Cyber Safety for Adults: Navigating the Digital Landscape

April 22, 2025

10:00-11:30am MDT

Cyber Safety for Adults covers essential topics to help protect both you and your family online. This session includes a discussion on the pros and cons of social media, its impact on youth mental health, and how to manage social media use. We'll explore privacy protection, including the risks of data sharing and device tracking, as well as how to safeguard personal information from cybercrimes like phishing, cyberbullying, and sextortion.

**Please note that this session will not be recorded or uploaded to our website.

Learning Outcomes:

- **Understanding the impact of social media on youth mental health** and learn strategies for managing and discussing social media use with children and teenagers
- **Identify and mitigate privacy risks** associated with social media platforms, including data sharing, location tracking, and device surveillance
- **Recognize and respond to cybercrimes**, such as phishing, cyberbullying, and sextortion, while implementing effective safety measures and reporting procedures

Speakers:

Adriana Dewar, BA, MA, Community Outreach Coordinator at YouthLink. Adriana has worked in community outreach for a year and a half. In this role, she works very closely with schools, community organizations, parent groups, and youth support workers.

Target Audience: Youth and adults - any social media users
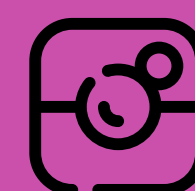
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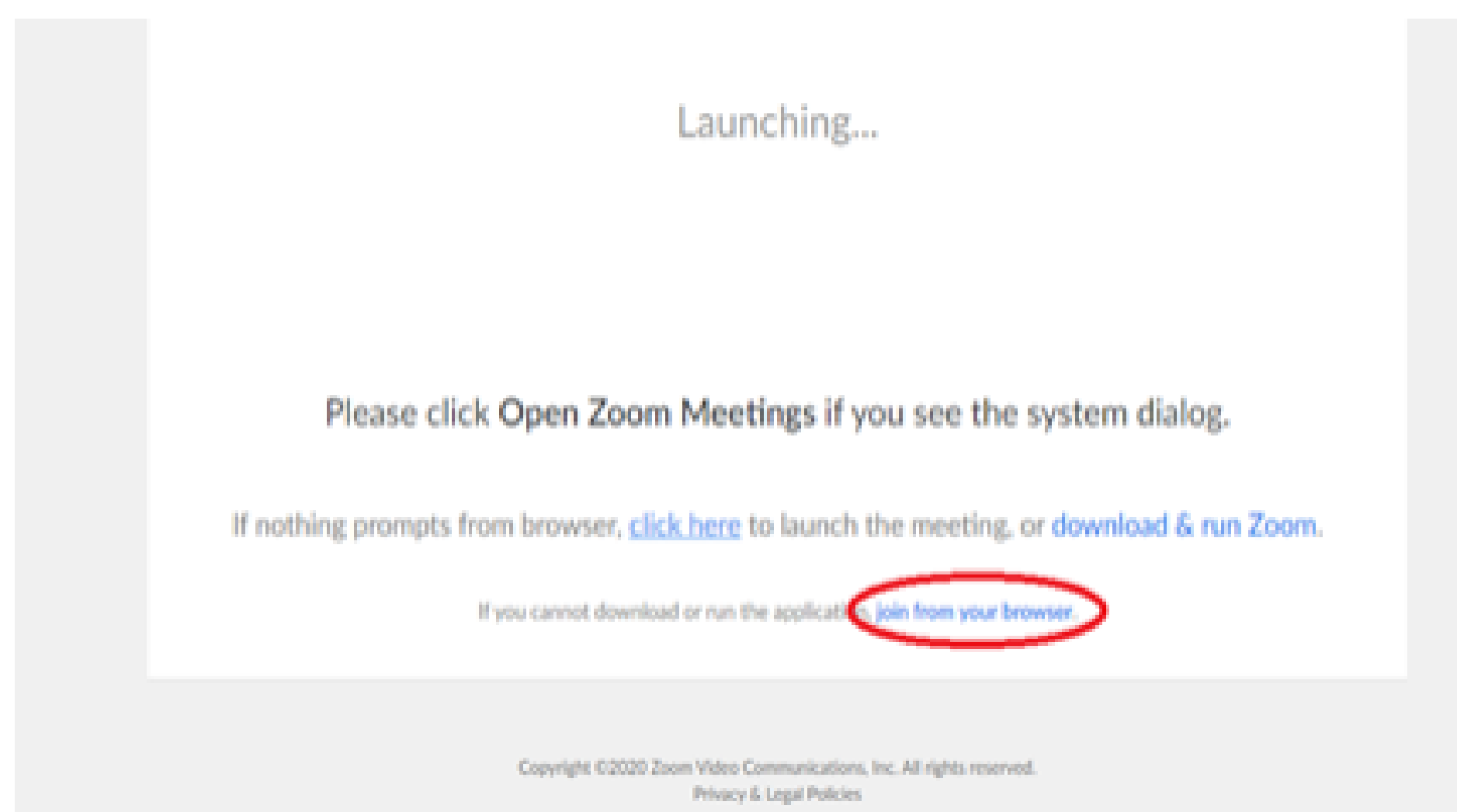3. Passcode: 549895
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