

## Newsletter, 21.11.2023

It's official: Tooled Up Education are innovators! We're thrilled to be finalists in the BETT Awards for Innovation. These Awards recognise creativity and impact in the use of technology in education. Thank you to the 23,000 that subscribe to our digital platform and for being as passionate as we are about the application of research insights in family life.

This week we're thinking about the role that technology plays in family life, and how we can support our children in forming good habits around technology and the internet.

With the holidays around the corner, many parents will be having *that* conversation about buying a child their first smartphone. Here at Tooled Up we get a lot of questions about "first phones." Watch Dr Weston's [webinar](#) on what to consider before buying your child a phone. Our [webinar](#) on raising a child in the digital world can answer some of your queries and make a good starting point for healthy conversations with children.

If you follow any of the latest trends in technology, you've probably heard of the *metaverse* by now, but you might not be quite so sure what it is or what it does. Our helpful [explainer for parents](#) from Dr Lisa Sugiura is a great starting point.

Gaming is a key leisure activity for many young people, a social experience, a multi-billion dollar industry and a point of contention in many households. These [top tips](#) from expert Andy Robertson will help you set healthy boundaries and keep gaming enjoyable and safe.

As always, don't miss out on attending any online event. Coming soon:

### **November 28, 2023 – 16:30 GMT: International Men's Day Panel Discussion**

With Dr Hope Christie, Debi Roberts from the suicide awareness charity The OLLIE Foundation, and male mental health speakers Ryan Parkes, and George Sullivan.

### **November 29, 2023 – 12:30 GMT: Help! I Feel Like A Failure As A Parent!**

Psychiatrist Dr Gauri Seth will address the thorny topic of parental guilt and how to manage it.

### **December 6, 2023 – 19:000 GMT: Raising A Resilient Teen Boy**

In this online talk, Dr Kathy Weston will take parents on a journey through the evidence relating to boys' resilience and mental health.

For those enquiring, all recent recordings will appear on our platform very shortly (watch out for the webinar by Dr Tara Porter on **'Understanding Girls'** and last week's conference on **ADHD!**)

Don't forget to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).





Buying Your Child a Phone:  
Things for Parents to Consider



Raising a Child in the Digital  
Age



The Metaverse and Virtual  
Worlds



Cultivating Good Gaming  
Habits: Tips for Parents



International Men's Day  
Panel Discussion



Help! I Feel Like a Failure as a  
Parent!



Raising a Resilient Teen Boy

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