



Let's Talk About Our Kids & Their Tech

This session, Let's Talk About Our Kids & Their Tech, offers parents and carers clear, research-backed insights and practical strategies for managing children's mental health and tech use. It covers the impact of smartphones and social media, helping families set healthy boundaries and make informed choices. The session is non-judgmental, open for honest discussion, and for adults only.

**ONLINE workshop on
Wednesday 21st October at 730pm**

Link to be circulated closer to the time!

Papaya have already been to Fishbourne to lead both a children's and parent workshop – this workshop is appropriate for parents of children of all ages.

"The talk is so relevant, full of insight and eye-opening. You will walk away inspired to connect, reflect, and find out more. I highly recommend it."

Claire Curtis, parent and SFC volunteer.

