

## Social media, online activity and mental health

1-hr webinar for parents and carers

**7<sup>th</sup> December 2023 or 8<sup>th</sup> February 2024 - from 6:00pm to 7:00pm on Zoom**

This webinar is for parents and carers who want to understand young people's use of technology and the impact this may have on their mental health and wellbeing.

There will be a max. of 20 participants in each webinar.

### **In this webinar, we will:**

- Explore what we mean when we talk about young people and online activity
- Consider the impact of social media and gaming on young people
- Understand the importance of talking to young people about their experiences online
- Hear practical tips from young people and parents and carers about how to approach these discussions

**To book a place please email [luke.geary@centralbedfordshire.gov.uk](mailto:luke.geary@centralbedfordshire.gov.uk) and specify which date you would like to attend**