



- ✚ Are you worried about what your child is doing online?
- ✚ Do you want some expert advice about how to strike a balance with screen time?
- ✚ Feel out of your depth when it comes to gaming?
- ✚ Wondering if your child is addicted to their device?

Hear from the experts!

To celebrate **Safer Internet Day** take advantage of the following **FREE** Short Webinars for Parents Carers. Click on each topic to register your place.

Webinar Topic	Date and Time	Speaker	Suitable for
Empowering Healthy Online Behaviour in Teenagers	Tuesday 9th February 7.30-8.15pm	Dr Nicola Fox Hamilton, Cyberpsychology researcher, member of the Cyberpsychology Research Group at the University of Wolverhampton and lectures in Cyberpsychology and Psychology in IADT, Dun Laoghaire	Parents/carers of teenagers
Empowering Healthy Online Behaviour in Younger Children	Wednesday 10th February 7.30-8.15pm	Mark Smyth, Consultant Clinical Psychologist	Parents/ carers of younger children
Addicted in a Digital World	Tuesday 23rd March 6-6.45pm	Ineqe Safeguarding Group	Parents and carers of children all ages
Addicted in a Digital World	Wednesday 24th March 6-6.45pm	Ineqe Safeguarding Group	Parents and carers of children all ages
Online Harms and Digital Resilience	Wednesday 31st March 6-6.45pm	Ineqe Safeguarding Group	Parents and carers of children all ages