



Date: 18 Feb 2025



Dear Parents,

In today's digital age, technology plays a significant role in our children's lives, offering both opportunities and challenges. Are you looking for guidance on how to foster healthy technology habits at home? Do you want to learn how to communicate effectively with your kids about their online activities and create clear agreements for its use?

We're excited to invite you to an upcoming webinar designed to help you navigate these important topics. The webinar will be facilitated by Jason Prohaska, who is the Educational Technologies Lead across ESF.

This session will provide practical strategies to:

- Start and maintain healthy technology habits in your home.
- Communicate clearly with your children about their online activities.
- Create family agreements for technology use that work for everyone.

Whether you're just starting to set boundaries or looking to refine your approach, this webinar will equip you with the tools and confidence to support your family in building a balanced and positive relationship with technology.

Date: Thursday, March 6th Time: 8:30 am Location: Online (Link will be provided upon registration)







Don't miss this opportunity to gain valuable insights and connect with other parents navigating similar challenges. Together, we can create a safer and healthier digital environment for our children.

Register now to secure your spot!

Sign up via the gateway before March 4th at 3:00 pm.

Let's work together to empower our kids to use technology responsibly and mindfully. We look forward to seeing you there!

Warm regards, Dawn and Ciarian

