



## Talk on:

### ***“Applying “social media sunblock”***

### ***Supporting your adolescent as they navigate easy access to sexualised material online.***

In a world filled with immediate access and constant online “contact”, it can be difficult to determine how much of it your child needs in order to thrive and how much is harmful to them. Much like the ever evolving information given to us about the harmful rays of the sun - we are discovering the ways in which online sexualised content can damage the fragile maturing of an adolescent’s sense of self. How then can we facilitate their independence and yet help them protect themselves from potential long-term “damage”?

This talk is practical and centered around the following themes:

- 1) What kind of inappropriate online content could my child be exposed to? (Examining access and influence of sexualised online material on adolescents)
- 2) How does early exposure to inappropriate sexualised content harm my child? (Effects of sexualised material



#### **PLACE:**

Foundations for Life  
2 Hemyock Road, Plumstead

#### **DATE & TIME:**

16 June, 9:30 - 11:00

#### **COST:**

R150 pp

#### **BOOKINGS:**

[info@foundationsforlife.co.za](mailto:info@foundationsforlife.co.za)



on the brain and behaviour of adolescents)

- 3) How do I provide shelter and help them protect themselves? (Strategies that stifle and strategies that support healthy growth and maturation)
- 4) What happens if they get scorched? (Strategies to support emotionally wounded adolescents)

**Presenter:**

**Tanya Vollenhoven-Brown**

**(Clinical Psychologist)**