



“Be yourself, be anything, we are the future.”

9th of January, 2026

Subject: A Workshop Invitation to Parents: Let's Talk About Our Kids and Their Tech


Dear Parents and Carers,


As part of the Chiltern Area Partnership (CAP), a group of local schools working together to support over 2,000 children, we are writing to invite you to an important parent session taking place early next term.

Across our schools, parents consistently tell us that managing smartphones, social media and online pressures has become one of the most challenging aspects of modern parenting. Many describe feeling caught between wanting to protect their child's well-being and the growing sense that “everyone else has already said yes”.

Last year, CAP schools invited parents to share their experiences through a [partnership-wide survey](#). The message was clear: families want practical guidance, reassurance that they are not alone, and a stronger sense of collective confidence when making decisions around technology.

In response, we are pleased to be hosting a free online parent talk delivered by [Papaya](#), a nationally respected organisation specialising in digital well-being, childhood development and parent support.

 **Wednesday 4th of February**

 **7.00 pm (online)**

 **Let's Talk About Our Kids and Their Tech**

This session offers:

- A clear, evidence-based look at how smartphones and online platforms are shaping children's mental health, sleep, friendships and self-esteem,
- An honest but non-judgemental “reality check” for parents,
- Practical strategies for families whose children already have phones, as well as those hoping to delay,
- Reassurance that collective approaches reduce pressure on both parents and children.

This talk offers something for everybody and is aimed at all year groups. While some of the research and suggestions look ahead to the ‘tweenage’/teenage years, much of the session is about prevention, preparation and confidence. Many parents tell us they value having this information early, so they feel ready rather than reactive later on.

Importantly, this is not about blame or bans. It is about helping parents feel informed, confident and supported, particularly at a time when digital pressure can feel intense and relentless.

Following the session, CAP schools will share more about how we are working together locally to support families through shared principles, resources and optional collective actions. For now, this evening is simply an opportunity to listen, learn and reflect alongside other parents navigating the same challenges.

Registration details will be shared shortly, but please make note of this in your diaries.

We very much hope you will join us.

Kind regards,

Mr Isaacs
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