

# Digital Intelligence & Well-Being

~ parent learning series ~



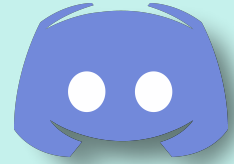
TikTok



Snapchat



Instagram



Discord

Welcome, Collegiate families, to our Zoom Social Media presentation. Understand the primary causes of youth stress and anxiety, online, and how to support your kids with intention and purpose around their screen-time and content.

You're in for some great learning, Q&A and interactivity as you learn;

- How to Create Intention & Purpose
- App Privacy and Custom Settings
- Demo of Tiktok, Snapchat & Discord
- Building Confidence & Online Skills

~ Date: **May 5, 2022** ~

~ Time: **7pm** ~

~ with **Chris Vollum** ~



On your phone, tablet or computer, [click this Zoom meeting link](#) and choose *"Call using Internet Audio (or Computer Audio)"* when you enter the meeting.