

SUPPORTING PARENTS TO GROW DIGITAL RESILIENCE IN YOUNG PEOPLE



Parents'
Information
evening

HAM YOUTH CENTRE
WEDNESDAY 29 NOVEMBER

6 TO 8PM

An information evening for parents and young people aged 10 to 19 offering practical tips and advice to support young people to be safe and resilient in their use of technology.

Including expert speakers and also informal discussion groups to share dilemmas and discuss sensible strategies for the whole family.

Topics include:

- online safety
- cyber bullying
- screen time
- emotional wellbeing
- social media
- computer gaming



**achieving
for children**

To book a place, contact Ben Skelton
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