

AN EVENT FOR PARENTS & STUDENTS IN  
MORRISTOWN & MORRIS PLAINS

# SOCIAL MEDIA VS. SELF-CONFIDENCE



GUEST SPEAKER  
**DUNCAN  
KIRKWOOD**

Duncan is an author, Veteran, and global resilience advocate. He has spent his professional life working to empower young people, educators, organizations, and communities. His mission is to ensure everyone can learn the critical tools to become the most resilient and best version of themselves.

## PARTICIPANTS WILL LEARN:



### How It Works

How social media works.



### Reality

What is real and not real on social media.



### Ego

That their value is not connected to anything on social media.



### Can't Buy Joy

The importance of finding joy internally and the effects of searching for it in external places.



### Opportunities

Some of the positive ways to use social media that can build self-confidence.

**TUESDAY, MAY 24 - 6:30PM**

MORRISTOWN HIGH SCHOOL AUDITORIUM

SPONSORED BY

