



# I AM ENOUGH!

CULTURE & SOCIAL MEDIA



**SAT MAR 11**

**10:00am - 10:05am:**

**OPENING / WELCOMING REMARKS**  
Schelly Mitchell-McMillan

**10:05am - 10:10am:**

**PROGRAM OVERVIEW**  
Schelly Mitchell-McMillan

**10:10am - 10:15am:**

**ICE BREAKER - FREEZE DANCE**  
Schelly Mitchell-McMillan

**10:15am - 10:35am:**

**WHAT I SEE, WHAT I SAY, WHAT I SHOW**  
Zay Brooks

- Social Media Imagery
- Social Media Communication
- Social Media Content
- **BONUS TAKEAWAY:** Social Media Safety Tips For Kids
- **BONUS GIVEAWAY:** Book

**10:35am - 10:40am:**

**BRAIN BREAK**  
Mary Jones Baker

**10:40am - 11:00am:**

**WHAT I THINK**  
Francinia Miller

- How to deal with cyber bullying.
- How to deal with negative comments.
- How to deal with negative thoughts.
- **BONUS TAKEAWAY:** Cyberbullying Prevention Tips For Kids
- **BONUS GIVEAWAY:** Bracelet

**11:00am - 11:05am:**

**BRAIN BREAK**  
Mary Jones Baker

**11:05am - 11:25am:**

**WHAT I DO**  
Malkia Johnson DSW, LCSW-C

- Positive Messages
- Uplifting Acknowledgments
- Fun Content
- **BONUS TAKEAWAY:** Positive Affirmation Quotes for Kids
- **BONUS GIVEAWAY:** Necklace

**11:25am - 11:40am:**

**BREAK**

**11:40am - 12:05pm:**

**HAPPY MOOD**  
Shawn Emory

- Mood Your Body

**12:05pm - 12:25pm:**

**HAPPY GROOVE**  
Shanti Coaston

- TikTok Dance

**12:25pm - 12:30pm:**

**CLOSING REMARKS / GIVEAWAY**

