

What is so much time on devices doing to our young people?

Research from America has worrying implications for New Zealand parents. It shows that since 2010, adolescents have been spending more and more time on their devices.

They believe this may account for the significant increase in depression and suicide we are seeing in our young people, especially girls.

In contrast, they found that youngsters who spent more time on non-screen activities (social interaction, sport, exercise, homework, reading print media, religious services etc) were less likely to have mental health issues.

Come to this free seminar and hear approaches to tackling this problem from Jewish, Christian and Muslim speakers – Abi Buchhalter, Kitty McKinley and Rafat Najm respectively.

How do we prepare our youngsters for an increasingly digital world? What skills could we give them to make their use of tech a positive experience? How do we help them deal with the negative stuff? What can our faiths offer?

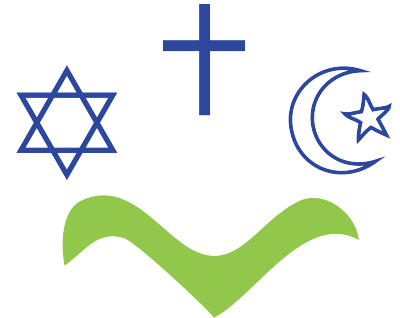
There will be a Q&A session, tea and biscuits, and plenty of time for discussion. We look forward to seeing you there!

SEMINAR: 'SOCIAL MEDIA AND MENTAL HEALTH'

**7pm Wednesday 28 September
Salvation Army Newtown Centre
4 Normanby Street, Newtown**

Questions about the event? Please email:
david.wardle@salvationarmy.org.nz

Free entry but if you're able to do so please bring a can or two of food which will reach people in need via Downtown City Mission. You're also welcome to make a gold coin koha to help WAC in our work.



**The
Wellington Abrahamic Council**
Of Jews Christians & Muslims

