

# Getting to know your



# Inner Selfie:

## build resilience on line and IRL

Adolescence is a time of identity formation –

- Who am I really?
- What is at my core?
- How can I be totally me and fit in?
- What are my Cyber-Egostates?

Your inner Selfie can be your anchor in Cyberspace and In Real Life.

- When is it important to plug-in and when is it important to click away or even un-plug?
- What is self interruption and do I do it?
- What is Cybersincerity and Cybertrust?
- When is my online life useful or not useful and how do you know the difference?
- Your Cyber life is as important as your phone but has anyone taught you how to walk in it without getting hurt?

*In this workshop you will learn about your own inner Selfie and how important it is in being OK and staying OK.*

This interactive and practical workshop is presented by Fiona Griffith, Clinical Counsellor and PACFA accredited Supervisor. It is for young people and anyone who works with them

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