



EMMANUEL
COLLEGE
WARRNAMBOOL

Raising Teens in a High Tech World

A Practical Parent workshop

Tuesday August 26

6pm

The STAGE



Facilitated by Dr Jodie Fleming

Following our book club meeting, we invite you to a practical, research-informed workshop inspired by leading psychologist Jean Twenge's upcoming book 10 Rules for Raising Kids in a High-Tech World. After attending her session at the Psychotherapy Networker Symposium this year, I've designed a session that distils her key insights into clear, actionable strategies for navigating screens, social media, and digital wellbeing in your family while building independence in our students. This 45-minute workshop is designed for busy parents and will offer tools you can use straight away to help your teenager build independence, confidence, and a healthier relationship with technology.