

parentzone LOCAL

# Family support and advice for **digital** when you need it



Visit [pzlocal.org.uk](http://pzlocal.org.uk)



**CROYDON**  
[www.croydon.gov.uk](http://www.croydon.gov.uk)





# Got a parenting question about tech?

**Don't worry – we can help.**

Parent Zone Local has a team of expert local professionals who can give you personalised advice for issues related to digital.

Maybe you need to talk to someone about something that you are finding difficult – but are not sure how to approach it.

Your local guide can help you decide what resources might work for you – and find ways to get the most of everything technology has to offer.

Visit the Parent Zone Local website to contact your local guide. You can even arrange a call with our expert team who can help you find solutions.

**Email [localsupport@parentzone.org.uk](mailto:localsupport@parentzone.org.uk)**

# Discover something new today



## Be Internet Legends

Join live YouTube internet safety parent events, in partnership with Google.

## Digiworld

Explore an online world with your child, with challenges, advice and tips.

## Ollee

Discover a wellbeing advice app for children – boosting family conversations about feelings.

## Resilient Families

Learn a new parenting approach with a digital resilience training course for parents.

## Tech Tips

Easy-to-read parent guides to the most popular apps and issues like screen time.

## Your Digital Family

Fun family activities to share your online worlds, in partnership with Facebook.

Find these and more at [pzlocal.org.uk](http://pzlocal.org.uk)



# It's not easy being a parent in the digital age.

But there are things you can do to help your child get the most out of their online lives

Parent Zone Local's activities, support and resources are based on the '**digital resilience**' approach.

We'll help you teach your child: to **understand** when they're at risk online, to **know** how to get help if they need it, to **learn** from experience and to **recover** if something goes wrong.

Nurturing your child's resilience will make them safer and happier online.

**Parent Zone Local** is here to help. Visit us today and get all the support you need for your family.