



Get Social Media Savvy

**A SOCIAL MEDIA WORKSHOP
FOR MIDDLE SCHOOL GIRLS AND PARENTS**

institute for *girls'* development®

Friday, April 26 4pm - 6pm

\$65 per parent/daughter pair

MIDDLE SCHOOL GIRLS

- How to happily stay connected with friends while keeping the tough stuff in perspective
- What to do when texting gets messy
- How social media really affects your emotions
- Getting real about the virtual world of photos
- How to maintain balance, stay safe and enjoy!

PARENTS

- What every parent should know about social media - from popular apps to the latest stats
- How to offer your daughter the right support and help set healthy boundaries
- Fostering social connections without screens
- Recommended resources, apps and guidelines

Register online or contact us at PHobey@IFGD.care or 626.585.8075 ext 121.

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