



Tweens, Teens and Screens

Parenting in the Digital Age

A 6-week program for parents of 8 to 14 year olds

This program is for parents who wish to:

- Explore how excessive screen use may negatively impact emotional, social and physical well-being.
- Learn how to discuss harmful online content with your child such as violence, cyberbullying, online influencers, sexual content, 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 code

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PARENT*ZONE*

**BETTER
TOMORROWS**