



# NAVIGATING LIFE IN THE DIGITAL AGE

VIRTUAL PRESENTATION BY BEN TRACY



Tuesday / February 9 / 7:00 PM  
St. Elizabeth School

The program is rooted in the experience of someone who learned the hard way how comments made online – even as a teen – can alter your life and career. Social media posts not only caused Ben to be fired from a high-profile government job, but landed his face on the cover of one of America's largest newspapers. Needless to say, Ben learned firsthand how important your online reputation is in the digital age.

Since then, Ben has made it his mission to make sure young adults don't repeat his mistakes and has taken his message to schools, colleges and organizations across the country. Ben has shared his story to more than 200,000 students, parents, and young professionals. In addition to his personal story, Ben discusses cyberbullying, sexting, how social media impacts mental health and tips for parents to keep young people safe online.

