



Digital Wellbeing for Families Workshop

AUDIENCE

Parents & Carers

TIME & DURATION

60 minutes

FORMAT

In-Person Workshop

ABOUT THIS WORKSHOP

This new presentation gives parents/carers the opportunity to reflect on their family's digital wellbeing. They will explore **practical tips and strategies** to create **healthy habits around screen time** to positively impact relationships and **strengthen connections** within the home.

Parents/carers throughout the session will:



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



Be provided with **ideas and strategies to enhance their own digital wellbeing** to role model for their family.



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