

*Date: Tuesday, March 7th, 2017 Time: 7:00 p.m.*

*Location: St. Robert CHS Library*

RSVP: angela.mcmahon@ycdsb.ca

**social** **media** fitness

* Mental Health; Stress & Anxiety
* How Students are Evaluated, Online
* How Students Use Social Media
* Building a Sustainable Reputation
* 4 Prominent Social Platforms
* Become “Googleable”
* Achieve Balance; less screen time
* Increase Online Confidence & Skill

Listen ~ Connect ~ Engage ~ Influence

Join us for an exciting and visual journey into the world of Snapchat, Twitter, Instagram, Facebook and more. And leave inspired, skilled and confident   
to support your family’s journey through Social Media. Our kids are already  
engaged in this space. *We need to be engaged, too.*

*Core Discussions…*

*Chris Vollum*

International workshops

Presented to more than 500,000 students throughout Canada and the United States

Recognized educator on

Twitter, Instagram, Periscope, Snapchat, Facebook, YouTube, Tumblr