

## DIGITAL WELLBEING FOR FAMILIES ERASMUS+ PROJECT NEWSLETTER 2

### PROJECT INTRODUCTION

The Digital Wellbeing for Families project continues to support families in feeling more confident and in control of technology.

We provide easy-to-understand tools, tips and resources to help families safely and smartly navigate the digital world.

### PROJECT RESOURCES - AVAILABLE NOW

We are pleased to share that key project resources are now available on our website.

These include:

- **Micro-Learning Cards for families, parents and guardians**
- **The Digital Wellbeing Guidebook for adult educators and practitioners**

These resources are designed to be practical, engaging and easy to use in both home and learning environments.



### WEBINAR HIGHLIGHTS

We recently delivered the online webinar “Digital Wellbeing for Families: Using the Guidebook in Practice”, which was successfully attended by adult educators from Spain, Ireland, Romania and Croatia.

The webinar introduced participants to the Digital Wellbeing Guidebook and demonstrated how it can be used effectively in practice. Attendees were guided through the structure of the resource and its application in supporting families with digital wellbeing.



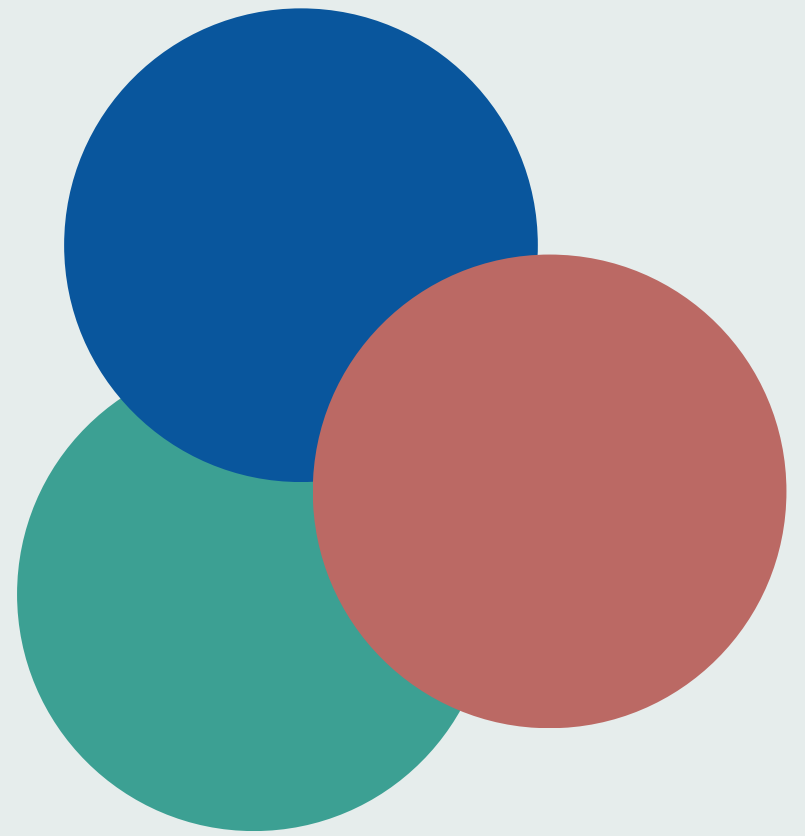


# Digital Wellbeing For Families

Participants also explored practical activities from the Guidebook, gaining insights into how these can be delivered in real-life settings. The session encouraged reflection on common challenges faced by educators and created a space for sharing experiences across different countries.

In addition, the webinar highlighted the importance of creating supportive learning environments where families feel confident discussing digital habits. Emphasis was placed on encouraging open dialogue, building trust, and promoting balanced use of technology within the home.

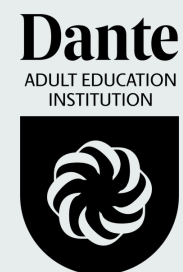
The webinar concluded with an interactive discussion and questions, allowing participants to consider how the materials can be adapted to their own local contexts. Overall, the session was highly engaging and successful, with valuable feedback gathered to further strengthen the project outputs.



**CHECK OUT OUR PROJECT WEBSITE** [HOME- DIGITALFAMILIES.PROJECT.COM](https://www.digitalfamilies.project.com)

**FOLLOW OUR PROJECT SOCIALS:** [HTTPS://WWW.FACEBOOK.COM/DIGITALUPBRINGING](https://www.facebook.com/digitalupbringing)

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