



SOOTHING HEARTS

EMOTIONAL WOUNDS HEALING CENTER

WORKSHOP

NAVIGATING ONLINE SAFELY: A GUIDE
FOR PARENTS AND CAREGIVERS

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Workshops & Webinars

These are educational events intended to provide parents, caregivers, and even children and teens with valuable information on various topics related to mental health, parenting, and child development. Workshops might be interactive, offering hands-on activities or discussion sessions. Webinars can be presented live online, and potentially recorded for later viewing. Topics might range from understanding the impact of social media on teen mental health to effective strategies for supporting a child through academic stress, to the latest research in child and adolescent psychology. These events aim to foster a better understanding of these issues in the community and provide practical, applicable advice for attendees.



Navigating Online Safely: A Guide for Parents and Caregivers

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Soothing hearts workshop

Overview: This crucial workshop is designed to empower parents and caregivers with the knowledge and tools to guide children and teens in navigating the online world safely. Participants will learn about potential online dangers, privacy settings, and how to cultivate respectful digital citizenship.

Objectives: Participants will:

1. Understand the online landscape and its potential dangers.
2. Learn about privacy settings and how to use them effectively.
3. Develop strategies to guide children and teens towards respectful digital citizenship.
4. Gain resources for ongoing learning and guidance in online safety

Structure:

- Session 1: Understanding the Online Landscape: Overview of the digital world children and teens engage in.
- Session 2: Online Dangers: Recognizing potential online threats and how to mitigate them.
- Session 3: Privacy Settings: Learning how to set and maintain privacy settings across various platforms.
- Session 4: Cultivating Digital Citizenship: Strategies to guide children towards respectful online behavior.
- Session 5: Q&A and Interactive Discussion: Opportunity for participants to ask questions and share experiences.

Deliverables: Participants will receive:

1. A Certificate of Completion.
2. A workshop guide with key insights, strategies, and resources for online safety.
3. Access to an online forum for continued support and knowledge sharing.

Duration: 5 hours (divided over multiple days)

Audience: Parents, Caregivers, Educators, and anyone interested in learning about online safety for children and teens.



"Every child carries a unique world within them. At Soothing Hearts, we strive to understand that world, to guide them through their emotional journey."

ABOUT

IMAN SLEIMAN

An educational psychologist with an experience of over a decade, Iman's mission at Soothing Hearts is to provide compassionate, heart-centered counseling services that help children and teens heal emotional wounds, navigate life challenges, and build resilience for a healthier and brighter future.

Iman envisions a world where every child and teen has access to supportive, heart-centered counseling, helping them to overcome emotional challenges, build resilience, and realize their full potential, contributing to a healthier and more compassionate society.






"Every child and teen has a unique story to tell. At Soothing Hearts, we make sure their stories are heard, understood, and honored. Together, we can turn challenges into stepping stones for growth and resilience." - Iman






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