

2nd
Annual



MENTAL HEALTH *Symposium*

Thank you for joining us!

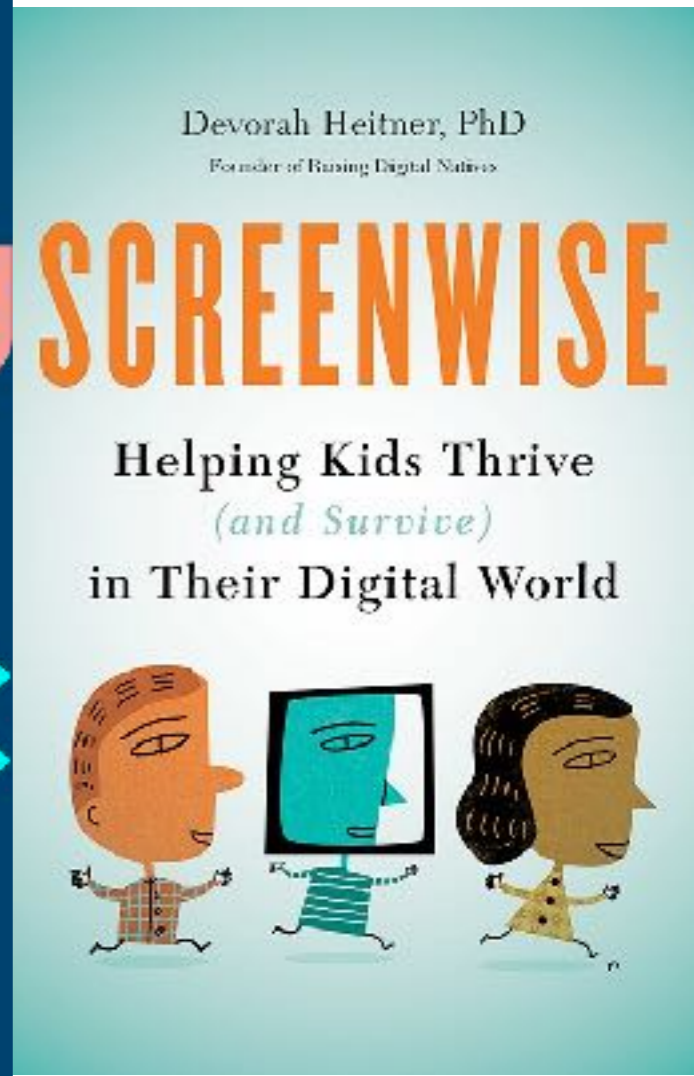
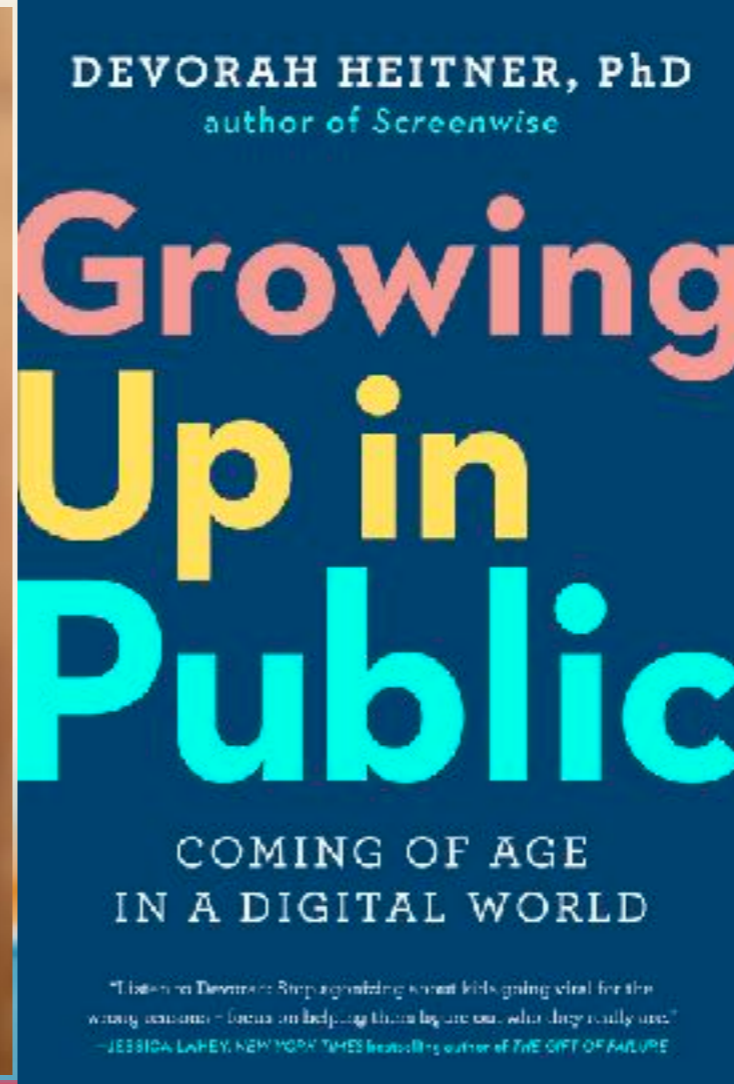
Keynote Address
8:30-9:30AM

