



Teens and Screens

Parenting in the Digital Age

A 6-week program for parents of 10 to 18 year olds

This program is for parents who wish to:

- Explore how excessive screen use may negatively impact a child's emotional and physical well-being,
- Learn how to discuss harmful online content with your child such as violence, cyberbullying, sexual content and breaches in privacy and misinformation
- Learn strategies to set boundaries and manage conflict in the family that often arises from excessive screen use.
- Deal with anxiety and anger - both yours and theirs while improving family relationships

When: Mondays (6 evening sessions)

Dates: May 12th June 23rd 2025

No session on 9th June - King's Birthday

Time: 7:00 to 9:00 pm

Where: Online via Zoom

Cost: Free to attend (bookings essential)

Registrations: [Click Here](#) or scan QR

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Please Note: Teens and Screens is a 6-week interactive parenting program. You will need a device with audio and video to participate.



PARENTZONE

BETTER
TOMORROWS