

## FREE PARENT & CARER WORKSHOP **YEAR 7 - 12**

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

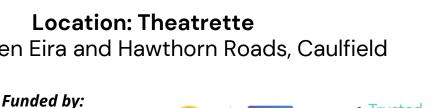
Model safe and healthy balance at home



Communicate openly about online risks and promote help-seeking behaviours, including guidance on reporting online harm

Supervise and support

Corner Glen Eira and Hawthorn Roads, Caulfield





esafety.gov.au

Steve Villani

CLICK

to register

# **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