



Digital Wellbeing For Our Families: A St Bernardine's P&F Initiative

Today's parents are the first generation having to raise kids who use digital technologies from birth or what many refer to as 'digital natives'. But while our 'digital natives' know the ins and outs of devices, they have little experience to inform the decisions they make when using them, and this can have a negative impact on not only their general wellbeing but also their digital wellbeing.

But how do parents of these digitally driven children help generate a positive and meaningful relationship with technology, when no parenting generation has had to do it before?

St Bernardine's P&F have a solution — a digital wellbeing initiative, which aims to both educate and improve the digital wellbeing of St Bernardine's families in partnership with *Family Insights*.

This partnership will draw on best practice content and advice from *Family Insights'* 'Knowledge Centre', which compiles over 200 national and international expert resources for educating and supporting effective digital parenting.

This initiative will include:

- a) Family Insights articles to help develop...
 - i) family expectations in the use of technology;
 - ii) how to stay safe online;
 - iii) dealing with bullies, bullying;
 - iv) appropriate online content and behaviour;
 - v) managing the impacts of gaming and social media;
 - vi) ways to identify and avoid unwanted contact;
 - vii) ways to manage screen time;
 - viii) ways to monitor use and for parents to help build digital resilience in children.

- b) 12 Month FREE access to the *Family Insights App* and *Knowledge Centre* (including a 30 day free trial period).
- c) Two 30-minute presentations on 'Digital Wellbeing for Parents' delivered by Family Insights representative/s prior to the May 7th 2019 P&F meeting.

Overall categories to be covered are:

- Screen time
- Internet Addiction
- Cyberbullying
- Video Games
- Social Media
- Online Grooming
- Offensive and Illegal Content
- Online Safety
- Digital Literacies
- App Reviews

How you can participate:

1. Read the weekly articles distributed on our P&F Facebook page. Simply like the page and follow our content to stay up-to-date. You can also keep an eye out for articles on the P&F section on the school's website and newsletter.
2. Register for the '[St Bernardine's Offer](#)' linked throughout articles, and download the *Family Insights App* from the Apple Store or Google Play to begin your 30-day free trial and unlimited access to *Knowledge Centre* content
3. Partake in the short anonymous 5-minute survey (before and after the initiative) to help further develop the St Bernardine's Digital Wellbeing initiative.
4. Attend the 30-minute 'Digital Wellbeing for Parents' presentations with the added exclusivity of receiving 20% off the internationally endorsed parenting book *The Parents' Survival Guide to Children, Technology and the Internet*.



'A MUST-READ FOR ANY PARENT WHO CARES ABOUT THE WELLBEING OF THEIR CHILDREN'

PROFESSOR DONNA CROSS, TELETHON KIDS INSTITUTE

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