



## C-06

### Is Social Media & Technology Changing the Way We Think and Act?

Mental Health and Well-being Parent Partnership Committee

201C

This session will explore how social media and newer technologies may be changing the way we think, our attitudes, and how we act. We will discuss these effects along with multi-tasking in our ever-connected world, and some strategies we can use as parents to counteract some of the negative effects of social media and newer technologies.

#### Presenter

#### Saleem Haniff MSW RSW

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Saleem is a Mental Health Lead at the Toronto District School Board with a mandate to support and enhance the mental health and well-being of all students. In his work with well-being, Saleem has developed an interest in the intersection of equity, youth engagement, and technology in relation to student well-being. He has a professional commitment to work with children, youth and their allies to help them live well on their way to reaching their personal best. Saleem finds inspiration from his wife and mother's positive mentality, and their ability to find strength in difficult times; and from his father, who says: "Knowledge isn't power, until you act on what you know."  
~ Mohamad Haniff