

Education Wellbeing Service Webinar

Social Media & Gaming - What Parents Need to Know

Young people are spending more and more time on social media and gaming.

This workshop talks through the relationship between mental health and different forms of screentime – some of the myths, science and also tips for how to think about and support your teen around different forms of screentime.



DATE / TIME

Tuesday 6th February 1-2 pm

Wednesday 7th February 6:30 - 7:30 pm

LOCATION

Online - Hosted on Teams

Sign up to this event for free on Eventbrite (and check out our others!) by scanning the QR Code or following the link below:

[CLICK HERE to book](#)

