

# School's Guide



## Background

Following the success of her popular book *Left To Their Own Devices? Confident Parenting in a World of Screens*, Care for the Family's Katharine Hill has regularly spoken on this subject in schools and on tour at live events throughout the UK.

**We are delighted that *Left To Their Own Devices?* is now available as a group resource for schools to use with parents.**

The video-based resource will help to build the parent-school relationship and will equip and inform parents. It will give parents an opportunity to support each other and share ideas, reassuring them that they are not alone when it comes to experiencing the challenges of parenting in a digital age.

This 90-minute session will help parents gain an understanding of the online world that their children inhabit. It addresses challenges and gives practical tips on how to be a confident parent in a world of screens. As well as helping parents keep their children safe online, it will encourage them to involve their children in setting boundaries in the home, and in making positive choices for themselves.

## Context for use

This session aims to equip parents so is ideal for parent workshops or events. It could also be used during teacher training days to equip staff to support parents and pupils, or to familiarise staff with materials they may wish to use with parents.

# Benefits for schools

- **Expertise:** Includes 50 minutes of video content from experts on parenting, gaming and pornography.
- **Parent focused:** Designed to help parents navigate issues such as screen-time and bullying, while equipping them to make informed decisions. The material also shows parents how to create and nurture a positive attitude and culture towards digital media within their family.
- **Discussion time:** Provides parents with the opportunity to openly talk about issues and concerns, to learn together, and to share ideas.
- **Easy to run:** Includes a group leader's booklet containing a full session outline, easy to use videos and questions to prompt discussion within your group.
- **Flexibility:** A full 90-minute session is outlined but the session time can be adjusted to suit your group's needs. Alternatively, individual video clips can be used to prompt discussion on specific issues.
- **Parent resources:** A take-home booklet is available for parents as a reminder of what they've covered during the session. Other relevant resources can be purchased from our website.
- **Signposting:** Our website provides links to other specialist organisations covering a variety of related issues.

**To buy the pack or download the resource for free visit  
[www.cff.org.uk/LTTOD](http://www.cff.org.uk/LTTOD)**

# About Care for the Family

Care for the Family is a national charity which aims to strengthen family life and help those who face family difficulties. We provide marriage and relationship, parenting, and bereavement support through events, courses, a volunteer network and other resources.

Launched in 1988 by Rob Parsons, OBE, Care for the Family has become a national charity running events and courses across the UK and creating resources that are used all over the world.

Schools across the UK are regularly using Care for the Family's *Time Out for Parents* courses and the *Parentalk* DVD courses as a means of equipping and encouraging parents.

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