issues of distraction and overuse/threatening to overwhelm so many, we must be sure to tackle this space if we are to make any inroads in addressing these issues.

Because on one hand it is a world that connects us. And yet it is a world that can disconnect us. It is a world where a young person can find solace. And yet it is a world where a young person can be bullied, excluded and harassed. It is a world where self esteem can thrive with likes and comments. And yet it is a world that can tear apart a struggling self esteem with those same likes and comments. It is a world where notions of public and private are often intertwined and where reality is often distorted.

So herein lies our challenge and the focus of this evening. How can we ensure that our young people are getting the most from the digital world whilst avoiding the risks to their personal safety and their mental health? We will look at understanding the challenges faced by young people as well as those experienced by educators and parents.

## About the Presenter

Martine is a mother to 5 boys with a background in secondary education and A Masters in Counselling. Through her personal and professional work with families raising children today, she recognises the important role technology plays in the social and emotional wellbeing of young people. She has passionate interest in helping families to safely navigate the modern world of parenting in a way that offers understanding as well as practical and realistic strategies. Martine is an accredited speaker with the Office of the eSafety Commissioner and has presented to numerous parent groups, schools and teachers. Regular workshops with young people also ensures Martine has the most relevant and up to date information and perspective on what it means to be a child growing up today.