TITLE	**Social Media by Teenagers/Cyber safety**
RATIONALE	The internet was originally developed to facilitate communication and research activities but dramatic increase in the use of the internet in recent years has led to pathological preoccupation among children group. Therefore, numbers of internet users among students are increasing dramatically. This workshop will help to break down and understand the connections between online engagement and behaviour change and how best to develop effective online social media campaigns for adolescent health programs. This workshop will help in understanding of modern technology's impact on the pace of life, stress and relationships. How gaming is reshaping childhood, education, and social relationships.
Facilitator:	Dr Latika Bhalla, Consultant-Adolescent Paed, Sir Ganga Ram Hospital drlatikabhalla@yahoo.com Anisha Abraham, MD, MPH, FAAP, Visiting Associate Professor, University of Amsterdam, Pediatrics and Adolescent Health, Email : a.a.abraham@amc.nl
Co Facilitator:	Dr. Yatan Pal Singh Balhara, Psychiatrist New Delhi, India ypsbalhara@gmail.com Dr. Pradip Kharya , specialist in Community Medicine, Kannauj, India Drpradipkharya@gmail.com
Taking place:	**Afternoon**
Training objectives	1. What is Social media - Psychology Of Technology, Internet Addiction, Online Gaming Addiction & Cyber-bullying 2. How to diagnose Internet addiction and how it relates to co-occurring conditions and mood disorders 3. How the Internet has changed our culture, world and ... brains: Exploring the Psychology of the Web 4. How to promote healthy life style to improve physical, mental and social conditions of clients. 5. How to involve parents and teachers in the management of internet addiction
Facilitation techniques	• Introductions and ice breakers • Audio visual aids • Discussion and brainstorming • Hand on exercise - there will be a mix of lecture-style presentations and hands-on guided exercises/tutorials. • Interactive activities encouraging participation and simulation • Feedback/evaluation