

ZELTZERMAN LECTURE

Is Social Media Hurting Our Mental Health?

LECTURE AND Q&A WITH
BAILEY PARNELL

FOUNDER OF #SAFESOCIAL
AND SKILLSCAMP CEO

Research shows the average person spends 6 hours daily on social media, which can be both a source of connection and a risk, including addiction, depression, and harassment.

Bailey Parnell, known for her TED talk, explores social media's impact on mental health, particularly among youth, and advocates for #SafeSocial practices in an era where complete abstinence may not be practical.

- 💰 **FREE AND OPEN TO THE PUBLIC**
- 🕒 **WEDNESDAY, NOV 8 | 5:00PM**
- 📍 **UVM DUDLEY H. DAVIS CENTER**
590 Main St. - Grand Maple Ballroom
- 🗣️ **ASL AND CART SERVICES PROVIDED**
- 🌐 **GO.UVM.EDU/ZELTZERMAN**

THE UVM MAJOR LECTURE SERIES

Each year, the UVM Major Lecture Series addresses a topic of interest in the public square. The theme for 2023-24 is Social Media. Each lecture in the series is made possible by endowments from generous donors and focuses on a particular aspect of the annual theme.

The Zelterman Lecture, established in 1966, explores sociological and humanistic ideas in the world of science.



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Learn more about future speakers coming to the UVM Major Lecture Series at: go.uvm.edu/lectureseries

Accommodation(s)

If you require an accommodation or service to participate, please contact michelle.clark@uvm.edu to discuss options.



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