

Course Outline

Social Media and Mental Health Training

This course is for anyone who wants to understand teenagers' use of technology and the impact this may have on their mental health and wellbeing.

As the first generation to grow up using technology as a primary means of socialisation and communication, young people today face new pressures and challenges that those working with and supporting them would benefit from understanding in order to offer effective support.

By the end of this course you will be able to:

- Recognise and understand life as a 'digital native' - that of the first generation of teenagers using technology as an integral means of socialising and communicating.
- Recognise and understand different technologies and how young people use them, including a wide range of social media platforms and apps.
- Recognise and understand the potential positive impact of technology alongside the possible detrimental impact, Risks and benefits to emotional wellbeing including through exploring key areas such as online safety and online support.

What others have said about the course?

"All of the course was useful - it was like a veil being lifted on the fantastic information available for parents and young adults." (Anon, Cumbria)

How is this course relevant to me?

81% of teens use social media. As a professional working with young people, an enhanced understanding of the benefits and potential pitfalls of social media regarding mental health and wellbeing will enable you to act with confidence when addressing technology and the role it plays in the lives of the young people in your care.

All of our training is designed to be evidence based, interprofessional, reflective and informed by children and young people's voices.