

media release

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Children, teens and technology seminar: what parents need to know

Parents struggling with the overwhelming number of devices and technological platforms their children are using will learn important strategies and tips from an expert at a seminar to be held later this month by Mosman Council Youth and Children's Services.

Psychologist, lecturer and writer Collett Smart, who is renowned for her wealth of knowledge in the area, will cover topics including cyber bullying, gaming, social networking, gendered differences in online activity and practical recommendations on how to set boundaries at home.

The confronting range of devices and platforms can lead to parental feelings of exhaustion and lack of control especially when it comes to setting boundaries.

But understanding and managing your child's use of technology has been proven to have hugely beneficial and protective effects, including better sleep, school performance, levels of mental and physical health and increased pro-social behaviour.

The seminar will aim to better equip parents to help their child develop positive media and technology habits and encourage healthy development of their self-esteem including:

- The cognitive and social benefits of technology and online games
- The similarities and differences of girls' and boys' online activities
- The risks without the panic - sexting, cyber bullying, gaming, social networking and inappropriate content and
- Practical recommendations for maintaining boundaries at home.

The seminar will be held from 7.00-8.30pm on 30 May at Mosman Art Gallery.

For more information and to book a spot please go online to events.mosman.nsw.gov.au/collett or call Children's Services Development Officer Tania Burchell on 9978 4166 by Thursday 25 May. Tickets cost \$25.00 per person and include light refreshments.



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