

# TECH-SAVVY KIDS NEED CYBER SMART COMMUNITIES



## What Attendees Are Saying

*"As a devoted and concerned parent I would recommend every school board and home & school association to offer this session to their staff and parents. It will be an investment you will be glad you made."*

*Jackie Thomas, Home & School Member  
Kitchener, Ontario*

*"This course is full of engaging stories and it is easy to follow. Thank you for providing so much tech information in a way that non-techy people can follow along."*

*Chris Harvey, Parent  
Halifax, Nova Scotia*

## What Organizations Are Saying

*"I highly recommend Cyber Smart Canada's services to others ~ They are amazingly easy to work with and get the job done!"*

*Margaret Wake, Youth Worker,  
London, Ontario*

*"Choosing Melanie Rhora to train our faculty and staff was the best decision we made!"*

*Luiz Capretz, Associate Dean,  
Faculty of Engineering, Western University*

*"Cyber Smart Canada's program was great for our kids and our community. They were so easy to work with and helped us with everything from including supplying customized marketing materials for us to use, print & distribute as needed."*

*Genny Weinburger  
Simcoe Street Public School, Niagara Falls, ON*

## Our Newest Seminar SELFIES & SELF ESTEEM

In this seminar, caring adults will discover the body image concerns affecting tweens and teens through what they see online as well as how to raise self esteem through social media literacy.

### HOW THE INTERNET IS SHAPING BODY IMAGE PERCEPTIONS

This course includes what every caring adult needs to know including:

- How what youth are viewing online is affecting the transition from childhood into puberty
- The ways that social media and online pornography viewing are affecting mental health
- The ways that online body shaming can affect youth
- The 3 Secrets to change body image perceptions
- 5 ways you can help raise self esteem in our youth



*For Families with Kids Ages 9+, this Seminar is a **MUST***

### This seminar is perfect for:

Parents, grandparents, and other caregivers of children ages 9+  
Elementary & secondary school teachers, staff, and other educators  
Medical & allied health professionals who work with children and families  
Child mentors (coaches, youth leaders, pastors, etc.)