



The silent Threat: Are your kids safe?

Empower yourself to set boundaries and create a balanced safe environment

This practical workshop is designed to support parents and carers in managing their child's screen time while fostering healthy digital habits at home.

You'll gain helpful tools and strategies to create a safe and balanced digital environment, including how to:

- Set clear and realistic boundaries
- Use parental controls effectively
- Open up positive communication around screen time

Empower yourself with the knowledge and confidence to guide your child in today's digital world.

**Thursday
11 December
10am- 12pm**

**At Livable:
11 Kemp St.
Grafton NSW**

Livable events are FREE.
Refreshment provided



BOOKINGS ESSENTIAL

1800 289 927 [LIVABLE.ORG.AU/EVENTS](https://livable.org.au/events)

Livable Family and Relationship Services is funded by the Department of Social Services.

