



## **Session 3: Beautiful Minds**

### Selfies, texts and sexts

---

Human beings are ultra-social. Teenage girls are the paragon of this ultra-sociality. During adolescence, teen girls' relationships are like rollercoasters as they navigate everything from the mundane and banal to the exhilarating and terrifying. And that's just with their girlfriends!

The rise of intrusive technologies such as smart phones and tablets has only increased our girl's social reach and concern. It has also increased both the risks and rewards they experience in relationships with both their girlfriends and boyfriends. Photos, personal details and intimate thoughts are shared around social media by our girls, on a daily basis. It puts our girls at risk not only on a safety front but images shared are captured on line for life.

### **Workshop participants will learn:**

- How to know what a healthy relationship looks like

- How to use social media as a positive platform
- How to navigate the world of boys – and particularly how to communicate clearly about relationship expectations
- How to weigh up the risks and rewards of relationships – online and offline.

**Anticipated outcomes:**

- Understanding what makes a relationship healthy, what makes a relationship toxic, and how to identify when a relationship is not positive for you.
- The ins and outs of difficult relationships.
- A better understanding about how to use modern technology in positive ways to strengthen relationships.
- A clear understanding of the dangers of sex-ting and the laws that govern this.

