John XXIII College, Parents’ Association warmly invites parents to attend

**Kids, Computers and Devices:**
Managing teen screen time

Presented by Parent Coach
Debbie Bushell

If you’re a parent of a primary or secondary aged student you can’t afford to miss attending this valuable presentation.

Children and digital technologies are nearly inseparable these days with many children and teenagers spending time in front of a screen every day; to socialise, study, text, exchange ideas and have fun.

Whilst technology brings many benefits; it also brings about new challenges. One of the most common – every day challenge for many parents is dealing with screens and social media without overuse or continual conflict. Increasingly, parents are unsure about how to manage this aspect of their teenagers’ lives. This seminar will address the “how.”

So how can we manage screens with more certainty and without so much conflict?

Debbie will provide parents with “practical parenting strategies” to manage healthy screen limits and boundaries. Including:

- Parenting the modern teenager in an on-line world.
- A serious guide to appropriate limits.
- No, is not a dirty word: why kids of all ages need to hear it and ways parents can say it.
- A “step by step strategy” to develop screen limits and boundaries; across all areas. Including “natural” consequences and the importance of following through.
- Vital factors that promote responsible behaviour in young people.

Debbie is known to entertain an audience whilst offering information that is highly relevant to parenting: with strategies that can easily be implemented. She is a respected parent coach, resilience coach for teens, and presenter across Australia on topics that inspire, encourage and support parents, teenagers and professionals who work with children. Debbie coaches parents and teenagers individually from her office in Nedlands, WA. She speaks on radio stations around Australia and is a fortnightly guest on Perth’s 6PR. Debbie holds a Master of Education in School Leadership, a Bachelor of Education in Career Education and Counselling and is one of a handful of parent coaches worldwide with an internationally recognised accreditation in Parent Coaching. [www.parentteen.com.au](http://www.parentteen.com.au)