



Supporting Teenagers Build Social Media Resilience Online

A practical workshop for parents and teacher to understand social media's influence & learn tools to build your teenager's digital resilience.

WHEN: 21st October 2025 at 7.30-8.30pm

WHERE: Online on Zoom. Link provided at purchase.

Please use this link to buy a ticket through Eventbrite.

<https://www.eventbrite.com/e/teachersparents-supporting-teenagers-build-social-media-resilience-online-tickets-1734545194369?aff=oddtcreator>



Overall, I would highly recommend Abi's talk to any school or parent community looking to empower young people and families to navigate social media safely and confidently. The sessions were insightful, practical, and left a lasting impression on all who attended.

Head of PSHE Halliford School



What's Covered

By the end of this session, parents will be able to:

- **Understand the influence online** - how companies, influencers, and algorithms shape content and behaviour.
- **Recognise how harmful content escalates** from memes and stereotypes to real-world risks.
- **Support their teenager's resilience** through identity, healthy digital habits, critical consumption, and safety action.
- **Know where to find and use reporting tools** on major platforms (TikTok, Instagram, Snapchat, YouTube, Discord).
- **Learn about the practical tools** to protect your child on wifi and on their phones.
- **Apply a simple, supportive framework** for guiding conversations and building confidence.



Next Steps

Social Media Resilience is no longer optional - it's a life skill. Equip students with the clarity, confidence, and critical thinking they need to thrive in an online world designed for distraction.

Join the newsletter to stay up to date with the latest trends impacted school aged children.

CONTACT US

E. abi@socialmediaresilience.co.uk

M. +44 7534 963664

W. www.socialmediaresilience.co.uk

Newsletter. <https://newsletter.socialmediaresilience.co.uk>

