

# **PARENTS!**

## ***How Safe are your Kids online?***

*What you may not know, may be hurting your kids!*

*ExpressTrain* are running a series of Workshops on the minimum of *What You Need To Know as a Parent* in this Digital Age.

Bring yourself up-to-date at one of our Workshops covering the following:

- **Bebo** - *who or what* is Bebo!!?
- **YouTube** - *whose* Tube?
- **Chat-Rooms** - *where* are they, and *who* are they chatting to?
- **Mobile Phones & Computers** - what's the connection?
- **MySpace, Facebook, Weblogs** - what on earth? Do they *really* need one?
- **Internet and Mobile Phone-speak** - what exactly are they saying?

The Context:

- How to control what can be seen on your computer - filtering software
- How to track what was seen on your computer - monitoring software
- The legal situation in Ireland

An evening session combines information and practical exercises on computers in a broadband-enabled computer room. If you have a mobile phone - bring it with you!

No knowledge of computers is required - these workshops are for those unfamiliar with computers and mobile phone technology

Last series this autumn - Places are limited to the number of computers, so booking in advance is essential!

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Are you familiar with the following text messages?

**PIR: Parents in Room, PAL: Parents Are Listening, ASL: Age/Sex/Location, LMIRL: Let's Meet In Real Life.**

# **STOP THE CYBERBULLIES!**