

# eSafety parent guide

to digital technologies and mental health



Join the **eSafety Commissioner's** expert education and training team for a **FREE** live webinar on **Tuesday 8 March from 7.30-8.30pm**

**This Term 1 webinar will provide parents and carers with strategies to help young people and their mental health when they are online.**

**8 March 7.30 to 8.30pm**

The webinar will cover:

- what do to about accidental exposure to content about suicide, self-harm or eating disorders
- using games, apps and social media to support mental wellbeing
- the pros and cons of digital mental health platforms
- strategies for young people to support friends online.



**Register now: <https://attendee.gotowebinar.com/register/6726877427764036623>**