



Cyber Bullying

Talk by Mary Hough, Director, Sligo Education Centre

Children and young people are engaging more and more with the internet and social media. They need skills to keep themselves safe in the cyber world.

- This talk will explore how children are interacting online and what strategies we should use to promote internet safety

This is part of a series of free talks on Youth Mental Health which are open to everyone who has an interest in Youth Mental Health. Further information on all talks is available at: www.ecsligo.ie or www.alive2thrive.ie or Facebook Page: [alive2thrive](https://www.facebook.com/alive2thrive)



Date	Time	Venue
Tuesday, 10 th October	7pm – 9pm	Sligo Education Centre
Thursday, 12 th October	7pm – 9pm	Carrick Education Centre
Tuesday, 14 th November	7pm – 9pm	Pastoral Centre, Ballymote
Thursday, 16 th November	7pm – 9pm	Bee Park Centre, Manorhamilton

If you are interested in attending this public talk, please book your place by contacting:

Talks in Sligo: Contact Sligo Education Centre, (071) 9138700 or Email: info@ecsligo.ie

Talks in Leitrim: Contact Carrick Education Centre, (071) 9620383 or Email: office@carrickedcentre.ie

This is a FREE event organised by the Sligo and Leitrim Youth Mental Health Initiative and sponsored by Sligo Education Centre, Carrick Education Centre and HSE West.