

Technology Matters

Safe & Responsible Use of Screens

Undoubtedly digital technology offers tremendous advantages to children but can also bring potential risks and challenges. This practical session is designed to explore how parents can help their children manage these risks and challenges, just as we help and guide them in other areas of their lives. Internet safety is not so much about control and coercion but communication and connection to ensure that when you need to, you can get the kids off that screen!!!

Session Outline

- Talking to your child about screens and establishing boundaries
- The risks: gaming, cyberbullying, grooming, sexting, plagiarism, inappropriate websites, viruses, privacy and identity theft
- Safety tools and parental controls to protect your child
- Useful websites and resources

Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Opportunity to ask questions



Facilitator: Rachel Vecht

Trained as a primary school teacher at the Institute of Education in London and taught in both the state and private sector. She has also worked as a University mentor and lecturer to student teachers. Over the past 20 years (in addition to becoming a mother to 4 children), she has written and delivered 'Educating Matters' seminars to tens of thousands of working parents in the corporate and public sector. She also privately delivers a ten week 'Positive Parenting Course' covering more general parenting issues, speaks in schools, offers one to one consultations to parents globally and comments on parenting for the media.