*Parent, Students and Staff are invited to...*

***Smartphones, Sexting & Social Media: What Parents & Kids Need to Know About Growing Up in a Digital World***

*Register for the November 12th, 7pm workshop with the following link:*

[***https://forms.office.com/Pages/ResponsePage.aspx?id=3I4qaDU1e0SMeoQxodjRtZtjjWd5zR5AmAc2RNkhLAxUNVUyQzZSUERNWU5NUEQwMDNWN00yT05DSy4u***](http://track.spe.schoolmessenger.com/f/a/z3BQKkiXNisxPYsFrfY0bw~~/AAAAAQA~/RgRhht8eP0SEaHR0cHM6Ly9mb3Jtcy5vZmZpY2UuY29tL1BhZ2VzL1Jlc3BvbnNlUGFnZS5hc3B4P2lkPTNJNHFhRFUxZTBTTWVvUXhvZGpSdFp0ampXZDV6UjVBbUFjMlJOa2hMQXhVTlZVeVF6WlNVRVJOV1U1TlVFUXdNRE5XTjAweVQwNURTeTR1VwdzY2hvb2xtQgoAR56rpV8-asKgUhJzZHVmb3J0QGVtc2IucWMuY2FYBAAAAAI~)

*The second workshop will be held December 3rd:*

***Worried Sick: What Parents & Kids Need to Know About Anxiety***

*A link will be sent in late November with registration information.*

*More information about the November 12th workshop:*

***Smartphones, Sexting & Social Media: What Parents & Kids Need to Know About Growing Up in a Digital World***

***Presentation and discussion with Alissa Sklar, Ph.D.***

*Do you worry about how much time your kids spend online? About the sexual or violent content they may see? Are you concerned about cyberbullying, online harassment and adults trying to lure our children into dangerous situations? Have you seen the amount of screen time drastically increase since the onset of the COVID-19 pandemic and wonder how it is impacting your kids? You aren’t alone. Parents consistently list the challenges of digital tech as their top concerns.*

*Our children are digital natives, growing up in a wired world we could never have imagined during our own school years. The Internet places an incredibly powerful set of resources at their fingertips, allowing them to communicate, entertain and inform themselves at all times and in all places. The vast opportunities offered by these technologies come with a set of challenges and responsibilities. How can we, as parents, teach our sons and daughters to put them to use in ways that are creative and productive, but also safe and responsible? How can we work with their schools to ensure they are getting these messages consistently and effectively? The good news is that you can – and should – lay the groundwork for good judgment, resilience and open communication.*

*Join us for a practical discussion about what you should know when it comes to kids & digital tech, and what you can do to promote safe, responsible, creative and productive use of these powerful tools.*

* *Learn what it means to raise a “digital citizen”*
* *Understand how technology use has changed the way kids socialize, do schoolwork and sleep*
* *Set up effective household rules to complement what they are learning in school*
* *See how screentime impacts sleep*
* *Become a good role model for use of digital devices*
* *Create and enforce reasonable limits on use of digital devices*
* *Build positive online “footprints” for future school and job applications*
* *How to (mostly) stop worrying by being prepared*

***Alissa Sklar, Ph.D.****runs risk(within)reason, a Montreal consultancy project focused on kids, technology and risky behaviours. Dr. Sklar has a Ph.D. in communications and cultural studies, taught in the Communication Studies Department at Concordia University and worked in the field of adolescent risk prevention at McGill University. In addition to her academic and consulting work, Dr. Sklar is a mom of three, and a multiple award winning feature writer, with a particular interest in parenting, youth and digital technology issues.*

*For more information, please visit*[***www.risk-within-reason.com***](http://track.spe.schoolmessenger.com/f/a/0C6uhu_FkflDriXvxv5wLQ~~/AAAAAQA~/RgRhht8eP0QIaHR0cDovLz9XB3NjaG9vbG1CCgBHnqulXz5qwqBSEnNkdWZvcnRAZW1zYi5xYy5jYVgEAAAAAg~~)