

Impacts of Social Media: Parenting in the 21st Century



DESCRIPTION

A presentation on the complex relationship between social media, children, and adolescents, and mental health. Participants will gain a deeper understanding of how digital platforms influence mental health, identity development, self-esteem, attention, and social behavior in young users. The course highlights both the potential benefits and risks of social media use, including misinformation, cyberbullying, unrealistic beauty standards, and addictive patterns of use. In addition, the Session provides actionable strategies for educators, parents, and caregivers to guide youth toward healthier online behaviors. Topics include fostering critical thinking, setting digital boundaries, promoting media literacy, and cultivating a balanced relationship with technology.

OBJECTIVES

Upon completion of this program, the participant should be able to:
Develop a knowledge of current social media and adjacent technologies
Identify current trends regarding social media use among youth
Review current research/literature relating social media use to mental health
Explore benefits/risks associated with social media use
Discuss how to implement safe social media practices within your home

TARGET AUDIENCE

Counselors & Therapists, Social Workers, and any other interested healthcare professionals

FEE \$20 Consortium Member \$40 Non-consortium Member

Deadline to register: 9-8-2025

Cancellations and Refund Policy: Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) Refunds are typically processed within 10-15 business days after that.



To register please visit www.scahec.net/learn/
login or scan QR code
For questions please call Kimberly Morris at
843-777-5352
kimberlymorris@mcleodhealth.org



Tuesday, September 9, 2025

Program 9:00am-11:00am

LOCATION

Webinar via Webex

INSTRUCTOR

Nicholas Lee, LPC, NCC

Nicholas Lee is a licensed professional counselor at HopeHealth Medical Plaza in Florence, South Carolina, where he provides compassionate and individualized care to patients of all ages. He has a particular passion for working with young adults and addressing issues such as depression, anxiety, self-esteem, and life stressors. A graduate of Charleston Southern University with a bachelor's degree in psychology, Lee went on to earn his Master's in Clinical Counseling from The Citadel in Charleston, South Carolina. He completed his clinical internship at iHope Christian Counseling Center in Florence. Nicholas utilizes a trauma-informed and evidence-based approach to counseling, integrating various therapeutic modalities to best meet each patient's unique needs. Lee's commitment to excellence and client-centered care has earned him numerous accolades. He was named Best Therapist in Best of the Pee Dee in 2021 and 2022, received the Readers' Choice Award for Best Counselor in 2023 and 2024, was recognized as one of the Top 20 Under Forty in the Pee Dee in 2024, and was honored as the Best Young Alumnus by Charleston Southern University in 2024.

CREDIT

AHEC: This program is approved for 0.2 CEU's (2.0 clock hours) by Pee Dee AHEC and meets SC AHEC Best Practice Standards. Participants must attend 90% of the program in order to receive a certificate of attendance. No partial credit will be given.

Counselors and Therapists: This program is approved for 2.0 hours of continuing education credit. The South Carolina AHEC system is recognized as a permanent sponsor of continuing education by the South Carolina Board of Examiners of Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. {Provider number is #65}

Social Workers: Pee Dee AHEC as part of the SC AHEC System, is an approved provider of CE for social workers. This social work program is approved for 2.0 non-social work credit hours.