

# St. Clair Tri-County Staff Training and Development Committee is please to present



**Be smart** on the  
**internet**

A graphic featuring a green rectangular background with a white border. The text "Be smart on the internet" is written in a stylized, bold font. To the right of the text is a white laptop with a yellow screen and a white mouse with a red cord. The entire graphic is pinned to a light-colored surface with a yellow pushpin at the top left.

**Date: March 15, 2018**

**Time: 9:00am-4:00pm**

## **Digital Dependency – Be smart on the internet!**

The evolution of the internet bore new means to entertain, communicate with others, engage in self-expression, gamble, and so much more. As care providers we must be aware of emerging trends, risks, benefits, and considerations when supporting clients who engage in any online activities.

In the morning session, Tamara Dick, Special Constable, Crime Prevention and Public Safety Chatham-Kent Police Service will address internet safety and personal safety on the street. The presentation on internet safety will include cyberbullying, internet dangers, predators on the internet, and issues with social networking. She will discuss crime prevention for home and work as well as being on the street. Tips on what to do and not to do in public situations/environments i.e. elevators, school campus, parking lots, ATM's, when using public transit, and home situations will also be discussed.

Afternoon presenters, Chelsea (Romualdi) Rodrigues & Phil West, are from Hôtel-Dieu Grace Healthcare in Windsor where Ontario's only Residential Treatment Program for Internet & Video dependency is operated. Chelsea & Phil will offer information on how to navigate platforms like online gaming and social media, how to recognize a possible dependency on screens (including smart phones), and an opportunity for you to reflect on how people you support use these devices as well as your own use. Harm reduction strategies will be discussed during this interactive presentation, and a plethora of resources will be provided that will prove useful professionally and personally.

Hosted at Countryview Golf Course [www.countryviewgolfcourse.ca](http://www.countryviewgolfcourse.ca)

**TO REGISTER:** Go online to [www.tricountytraining.org](http://www.tricountytraining.org) & follow the prompts

**PLEASE NOTE:** On-line registrations only

**COST:** \$45.00 (includes lunch and printed material)

No refunds will be issued, please send an alternate