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Media Release

Facing up to facebook with Dr Michael Carr-Gregg

'Over 73% of 12 to 17 year olds have at least one social networking profile, and of these facebook is the most popular. For many teenagers facebook is part of feeling socially connected', says Australian Council on Children and the Media President, Prof Elizabeth Handsley. 'Many parents struggle to connect with their children on this issue, so it's important for parents to have up-to-date information in this area'.

The Australian Council on Children and the Media (ACCM), in partnership with Concordia College, is presenting an important seminar called **facing up to facebook** with leading health and lifestyle speaker Dr Michael Carr-Gregg. To be held at Concordia College on Thursday 23rd August, 2012, the seminar will give parents the knowledge to discuss facebook with their children, and by opening up communication in this area, it will make it easier to talk about the positives, negatives and responsibilities of having a facebook page.

The seminar will look at what kids are doing online and how parents can keep them safe. It will also include everything parents need to know about facebook and other social networking sites, cyberbullying, internet addiction, filtering software and online games. In addition, strategies and guidelines for parents to help their children avoid the negatives and get the best out of facebook will be discussed.

Guest speaker Dr Michael Carr-Gregg is one of Australia's highest profile psychologists and an outstanding and highly motivational speaker on a wide variety of subjects associated with health and wellbeing. He is a founding member of the National Centre Against Bullying, the author of eight bestselling books including *Princess Bitchface Syndrome: How to survive teenage girls* and his most recent, *Surviving Year 12*. He has for seven years been the agony Uncle for Australia's biggest selling magazine for young women, *Girlfriend* and the official psychologist to Channel 7's *Sunrise* and *The Morning Show*.

More information about the seminar can be found at www.childrenandmedia.org.au or www.concordia.sa.edu.au and bookings can be made at www.trybooking.com/27195. The seminar will be held on Thursday, August 23, 2012 at Concordia College Chapel, corner of Balmoral and Cheltenham Streets, Highgate, Adelaide at 7:30pm. The evening will be chaired by ABC 891 Sonya Feldhoff.

ACCM is a unique national community organisation, which strives for a media environment that supports the health, safety and wellbeing of Australian children. It is committed to promoting healthy choices and stronger voices in children's media.

Concordia College offers a broad educational program for students from years 7 to 12. Concordia's diverse programs offer opportunities for students to become knowledgeable and active contributors to society while developing a passion for learning.

Dr Michael Carr-Gregg will be working with students and teachers throughout the day, and Concordia has extended his stay to allow parents and the wider community to benefit from his expertise in the evening. *Dr Michael Carr-Gregg appears by arrangement with Saxton Speakers Bureau.*

For more information or to arrange an interview, please email admin@youngmedia.org.au or call on (08) 8376 2111 or 0434 146 096. Media passes are also available for this seminar.