

Come along to a Parent & Carer Presentation!



Digital Wellbeing for Families Workshop

WHO'S INVITED?
Parents & Carers

DURATION
60 minutes

WHERE?
In-Person Workshop

ABOUT THIS WORKSHOP

This in-person workshop invites you to step back and reflect on how screen time affects your household. It explores **practical tips and strategies** for creating **healthier digital habits** that positively impact relationships and **strengthen family connections**.

Tailored for parents and carers, this session will help you:



Gain insight into the **latest research around family screen time and its impact** on individual and collective wellbeing in the home.



Feel equipped to **support your children's device usage with practical strategies** without screen shaming, banning or removing devices.



Discover **ideas and strategies to enhance your own digital wellbeing** to role model for your family.

SCAN FOR MORE ABOUT
THE RESILIENCE PROJECT.

