



# Equilibrium

Redressing sexualised attitudes and behaviour

## Building Digital Resilience Parent Workshop

Live Online Webinar

Open to parents of children aged 5-15

### DATE & TIME

- Date: Tuesday 7th July
- Time: 13:00 – 13:45

### EVENT OVERVIEW

"Join us to explore how to start healthy conversations with your children about the impact of harmful online content and behaviour, moving away from conflict and toward digital resilience."



## KEY FEATURES & TOPICS

### 1. Healthy Conversations

Learn practical ways to open up honest, judgment-free conversations so children feel safe sharing their online experiences.

### 2. Creating a Positive Culture

Move away from the cycle of restriction and resentment by building a supportive home environment that recognises online pressures.

### 3. Building Resilience

Equip children with the confidence and tools to make safe, responsible choices online, even when you're not there.

## CONTACT & REGISTRATION

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