



Barnardos
Online Safety
Programme

Online safety Webinar for Parents



Duration: 45 minutes

Group size: Up to 100

Costs: Free

Overview

Barnardos online safety webinars for parents are based on current research and best practice to promote online safety for children. We believe that open communication between children and adults and regular conversations about a child's online use are key to helping children stay safe online. We do not scare or sensationalise, our objective is that parents leave our webinar feeling empowered and have practical tips that will help their family stay safer and be happier on the internet.

Our workshop is suitable for parents with children of all ages and it is held live, on Zoom with an experience Barnardos trainer.

Topics covered are:

- How to talk to your child about online safety
- Parental controls
- Helpful websites
- Cyberbullying and how to help your child
- How to encourage digital wellbeing
- Sexting
- Strategies gaming and screen time

Learning outcomes

Parents will be able to:



Outline the key risks for children with being online



Implement practical solutions and tips to help their children stay safe online



Reflect on how they might help their children if they were cyberbullied/cyberbullying



Recognise ways to interact with their child's online world and day to day experiences



Identify helpful websites and research and signpost them to others



You can register for the next available parent webinar on our website at www.barnardos.ie/osp