

Talk Synopsis:

Technology has changed the way we play, socialize and interact with one other. How much screen time is appropriate for our teens? Find out what the latest trends in social media are and how we can engage them despite digital distractions (Eyal & Li, 2019) and coach them to deal with the hidden dangers of “chat groups?”

Learn how to set realistic and reasonable boundaries on their use of devices. Help them understand the science behind multi-tasking and how to maintain a healthy self-concept in the face of dealing with cyberbullying or rejection.

Speaker Profile:**Richard Cheong**

Richard Cheong has been trained as a certified family life educator by Swinburne University (Australia) and Family Resource Training Centre. He has served in the pastoral ministry for 20 years. Other than marriage counselling, children and teens counselling, Richard also specializes in counselling young adults in the area of smoke cessation.

For the past 20 years, he has been actively conducting family life talks to different audiences. Richard had been on Radio FM 93.8 as a guest speaker and was on the teens programme in Channel U “Just Shoot”.

Richard holds a degree in Counselling Psychology, and a Diploma in Counselling and Communication with Edith Cowan University.