RSE AT HOME FOR PARENTS & CARERS

Helping young people to feel safe online.

Want to feel more confident supporting your child online?

From gaming and social media to group chats and online friendships, the digital world can feel difficult to navigate as a parent or carer.

Join our free online session for parents and carers for practical advice, guidance and support to help young people stay safe and make positive choices online.

Join us online:



Click to register!

Tuesday 24 November - 12:00-13:00

Tuesday 8 December - 16:00-17:00

For parents/carers of secondary-aged children in Buckinghamshire.

brook

Following feedback from parents and carers across Buckinghamshire, Brook is offering free online sessions to help families feel more confident navigating topics such as online safety, online relationships, pornography, digital wellbeing, and talking to young people about life online.

🎓Delivered by Brook
📍Online via Zoom

Together we'll explore:

🛡️ Practical steps to help keep children and young people safe online.
🗣️ How to start open, supportive conversations about digital life and wellbeing.
⚖️ Creating healthy boundaries and family agreements around internet and device use.
💡 Trusted sources of information, advice, and ongoing support.

Supporting your child to stay safe online.

brook