Atlantic County Children's Inter-Agency Coordinating Council



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ANOTHER SPECIAL PRESENTATION FOR PARENTS AND CAREGIVERS

Raising Humans in a Digital World. September 1, 2023 3:30-5:00 p.m.

Following the same themes in the book of the same title, this presentation focuses on how to help kids build a healthy relationship with technology. The presentation will cover online reputation management, screen time, social media, online privacy, and how (and why) to wait on introducing certain tech to young children.

Attendees receive a discussion guide so they may continue investigating these topics.

https://us02web.zoom.us/webinar/register/ WN_eD5NBHGlQe-FcIbm27V1TA **About the Presenter:** Diana Graber is the author of "Raising Humans in a Digital World: Helping Kids Build a Healthy Relationship with Technology" and founder of CyberWise.org and CyberCivics.com, two organizations dedicated to helping adults and students learn digital citizenship and literacy skills.

A long-time media producer with an M.A. in "Media Psychology & Social Change," Graber is a recognized expert on technology's impact on human behavior. In addition to serving as Adjunct Professor of Media Psychology at the Massachusetts School of Professional Psychology (MSPP), Graber still teaches middle school Cyber Civics at Journey School in Southern California.

Atlantic County Executive Dennis Levinson



Atlantic County Board of Commissioners John W. Risley, Jr., Chairman

September is Suicide Prevention Awareness Month *Talk to Someone*

Need Support Now?

- If you are having thoughts of suicide
- If you need mental health-related crisis support
- If you are worried about someone else

Please call or text <u>988</u> or visit the <u>National Suicide Prevention Lifeline</u> to connect with a trained crisis counselor



Youth Helpline of New Jersey

1-888-222-2228

If you are between the ages of 10 and 24, live in New Jersey, and need to talk about an issue or problem that you are facing, call or text

Are you okay?

Start the conversation with a young person . . .

And, be prepared for the answer.

Scan QR code below for a 3-minute video from Dr. Matt Winterstein, Associate Professor, Department of Psychiatry and Human Behavior, Thomas Jefferson University





Your family has the best perspective!

Help us gain valuable information about the experiences of youth, parents and caregivers in accessing mental and behavioral health services so we can work to build and improve available resources.

Join our meetings.

The next Council meeting is Tuesday, August 8 3:30 - 5:00 p.m.

We will feature the special parent/ caregiver webinar on Friday, September 1 3:30 - 5 :00 p.m.

Contact Kathi for links or in-person options.