

ONLINE SAFETY & DIGITAL WELLBEING PRESENTATION

Join us for this presentation to help you navigate the digital world with your family for safety, productivity and wellbeing

When: Wednesday 4th August

Time: 6pm

Where: Ainslie Parklands Primary School



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Some of the topics to be discussed

- What apps are kids using and are they safe?
- Online drama and cyberbullying
- Social media and self esteem
- Accessing inappropriate content
- Managing video gaming
- Preserving a positive digital footprint
- Weaning the screens after a year online
- How parents can play a role in raising a great kid in the digital world

Martine is a Trusted Provider with the Office of the eSafety Commissioner, has a background in secondary education, a Masters in Counselling and is a mother to 5 boys. Through her personal and professional work with families she recognises the important role technology plays in the physical, cognitive and social and emotional wellbeing of young people.

Martine is a keynote speaker for parenting and education conferences, presents to parent groups, works regularly with students and provides professional development to teachers. She has a passionate interest in helping families safely navigate the modern world of parenting in a way that offers understanding as well as practical and realistic strategies to empower parents to teach, guide and support their children.

