

me, myself & my iPhone

online safety & wellbeing workshop series



In 2020, our time is spent online – in one way or another – now more than ever.

The internet connects us to friends and family, games and entertainment, education, current events, and a million different ways to express ourselves. It has unlimited potential to have a positive impact on our daily lives.

It is also important to consider that, like anything else in life, there are downsides and risks too. Sometimes we can run into trouble.

- How can we find balance between being online and offline?
- Where do we find support if things go wrong?
- How can we take control of our digital safety, and create the positive online spaces that we want?

In this 3-workshop series we'll look at helpful strategies, practical tools, and explore the skills that enable us to thrive online and off.



headspace Joondalup is on Whadjuk Noongar land. We acknowledge the Traditional Owners of this Country, and we pay our respects to their Elders past, present and emerging.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

Who

12-15 years old

When

4pm – 5.30pm

Mondays: 17th 24th & 31st of August 2020

Where

headspace Joondalup

Suite G8, 126 Grand Boulevard, Joondalup
(entrance on Reid Promenade)

Contact to register

Call (08) 9301 8900 or

E-mail info@headspacejoondalup.com.au

Group sign-up form on our website, go to: headspace.org.au/joondalup

Follow us on social media for regular updates about this group and more!

 /headspaceJoondalup

 @headspace_Joondalup