**Growing Up
in Public**

DR. DEVORAH HEITNER



First  **Student**



Devorah Heitner, PhD

Instagram @DevorahHeitnerPhD

TEXT SCREENS on 66866 to get her email tips on raising kids in the digital age

Friendships/relationships

Reputation

Self-Esteem

Time Management



Self regulation



Texting



ago

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er loc



Character is more important than Consequences



college and career





Friends Vs. Followers

Mentoring over Monitoring



NO SHOT



- Stops or ask you ^{if you} want to keep the Screenshot
- Alerts you if ~~to~~ someone else takes a screenshot of something of yours
-

Every Day Is Picture Day



Digital Footprint



Comment · Share 👍 46 💬 9 📄 1

Youtube + Tik Tok

YouTube Devorah Heitner 1

GUIDE
MORE RESULTS
pandas



BBC News - China shows off 14 baby pandas

BBC NEWS **BBCWorldNewsWatch** · 2,063 videos **13,453** likes **4,021** subscribers

Three women fight back against their plaque psoriasis.
[Watch their stories](#)

- Women in Religious Cults (Full Documentary)**
by ConspiracyDoc · 1,936 views **FEATURED**
48:52
- 30 High-Speed Trains in 5 minutes± (TGV, Thalys, Eurostar, ICE-3)**
by aexpogby · Recommended for you
5:24
- Baby Panda Crawling In A Crib - Chengdu Pandas Research Center**
by a mirworld · 1,525,922 views
2:42



DISBOARD



COMMUNITY

12 online 87 total

The Girlies ♀

GAMES

FRIENDS

FUN

MUSIC

GIRL-TALK

This server is for the girlies! Just a fun community for girls to chat and make friends! There are outfit ideas and nail ideas channels etc. Super friendly staff, fun activities, and active chats! Hope you join! Can't wait to meet you!!

