

SADAG's FREE
#FacebookFriday Online
Q&A



29 March 2019

Cyberbullying

**1PM: Social Media & Law Expert, Emma Sadleir
& Educational Psychologist Tshepiso Matentjie**

7PM: Educational Psychologist, Dr Fatima Adam



**Facebook Page: The South African
Depression and Anxiety Group**



Log in via: www.sadag.org

Cyberbullying Facebook Friday Online Chat

Friday 29 March 2019

1pm & 7pm

Keeping track of what your child gets up to online can be difficult. Socializing via the internet and mobile phones is a growing phenomenon with both positive and negative outcomes.

Whilst helping your child use the internet and their phone wisely, it is important to understand social networking sites such as Twitter, Facebook, YouTube and Instagram. Such sites provide instant communication with friends and the outside world, but also opens them up to issues such as cyberbullying, sexting, cat-fishing, etc.

Many children and teens don't know how to report cyberbullying and even telling their parents or teachers about a cyber problem, worried that their parents will over-react or limit their internet access. It can also be very embarrassing or humiliating for the young person. It is important for parents, teachers, friends and loved ones to learn more about cyberbullying and the impact of social media on one's mental health.

Join the FREE online #FacebookFriday on Friday the 29th of March discussing Cyberbullying. Join the chat 1pm - 2pm with Educational Psychologist Tshepiso Matentjie and Social Media and Law Expert, Emma Sadleir, and again at 7pm - 8pm with Educational Psychologist, Dr Fatima Adam. Click [here](#) to visit our Facebook Page.

To join the chats, LIKE SADAG's Facebook Page: The South African Depression and Anxiety Group or go to www.sadag.org. Facebook Users that would like to remain anonymous can send an email to media@anxiety.org.za and SADAG will ask on their behalf.

If you or a loved one are struggling to cope, call 0800 456 789 or 0800 21 22 23 to speak to a counsellor or visit www.sadag.org for more info.

SADAG Office	011 234 4837	
Suicide Crisis Helpline	0800 567 567	
Dr Reddy's Mental Health Helpline	0800 21 22 23	
Cipla Mental Health Helpline	0800 456 789	
Pharma Dynamics Trauma Helpline	0800 20 50 26	
Adcock Ingram Depression and Anxiety Helpline	0800 70 80 90	
ADHD Helpline	0800 55 44 33	
24 Hour Substance Abuse Helpline	0800 12 13 14	

Website: www.sadag.org

 The South African Depression and Anxiety Group  TheSADAG

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