

TITLE IV-E COLLABORATIVE Presents

Impacts of Technology on Young People: Social Media (afternoon session)

Gabriel Kram has a deep and abiding interest in and practice of mindfulness, emotional self-awareness, and somatics work. Over the past eighteen years, these modalities have transformed his life, and he is committed to training organizations and individuals in these tools to transform quality of life and organizational culture. He is the founder of Applied Mindfulness, Inc., an intervention design, training, and consulting firm that provides transformative experiential training to empower clients of all ages to discover and cultivate the inner resources, tools, and competencies to live healthier, more fulfilling, and effective lives. He previously directed The Mind Body Awareness Project, whose innovative mindfulness-based interventions for incarcerated youth are being scaled into new models of rehabilitation, and are the subject of both dissertations and peer-review journal articles. Gabriel studied neurobiology at Yale College, and narrative at Stanford University. He brings a reverence for indigenous culture, eighteen years of mindfulness practice, ten years of mindful movement, and a lifetime of wilderness exploration, nature awareness, and creative expression to his work. He is the author of *Inner Life Skills for Youth and Transformation through Feeling: Awakening the Felt Sensibility*.

With

Gabriel Kram

Tuesday, November 13, 2018

1:00PM-4:00PM (afternoon session)

Registration 12:30PM

West Valley Campbell Community Center
One West Campbell Avenue, Campbell, CA

Room J-69

**Registrants are encouraged to register for both the
AM & PM sessions, although it is not required**

Our society is presently engaged in the largest experiment on young people's attention (without an ethical review board) in the history of humanity. Young people's moment-to-moment experience of reality is increasingly mediated by their devices, which have in many ways become inextricably linked to their sense of self. Teens would rather text than talk. They are exposed to an ever-increasing amount of information and fragmentation of attention by an internet that has profound power to acculturate young people in ways very different from the value systems of most of their families and caregivers.

How is social media shaping young people's experiences of self and relationships?

-What are the developmental impacts of social media on young people's sense of self and self-esteem?

-For those of us who came of age before social media, what do we need to understand about the current environment's impacts on young people?

-How can we help young people develop a more critical/ mindful relationship with social media?

Eligible County Employees



For questions contact Staff Development & Training at Rianna.Garcia01@ssa.sccgov.org

Must obtain Supervisor approval prior to registering

Eligible Non-County Employees

Register on-line here:

<https://register.asapconnected.com/ClassDetail.aspx?pk=1281500>

If you have questions please email us at:

T4e.collaborative@gmail.com