



**BEN TRACY PRESENTS**

# **NAVIGATING LIFE IN THE DIGITAL AGE**



**BILLINGS CENTRAL CATHOLIC HIGH SCHOOL  
WEDNESDAY / OCTOBER 27 / 6 PM**

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 forever. Social media posts not only caused Ben to be fired from a high-profile job, but landed his face on the cover of one of America’s largest newspapers and as a lead story on news broadcasts to millions. 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 middle schools, high schools and colleges across the country. Ben has shared his story to more than 250,000 students, parents, and young professionals. In addition to his personal story, Ben discusses cyberbullying, inappropriate content, and how social media impacts mental health.