

**PAPAYA**

# Let's talk about our kids and their tech

**PARENT TALK WITH KATE:**

**HAMBLE PRIMARY SCHOOL**

**DATE & TIME**

**THURSDAY 12<sup>TH</sup> MARCH 2026 — 6:30 PM to 8:00 PM**



**Kate Mezger**

Kate has spent over 17 years working with young people, including as Head of Philosophy & Religion at a large London day school and as a youth worker in local churches. She now promotes the SFC movement in both her workplace and her children's schools. With a strong interest in the impact of Ed Tech in education, she collaborates with groups sharing research and insights on this topic.

Having seen rising levels of anxiety and apathy among young people, Kate is passionate about empowering parents to speak up and make informed choices about technology in their children's lives. She believes real change will come from parents uniting to educate and support one another. Kate has three children aged 11, 9, and 5.

## 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, Kate 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.*