



Parenting Teens and Managing Screens

How can we still connect to our teens when screens take up so much of their attention, time and worries?

Are you:

- concerned about screen time and your teen?
- worried about screen time impacting on your teen's health, sleep, mental wellbeing and social skills?
- feeling like screen time has gotten a bit out of hand since the onset of COVID-19?
- needing reassurance that your teen is going okay?
- experiencing tech temper tantrums and battling to limit screen time?
- perplexed by how different your teen's experience is to your memories of being a teenager?
- wanting to learn some skills to connect to the emotions underneath the screen battles?
- curious about adolescent development in the modern world?

In this two-hour session, we will cover key developmental changes that are happening for your teen.

We will consider the positive and negative aspects of screens in our teen's lives; support our teens emotional intelligence and resilience; and ways to help you better connect with them.

This session is delivered by Relationships Australia Victoria (RAV) as part of the Yarra Communities that Care initiative.

Session content is based on the Tuning in to Teens program.

Ideal for

Parents/carers of students attending a school in the City of Yarra.

When

Monday 23 August 2021, from 7-9pm.

Where

This session will be delivered via Zoom webinar. Further information will be provided upon registration.

Please note: participants will have access to the chat message function for the Q&A section of the webinar, but will not be on video or audio.

Cost

Free of charge. Bookings required.

Bookings and more information

Visit <https://parenting-teens-and-managing-screens.eventbrite.com.au> to reserve your place. To find out more, contact Monique Thompson, Community Liaison Officer at RAV.

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