



FREE Online Resilience Workshop for Parents

Please join us for this parent-led workshop to:

- better understand the online world your children live in;
- learn practical approaches to keep your children safe online;
- build the knowledge and confidence to talk with your children about online safety;
- and find out more about Being a Parent Support available from HeadStart!

Thursday 11th January

9:30 – 12:00

Community Links
105 Barking Road
E16 4HQ

- A light lunch will be provided
- Free Crèche for children under 4
- Each parent who attends the whole event will

How can I help my child use social networks safely & responsibly?

How should I change my digital parenting as my children get older?

How can I keep up-to-date with the online world my children live in?

What can I quickly chat to my kids about to keep them safe online?



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