

Social Media Wellness

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PHOTOS BY KENNA BYNUM



WHAT IS SOCIAL MEDIA WELLNESS?

Social media dominates our lives, especially for teens. But are they aware of its true impact? Social Media Wellness (SMW), a non-profit led by teenager Sarah Jean Bynum, is tackling this head-on. Their annual event, "Post Snap Thrive," gathered teens, parents, and experts to navigate the online landscape safely and productively.

POST SNAP THRIVE EVENT:

This year's diverse lineup included professionals like Wanda Webster, who explored using online tools for better organization. Corry Matthews tackled the critical issue of body image and how to curate a positive social media feed. Teen voices also resonated – Emma Traganza and Alex Matthews shared their journeys of navigating social media and building healthy online habits. The event culminated with Sarah Bynum's inspiring vision for a healthier online future.

Beyond lectures, the event buzzed with teen-focused activities. Pop-up shops by teen entrepreneurs and a fashion show showcasing Annie's Boutique of Lunada Bay added a fun dimension. Universities like UCLA and Boston offered swag, further amplifying the exciting atmosphere.

"I never realized how much control I have over my social media experience," remarked attendee Sienna Potter, highlighting the event's impact.

HOW TO GET INVOLVED:

Visit www.socialmediawellness.org to learn more. Support, schedule teen speakers for your organization, or join the mission of teens shaping a better online future.

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