

FREE Parent Education Class!

Parenting Well

IN A DIGITAL WORLD

**MONDAY, SEPTEMBER 25, 2023
6:30PM-8:30PM
ST. JOSEPH CUPERTINO**



SIGN UP HERE!
[HTTPS://BIT.LY/PARENTEDUSJC](https://bit.ly/parentedusjc)



In today's constantly developing digital world, parents need to be aware of ways to help children be safe, healthy and connected. This workshop will discuss the latest research on the benefits and challenges that parents and students face in this 24/7 technology driven culture. Parents will leave this workshop with:

- An understanding of the importance of parental engagement and relationship
- Tips and tools to teach safety, time management, and how to become ethical producers and consumers of digital media
- Ideas for balancing family life, school work and technology
- Strategies for avoiding power struggles and teaching students how to navigate the dangers and benefits of social media and build a healthy digital reputation
- Guidelines on when to block and when to monitor - balancing protection with privacy
- A list of excellent support resources and further reading



Valerie Plummer uses her experience as a parent, individual and family life coach, and Love and Logic® facilitator to empower individuals and families to build healthy relationships. She incorporates a combination of effective life skills, self-awareness through assessments, and knowledge of how emotions affect thinking and actions. She is passionate about helping both adults and children discover and develop their full potential and find success and contentment in all areas of life. After earning a BA in Psychology from San Jose State University with a minor in Child Development, Valerie earned a Master's degree in Education from Stanford University and a Certificate in Transformational Coaching from Western Seminary. She is also certified as a Professional Certified Coach through the International Coach Federation. .