



## HEALTHY HABITS IN A DIGITAL WORLD - WELLBEING MATTERS EVENT

A Wellbeing Matters Free Event to help families support the 'Digital Diet' of their children.

**WEDNESDAY 15 AUGUST, 2019 at 7.30PM**

**Location:** Thomas Hassall Anglican College

We are in a time of constant technological change, often fast paced, exciting and turbulent! There is, however, well-established concern about the digital habits of young people and the effect these have on their own self-image, relationships and mood – their wellbeing.

### KEY TOPICS WE WILL EXAMINE:

Healthy Digital habits– what are they, how do parents establish them and establish boundaries?

What are some of the unhealthy habits we are seeing emerge around this issue?

If I purchase a phone for my child, when and which phone should I get?

How do we manage their time on devices?

What age is appropriate for my child to access social media?

How do I keep in touch with what they post?

Come and hear from Dr Andrew Campbell a leading authority in the area of Cyber psychology and Child, Adolescent and Family Mental Health. Dr Andrew Campbell has been researching and teaching in the area of e-Mental Health, for more than 15 years. He was the first psychologist in Australia to research and publish about the use of the Internet for social fearfulness/anxiety self-help.

[Click here](#) to RSVP for the event

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