



# Working with Youth in a Digital World: Youth, Technology, Social Media, and Mental Health

## VIRTUAL 3 Hour CEU Training for Pennsylvania Licensed Counselors and Social Workers

Professionals working with youth are invited to join us as we team up with Licensed Professional Counselor and Nationally Certified Counselor Ryan Klingensmith, who is the founder of Shape the Sky, an organization dedicated to Creating Responsible Kids on Smartphones. Shape the Sky provides the community with the tools needed to raise digitally responsible citizens. The goal of this training session is to help adults educate and provide guidance for youth to create a digitally responsible culture among today's digital youth.

***Credit hours satisfy requirements for LSW/LCSW, LPC and LMFTA. In order to receive credit, participants must be present for the entire session, complete an electronic signature and complete an evaluation survey. CEU payment and confirmation of attendance is forwarded to the University of Pittsburgh who will issue the CEU certificate.***

### Details:

\$55 per person. This price includes the cost of the CEUs. Once online registration is complete and payment is made, the attendee will receive a Zoom meeting link for the date of the virtual training. After the virtual training is complete, participants will receive an electronic survey and electronic signature form to complete to verify attendance.

**Learning Goals:** 1-Participants will learn about youth culture via technology and social media. 2-Participants will be able to identify how youth explore and share information about mental health through technology and social media. 3-Participants will learn what resources are available to use with youth and parents when discussing mental health in a digital age.

### Other Learning Topics:

- How the world has changed working with youth
- Why kids don't talk to adults about technology
- Understanding current youth culture
- Accessing the Dark Web through apps and web browsers
- Online grooming
- Age restrictions
- Cyberbullying resources
- Fake text messages
- "Parasite" websites
- Common mistakes
- Sharing private information & identity theft
- Hidden photo vaults
- Social media and drugs
- Internet "challenges" (Momo)
- Mental health concerns such as eating disorders, self-harm and suicide
- Suicide prevention resources
- 13 Reasons Why Netflix series
- Digital Dating & Abuse
- Untraceable texting
- "Anonymous" apps
- How to start the conversation
- Prevention steps
- Monitoring services
- Using a Technology Contract
- How to set expectations
- When to monitor a device
- Access to online resources

Depending on the current trends, the presentation may review popular apps such as:

- Instagram
- Snapchat
- Confide
- YOLO
- TikTok
- Hoop
- Wink
- Hidden Photo Vaults
- LMK
- Tor
- VSCO

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Ryan Klingensmith began his career in 1994, working for an inpatient psychiatric hospital with teens diagnosed with a mental health disorder. Mr. Klingensmith has worked in group homes, Residential Treatment Facilities, and youth shelters. In 2010, Mr. Klingensmith started providing outpatient mental health therapy for youth. He also began working in Student Assistance Programs (SAPs) in middle and high schools, helping to identify at-risk students and provide them with mental health and drug/alcohol prevention referral services. In his work, Mr. Klingensmith began classroom prevention presentations regarding youth social media culture and saw the positive effect on students, both in private practice and within schools. Currently, he provides Educational Mentoring for a school district working with students K-12. He also provides social media training for parents, counselors, educators, community groups, law enforcement, and any other adults helping to shape the lives of youth.

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***"Kids have the knowledge to use the technology, but sometimes lack the wisdom to use it. Adults have the wisdom to use the technology, but sometimes lack the knowledge to use it. My goal is to connect knowledge with wisdom."***

**~ Ryan Klingensmith**

