

# Is social media killing girlhood?

*Impact of social media on the self-image of young women and girls*



International Women's Day Association SA Inc



**Joan Russell**

**JOAN** is President of the International Women's Day Association of SA and will chair the 2018 Luncheon.

Joan worked 20 years at executive level in the SA public service, in a career characterised by a strong commitment to ethics and integrity, equity and diversity, social justice and management improvement through good personnel practices.

Since retirement she has continued this commitment through her work on boards and committees and as a contracted consultant.

Joan is recognised for implementing EO & EEO programs across the SA public service; leading the Premier's Social Justice Project in Adelaide's northern suburbs; reforming the processes of the Promotion & Grievance Appeals Tribunal as its Presiding Officer; restructuring the Aboriginal Health Council, SA and as the first civilian and first woman to hold the position of Director of Human Resources in SA Police.

Joan gained significant public profile for her four years in Antarctica as over-wintering Station Leader with ANARE.



**Joanna Zeitz**

**JO** is Manager of the Schools, Communities, Innovations and Learning Services (SCILS) for Relationships Australia SA. The SCILS program supports 350 young vulnerable South Australians who have disengaged or who are at risk of disengaging from our secondary schools.

Jo has worked in government, non-government and private practice as a researcher and lecturer for Flinders University and manager for a range of non-Government community services. Her 30-year career passion has been developing effective service responses that address social challenges and gaps in services.

Jo's latest focus is on one of today's greatest social challenges: recognising, understanding and responding to the impact of smart phones and continuous internet access on the mental health of young people.

Jo works closely with youth who are exposed to sites and images with real violence, hard-core pornography, gambling, continuous personal biofeedback, location tracking and around the clock social interaction that is unique to this generation.

In response to the increasing anxiety and mental stress, Relationships Australia SA's Value Me program teaches young people executive skills, positive risk taking, self-regulation and self-branding.



**Dr Collette Snowden**

**COLLETTE** is a Senior Lecturer in the School of Communication, International Studies and Languages at the University of South Australia.

Collette previously worked as a journalist, media advisor, public relations practitioner, and as a consultant and researcher in the mobile communications and information technology sector.

Her academic research is focused on the uses and effects of new technology on the media and public communication, particularly on the communication and media industries, and women. Her work is informed by historical processes, social trends and political decision-making.