

## Supporting young people through challenging times

### Twilight Information Sessions for parents and carers in

### South Devon via TEAMS

A chance to explore and navigate the challenges parents/carers and young people are facing with the threat of gangs, exploitation, and social expectations in 2021.

**3 X 90-minute virtual sessions. Join us for as many or a few as you like, camera on or off!**

#### Session 1 - The challenges we face: Tuesday 13<sup>th</sup> April @ 7pm

- How real is the threat?
- Influence of peer groups
- Warning signs
- Safety planning
- Where to get help

#### Session 2 - Family Strengthening: Tuesday 20<sup>th</sup> April @ 7pm

- Additional challenges our girls face
- Additional challenges our boys face
- Let's Talk to each other
- Social media
- Family Life

#### Session 3 - Building Young People's resilience: Tuesday 27<sup>th</sup> April @7pm

- What you can do
- Wellbeing and self-care
- Social Media guidance
- Role modelling
- Multi agency information - a chance to see what support is available.

Make a cuppa, come along, you never know what you may learn that could help make you and your young person happier and safer.

*Please be aware that these sessions contain some graphic information which some people may find difficult or distressing. The sessions are not suitable for children and young people.*

Book a place by emailing us @ [safetyandresilienceconsultancy@gmail.com](mailto:safetyandresilienceconsultancy@gmail.com)

