

HBOW 2018

HEALTHY BEHAVIOURS IN AN ONLINE WORLD



GREAT HALL

LIBRARY

9:00AM	Welcome Refreshments
9:10AM	Opening remarks <i>Dr. Tara Dumas, Assistant Professor, Psychology</i> <i>Dr. Barry Craig, Principal</i>
9:30AM	It's Complicated: Establishing Healthy Dating Relationships in an Online World <i>O. Chevalier, T. Flagler, P. Khouri, H. Soicher, & S. Ward</i> Dating can be difficult, especially when much dating interaction occurs online. In this presentation, we will be discussing the role of technology in dating relationships. We will also talk about ways to use healthy online dating behaviours.
10:00AM	Break & Refreshments
10:15AM	Problematic Online Behaviours: Cyber-Aggression <i>J. Foran, A. McKenzie, A. Rao, & M. Zuleta-Jimenez</i> With increasing social media usage and online browsing, misogyny has become more visible in online behaviour. The presentation will focus on sexism in cyber-aggression and we will discuss strategies to identify issues from a teen perspective.
10:45AM	Keynote Address: Investigating why we L.I.K.E.: Promoting healthy behaviours in an online world <i>Melissa Gollan-Wills, M.Ed.</i> <i>PhD Candidate, Faculty of Education, Western University</i> <i>Member of the TVDSB Critical Media Literacy Task Force</i> Social media is ubiquitous everyday life, particularly for New Millennial youth. Our society has become saturated with media lingo, apps, platforms, live streaming, blogs, and so much more, bordering on living a dual life online. So who are you online? Why do we post what we post and share what we share? This presentation will focus on four key areas to better understand why we behave the way we do online versus F2F interactions. It will closely examine why we L.I.K.E.: Likes and the visual self; Interrogating the highlight reel; Knowing the issues and effects; and Educating, not eliminating.
11:15AM	Focus Groups & Tours High school students will reconvene with their schoolmates and teachers to discuss the day's implications. Tours of Huron will also be offered until 12pm.

9:30AM	The Effects of Social Media Addiction <i>J. P Chua, R. Cornish, R. Doyle, & M. Trigila</i> This presentation will make use of current research to examine the effects of social media addiction. In addition, we will discuss techniques that focus on reducing negative effects stemming from social media use.
10:15AM	The Effects of Social Media on Youth Self-Esteem <i>D. Cassoff, T. Davis, A. Egbuna, & H. Stinson</i> This presentation will focus on the positive and negative effects of social media use on self-esteem among teens. It will focus on a variety of social media platforms, analyzing and comparing them to each other.

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