



**THURSDAY
13th
NOVEMBER
7-8.30pm**

NAVIGATING THE SOCIAL MEDIA DELAY

PARENT & CARER WORKSHOP

Location: Theatrette
Corner Glen Eira and
Hawthorn Roads, Caulfield

This 90-minute session is designed for parents and carers to understand Australia's new social media age restrictions for under-16s. You'll learn what the delay means, why it's being introduced, and how it will work in practice.

In this session, we'll explore:

- Why the social media delay is happening
- Which platforms are affected and when
- What it means for your child, including existing accounts
- Safer online alternatives
- How to talk with your child about the changes
- What to know about ID checks and privacy
- How to prepare your family

**We'll also allow time for questions and discussion.*



Rebecca Martin
Presenter

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Positive Parenting Pillars



MODEL

Set the example for healthy digital citizenship

- Review your own social media habits and screen time
- Be mindful of what you share about your teen online
- Show healthy boundaries with technology at home



PARTICIPATE

Stay connected to their digital world

- Explore their platforms together
- Know their online contacts
- Create tech-free family time



COMMUNICATE

Keep conversations open and judgment-free

- Encouraging help-seeking and praise speaking up
- Discuss online scenarios together
- Discuss consent and privacy



SUPERVISE

Provide appropriate oversight and support

- Balance independence with safety
- Check in, don't interrogate
- Watch for changes in behaviour