

PAPAYA

Let's talk about our kids and their tech

ONLINE PARENT TALK WITH LORNA:

**JUBILEE SCHOOL PARENT TALK
WEDNESDAY 4TH MARCH 2026 — 8:00 PM to 9:30 PM**

JOINING INFO:

ACCESS VIA THE TEAMS LINK [HERE](#)



Dr Lorna Hawley

Lorna is a mum of two girls, aged 5 and 8, and she works for the NHS as an oncology consultant in Bristol.

Lorna became involved in this movement because she believes smartphones and social media are damaging the development and happiness of children and teenagers. She wants to empower parents to voice their concerns and protect their children. Since big tech and our government are unlikely to make the necessary changes, it is up to us.

Helping families to thrive in a digital age

Parenting in the **digital age** has never been more complex, with issues surrounding screen time, social media use, and gaming.

Many parents are concerned about their children's mental health, especially the impact of screens on it.

In this interactive talk, Dr Lorna Hawley unpacks some of the **complex issues** surrounding smartphone use and, in a **non-judgmental** manner, aims to help you find solutions that work for your family.

Topics

- The link between mental health and wellbeing and spending too much time online
- Strategies for delaying the smartphone
- Strategies for families to achieve a healthy balance with technology
- Question and discussion time

"The talk is so relevant, full of insight and eye-opening. You will walk away inspired to connect, reflect, and find out more. I highly recommend it."

— Claire Curtis, parent and SFC volunteer.