



Barnardos
Online Safety
Programme

Workshop for Parents



Duration: 60 minutes, with additional 15 mins for Q+A after
Group size: unlimited
Costs: €50 for up to 4 workshops per day, one of which can be a parent workshop

Overview

Barnardos online safety workshops for parents are based on current research and best practice to promote online safety for children. We believe that open communication between children and adults and regular conversations about a child's online use are key to helping children stay safe online. We do not scare or sensationalise, our objective is that parents leave our workshop feeling empowered and have practical tips that will help their family stay safer and be happier on the internet.

Our workshop is suitable for parents with children of all ages. It is interactive and builds on the participant's experience. Each participant will receive a copy of Google's Family Guide to support ongoing conversations.

Topics covered are:

- How to talk to your child about online safety
- Parental controls
- Cyberbullying and how to help your child
- How to encourage digital wellbeing
- Sexting
- Strategies re: gaming and screen time
- Signposting to helpful websites

Learning outcomes

Parents will be able to:



Outline the key risks for children with being online



Implement practical solutions and tips to help their children stay safe online



Reflect on how they might help their children if they were cyberbullied/cyberbullying



Recognise ways to interact with their child's online world and day to day experiences



Identify helpful websites and research and signpost them to others



Booking is usually via schools, for more information contact onlinesafety@barnardos.ie or call us on **01-453 0355**