

# workshops for parents



## Workshops for parents - Digital Parenting Workshops

Are you concerned about the risks of the digital environment?  
Are you interested in learning the benefits of the digital environment?  
Do you feel lost when you hear the phrase "Internet, tech and social media"?  
Do you dream of having strategies to help you guide your child on the digital highway?

If yes to any of these questions, then the Digital Parenting Workshops may be what you need.

### How does it work?

- The Digital Parenting workshop is a 2-hour (or longer) informational seminar on the latest in online safety and digital parenting.
- The workshop consists of a 45-60 minute presentation followed by interactive discussion.
- The workshops are best suited to larger groups, such as parent/teacher associations, library associations or other parenting groups.
- Tailor the content to your needs. In addition to making sure the workshop is relevant to the age of the children of the participants, the actual topic can be:
  - Selected from a proposed list or
  - Decided after surveying the participants.

### What will you get out of the Digital Parenting workshop?

**Develop a balanced view of the risks and benefits of the digital world for our children in relation to the topic at hand.**

- Discover the wide range of benefits that children can reap from the online world once you have established balance and boundaries.
- Realize the importance of preparing responsible digital citizens of tomorrow.
- As parents and caregivers, we understand that we can never protect our children 100%, in every circumstance, at all times. But we can learn as much as we can about implementing safety measures and cultivating positive communication with our children in order to protect them.

**Discover the latest trends, tools, challenges and research outcomes on the use of digital media by young people**

- Whether you are a technophile or Digital Dinosaur, online technology is ever-evolving and you need to be aware of the changes in order to keep up with your children. This is why I update my materials to reflect the latest in digital parenting from across Europe and the USA – in every workshop.

**Take away strategies to tackle the specific issues you are dealing with in your digital parenting journey**

- I moderate each workshop with the goal that parents will walk out of the seminar feeling more confident, less anxious and ready to communicate with their child about some of the icky things online.
- The power of the workshop lies in how interactive it is. You will have the opportunity to ask questions specific to your situation and receive an answer tailored to your needs. You will also hear empowering stories from other parents and realize that you are not alone.

**What tools will you receive?**

- The presentation materials.
- Tip sheets on the topic at hand.
- Family media agreements to be tailored to each situation.
- Resource list for Internet associations and organizations protecting children.

**Proposed topic list (a detailed description of each category is available):**

- Screen balance and boundaries
- Social media, websites, IM and apps
- Sexuality, body image and the Net
- Games, gaming, and addiction
- Parental controls, software and tools
- Future tech from virtual reality to smart homes
- Legal issues of online child protection
- Raising a responsible digital citizen: how to be a role model and teach them to stay safe, help them develop netiquette and digital resilience

## Past workshop topics

- Internet, Technology and Social Media: Challenges and Trends
- Parenting in the Digital Age: Issues and Resources
- Screens, Tweens and Teens: How to Guide Your Children in the Digital Age
- Engaging Parents in the Digital Age
- Digital Citizenship: Education and Advancement
- Digital Empowerment for Tween Girls
- Comment accompagner nos enfants face aux écrans?

## Some of the schools/associations that arranged workshops with the Digital Parenting Coach

- International School of Paris
- Marymount
- American School in Paris
- RISE International
- American Library of Paris
- Balzac
- Sevigne

## Workshop Fees - 2018

Digital Parenting workshops can be tailored to several environments such as parent/teacher associations where a group of parents with children of similar age and needs can get together. All fees include V.A.T.

Fee: 200€/hour if topic is selected from a proposed list

On the occasion that the participants wish for the topic to be further tailored after being individually surveyed, an additional fee of 200€ is added.

## Testimonials

Mother, International School of Paris:

*I am so grateful you spoke at our school last week! I feel so empowered to be a part of this journey, along with my four kids. Thank you for dedicating your life to protecting ours!*

Mother, American Library of Paris:

*I was very inspired and empowered by Elizabeth's presentation "Parenting in the Digital Age." She is very eloquent and articulate, and her message really hit home! I really appreciate the fact that took the time to*

*write up and provide handouts. I put the info next to my bed and read a bit each night and discussed it with my husband who was unable to come to the talk. Elizabeth's part of the presentation was a bit short due to the host's time restrictions, so I have decided to hire Elizabeth for 10 of my friends to do another workshop in my home (this time it will be 2 hours chock-full of info)!*

Mother, Balzac:

*Merci pour vos interventions et pour l'animation de cette rencontre. Ce format est à retenir. Nous avons apprécié votre introduction, votre écoute, votre positionnement en léger retrait qui a laissé place à des échanges fructueux. Les parents sont tous partis avec le sourire, et ont insisté et nous disant que ce fut un échange très fructueux, qui leur permettait de remplacer leurs inquiétudes ou dépassement dans un contexte plus global etc. Excellents retours ! Je dirais même que ce fut la meilleure réunion de ce type du point de vue de l'ambiance!*

Mother, Marymount:

*Thank you so much for yet another amazingly informative session sharing your knowledge and expertise with us! What comes across is your genuine passion for your field and your sincere desire to raise awareness and educate the community. It is certainly reassuring to know that you are there for us to reach out to for clarifying our doubts and queries. It can get a bit of a challenge sometimes to stay updated and on top of things, especially with children of varying ages. Thankfully, they are mature and reliable. Plus they keep an eye on each other's activities and that comes in handy as an automatic checks and controls app! Even so, it is vital for families to stay aware of current and potential pitfalls as well as ways to prevent or tackle them.*

## want to schedule a workshop?

Contact me at [Elizabeth@digitalparentingcoach.com](mailto:Elizabeth@digitalparentingcoach.com) to schedule a workshop at a time and place of your convenience. Not located in Paris, France? Not a problem. Contact me to see how we can schedule an online workshop. I'm here for you!

## CONTACT INFORMATION

Send me an email at [Elizabeth@digitalparentingcoach.com](mailto:Elizabeth@digitalparentingcoach.com).

Watch my two-minute tutorials on my YouTube channel: [@digiparentcoach](https://www.youtube.com/@digiparentcoach).

Reach out to me on social media :

     [@digiparentcoach](https://www.instagram.com/digiparentcoach).

Join me in the private Facebook group **The Digital Parenting Community**.

Subscribe to the newsletter at [digitalparentingcoach.com](https://www.digitalparentingcoach.com).

Want exclusive content? Join the private membership group **Digital Parenting Champions**.

