

# Parenting together in a digital world

Join us for an online information event designed to help parents and carers feel confident supporting their child in today's digital world.

This online event offers practical insights and open, non-judgemental conversations about how smartphones and digital technology can influence children's wellbeing. Professionals will share insights on supporting safe and balanced tech use, and there will be the chance to ask your own questions.

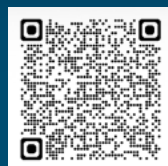
## Our speakers include:

**Dr Helen Thomas**, Hampshire GP

**James Law**, Primary Headteacher

**Leanne Symmonds**, Secondary Headteacher

**David Sidwick**, Dorset Police and Crime Commissioner



Sign up by scanning the QR code or by visiting:  
[www.dorsetcouncil.gov.uk/parent-together-event](http://www.dorsetcouncil.gov.uk/parent-together-event)



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