

eSafety's parent guide

to digital technologies and mental health

Join the eSafety Commissioner's expert education and training team for a FREE live webinar.

This Term 1 2022 webinar will provide parents and carers with strategies to help young people and their mental health when they are online.

7.30 - 8.30pm Tuesday 8 March 2022

It will cover:

- what to do 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>