



DIGITAL PARENTING: REGULATE AND RESPOND

THURSDAY
13th
NOVEMBER
7-8.30pm

FREE PARENT & CARER WORKSHOP YEAR 7 - 12

This interactive workshop will empower you with the skills and knowledge to:

- ✓ **Model** safe and healthy balance at home
- ✓ **Participate** in your teen's online world in a positive way
- ✓ **Communicate** openly about online risks and promote help-seeking behaviours, including guidance on reporting online harm
- ✓ **Supervise** and support



Steve Villani
Presenter

Location: Theatrette

Corner Glen Eira and Hawthorn Roads, Caulfield



SCAN or
CLICK
to register



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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