



# Digital Wellbeing for Families

## WELCOME TO THE DIGITAL WELLBEING FOR FAMILIES ERASMUS+PROJECT NEWSLETTER

### PROJECT INTRODUCTION

The Digital Wellbeing for Families project is here to help your family feel more confident and in control when using technology. We will provide easy-to-understand tips and tools to help you safely and smartly navigate the digital world.



### PROJECT RESOURCES - WHATS AHEAD?

Here at Digital Wellbeing for Families, we are in the midst of developing a whole suite of user friendly resources for families and practitioners

### FOR FAMILIES

First up, we are developing 18 Micro-Learning Cards for families, parents and guardians to explore and use. They are filled with tips, tricks and creative exercises for all to engage with.

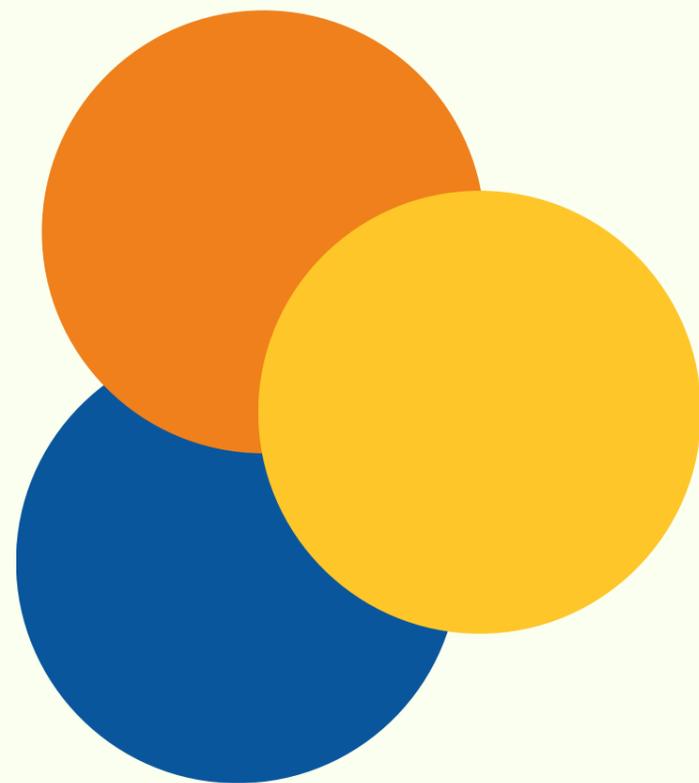


### FOR PRACTITIONERS

We are developing a suite of workshops that you can deliver with families within your practice focused on digital literacy and online safety. This is supported by a training guidebook to complement your programme delivery.



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## HOW TO GET INVOLVED

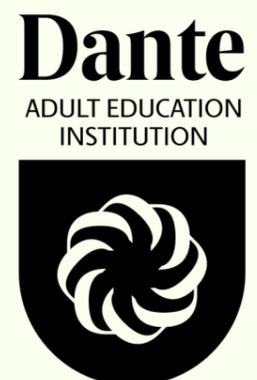
**CHECK OUT OUR PROJECT WEBSITE**

[HOME - DIGITALFAMILIES.PROJECT.COM](https://digitalfamilies.project.com)

**FOLLOW OUR PROJECT SOCIALS:**

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**CONTACT YOUR LOCAL PARTNER ORGANISATION**



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