

RSE AT HOME FOR PARENTS & CARERS

Helping young people to feel safe online.

Want to feel more confident supporting your child online?

Summer holidays often mean more time online through gaming, social media, and group chats.

Join our free online parent/carer session for practical advice and guidance to help young people navigate the online world safely.

Supportive, practical and non-judgemental.

Join us online:



[Click to register!](#)

Wednesday 29 July - 19:00-20:00

Tuesday 11 August - 10:00-11:00

Thursday 20 August - 12:00-13:00

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 this summer.