



Digital Skills for Families

Strategies and skills to support your child's safe use of digital media at home



**A two part short course for parenting in a digital world
Using 'Positive Parenting' techniques:**

- Develop your digital skills and confidence
- Learn strategies for screen time, cyber security and privacy management
- Explore strategies for encouraging digital empathy and managing cyber bullying
- Learn how to make the most of digital technology in your home

Wednesdays, starting 2nd May 2018

positiveparenting

**For more information contact
Adult Learning
01463 710013/ donna.hall@highlifehighland.com**