



The County of Santa Clara
invites you to an engaging and informative
online event for caregivers

Parenting in the Digital Era

Supporting Dialogue and
Strategies for Building Healthy
Tech Habits

Wednesday January 29, 2025
10AM - 12PM

- ▶ Gain a deeper understanding of what young people are facing online
- ▶ Discover ways to dialogue with young people about their digital use in an effort to understand their perspectives
- ▶ Practice strategies alongside young people for developing a balanced, healthy relationship with technology
- ▶ Connect with other caregivers in your community facing similar challenges and gain support by sharing experiences



SCAN QR CODE TO REGISTER

Presented by



My Digital TAT2 is a nonprofit that addresses how to build healthy habits, critical thinking, and thoughtful online behavior in order to integrate technology into our lives in a constructive way. For more parent resources and to learn about our work, visit us at: www.mydigitaltat2.org

