## **PARENTS & CAREGIVERS ONLINE SESSIONS**

Presented by Real Talk Australia Zoom Meeting ID: 534 935 0161

> Four Alternate Dates for Primary School Parents Catholic Schools, Armidale Diocese Wednesday 1 June, 7:00pm, Tuesday 28 July,7:30pm Monday 1 August, 6:30pm, Tuesday 18 Oct,7:00pm

WHO IS REAL TALK? Real Talk provide seminars, reflection days and up-to-date resources to young people on topics relating to identity, eSafety, relationships, love, sex and marriage. They speak to over 30,000 students each year and present parent nights in schools nationally.

## **TOPICS BEING COVERED:**

- Current culture and what's impacting our kids.
- Is technology taking over your family? Tips to help you understand & manage social media, gaming, & screen time.
- What's happening to my child? Let's talk developmental changes & our kids.
- What can you do to prepare your kids for healthy relationships?
  - \*All attendees will receive free access to Real Talk's Parent Portal resource!

What others have said: Amazing, very educational ... practical guidelines to help us guide our kids ... I now understand more about technology and current culture ... there is hope! ... relevant ... I feel blessed and empowered that I came along ... highly recommend to parents to keep informed ... something that cannot be missed!

**4 repeat sessions for Primary Parents.** Choose the date that is most suited to your family.

Realtalk

For more information: www.realtalkaustralia.com