

Free digital support and guidance for your family!

We are online more than ever. Digital technology is part of our everyday lives, from how we work and learn, to how we shop and have fun.

But to make the most of their digital world, children and young people need to understand the risks online, know how to respond, learn how to stay safer and receive the right advice to recover if something doesn't go right.

Introducing the Parent Lounge!

The Parent Lounge is an online space designed to support **you in feeling more confident** about helping your child be resilient in the online age. It is created by Parent Zone, the experts in digital family life.

In the Parent Lounge, you can find **expert guides** and partner **resources** to boost your understanding of your child's online world. You can join live **online parent evenings** and complete our **exclusive courses** to develop your own digital parenting skills. And you can also **contact** Parent Zone and other helplines for additional support.

How do I register for the Parent Lounge?

- Go to this web address: parentzone.org.uk/parents/discover-parent-lounge
- Click on 'I have an access code and I need to register'
- Click on 'Add to cart'
- Complete your details, including an email address (don't worry - you won't be charged!)
- Enter the discount code DSP16
- Look out for an email from Parent Zone, containing a link to activate their account
- Log in to access the Parent Lounge

If you have questions about getting access to the Parent Lounge, or if you'd like to speak to someone about an online issue your family is experiencing, please get in touch with Parent Zone.

email

members@parentzone.org.uk

call

0207 686 7225