

## Digital Parent Zone

It's not easy being a parent in the digital age - keeping up with children's online lives, knowing how to talk to them about what they're doing, and staying informed to ensure they can make the most of online opportunities whilst avoiding the potential pitfalls and risks.

**Parent Zone Local** is here to help. Delivered by Parent Zone National, an organisation at the heart of digital family life, in partnership with Lewisham, Southwark, Croydon and Lambeth councils, Parent Zone Local is a free support service for parents in your area. It offers high quality advice, activities, information and tools to help families thrive in their digital world.

And it's designed to be tailored to the needs of local families – and the things that worry them most. Whatever they need around the online world, they - and the professionals they work with - can find at Parent Zone Local.

The service offers a series of weekly parent sessions delivered by the Parent Zone Local Guide, Sophie. These events cover all the issues we know are of interest to parents, such as:

- Digital wellbeing and screen time
- Responding to online risks, extremism and misinformation
- Helping your child stay safer online
- Social media
- Online gaming
- Being Internet Brave - helping your child talk about their online world

But we don't just deliver sessions for parents. Parent Zone Local is also running workshops for local professionals who work with families. These sessions, delivered virtually, introduce professionals to the Parent Zone Local service and how they can direct the families they work with towards the best resources and support for them.

For more details about Parent Zone Local and to book your place for an upcoming event, please visit the Parent Zone Local website.

[Visit the Parent Zone Local website](#)