

Pastoral Spotlight - February

'Left to their Own Devices'

Over the past two years, our relationship with technology has changed significantly . While device dependence was already high before the pandemic, there has been a meteoric rise in how much we rely on phones, tablets and computers. Children across the world are racking up hours of screen time and there does not appear to be an end in sight. Recent research has suggested that adolescents have doubled their screen time during the pandemic, and this does not include time that has been spent online in virtual lessons.

In addition to worries about screen time, many parents, understandably, have growing concerns about the dangers associated with technology. Whether that be online bullying, exposure to graphic content or addiction to gaming. These are very real issues that our children are facing.

The registered charity 'Care for The Family' is recognising *Safer Internet Day* on 8 February with a book launch for the new edition of Katharine Hill's popular book, *Left To Their Own Devices? – confident parenting in a world of screens*. On the evening, Katharine, the UK Director of Care for the Family, will consider some of the topics covered in the book, and in particular look at how lockdown has changed our children's relationship with technology, and what parents can do to help.

***Left To Their Own Devices?* new edition book launch**

To book a free place for this special event taking place on Zoom on for **8th February**, click on the link below:

[Left To Their Own Devices? new edition book launch, with Katharine Hill Tickets, Tue 8 Feb 2022 at 20:00 | Eventbrite](#)

Katharine Hill and special guests will unpack some of the key messages of this new edition of her book and share strategies to help parents navigate the online world. There will also be an exclusive offer on the book.

Mr Mike Critchley
Director of Pastoral Care