Bumped 225 days ago

Surveillance via apps





Challenge

/ Conflicts between friends



IONS : Sensors rude comments and chats

Blocks ~~not~~ bad words

Blocks people that constantly comment rude things



NO comment



Challenge

Friendship





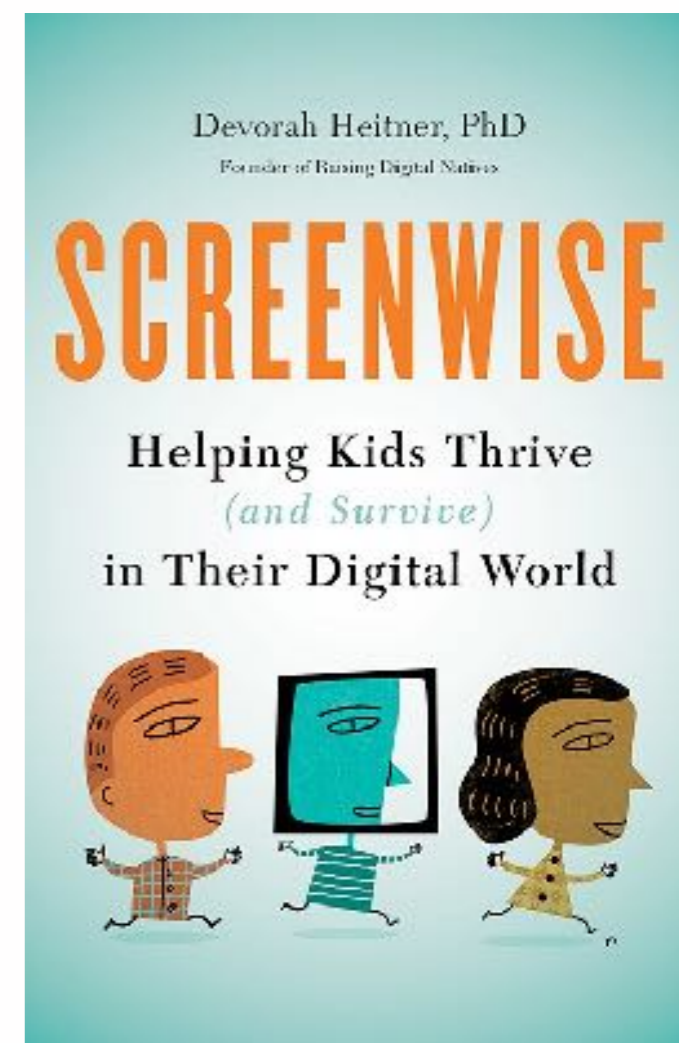
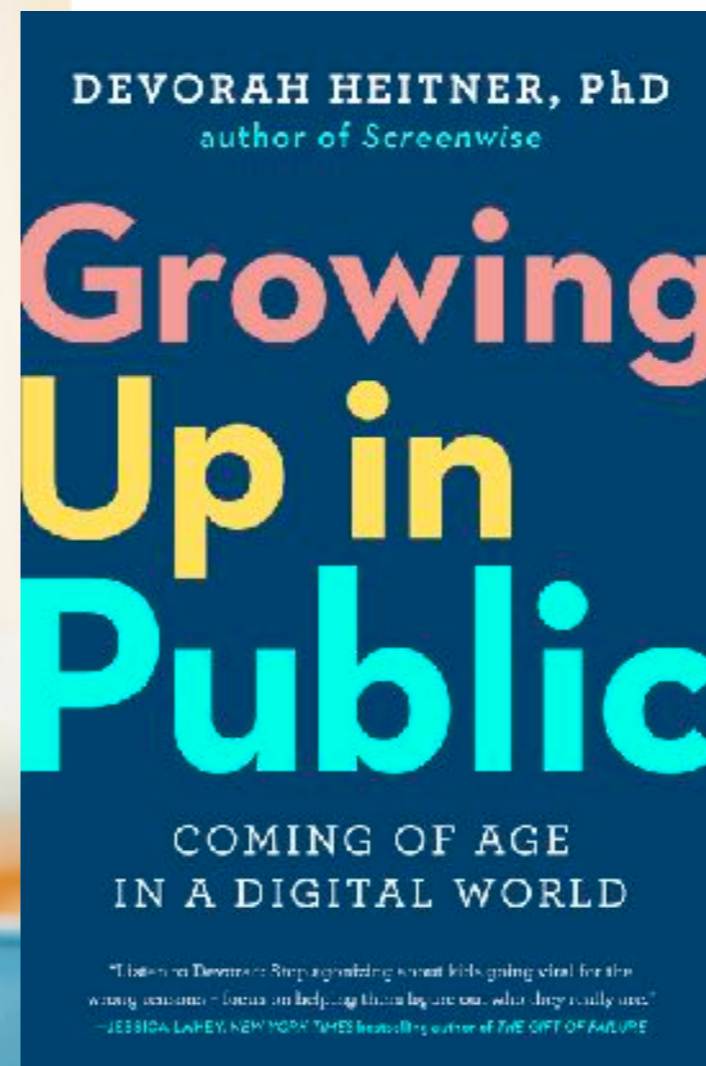
Repair



Find clarity through boundaries



Photo by Benson Kua



Devorah Heitner, PhD

Instagram @DevorahHeitnerPhD

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devo@devorahheitner.com

Your Mind Matters



THANK YOU

Please pick up your raffle ticket!

First  **Student**

*Naperville Park District, Linden Oaks: Mental Health Division,
and Fox Valley Park District*



Authentic Growth
WELLNESS GROUP



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Susan Myket, Ph.D. & Associates

A Child, Teen, & Family Psychology Practice

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