



# Let's talk about our kids and their tech

## PARENT TALK WITH CHARLOTTE:

TELFORD JUNIOR SCHOOL

## DATE & TIME

TUESDAY 3<sup>RD</sup> FEBRUARY 2026 — 6:30 PM to 8:00 PM



Charlotte Ashton

Charlotte Ashton is a journalist who spent 20 years reporting around the world for BBC News, Radio 4 and World Service. She is regional leader for Smartphone Free Childhood in Warwickshire and Mum of two primary- and secondary-age girls.

Drawing on her experience as a news reporter and presenter, Charlotte is committed to providing parents with the information we need about the impact of smartphones and addictive technology on children, how developing brains are particularly susceptible to persuasive design and the steps we can take to protect them at home and in school.

# 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, Charlotte 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

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*"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.*