

PAPAYA

Let's talk about our kids and their tech

ONLINE PARENT TALK WITH DR SUSIE DAVIES:

CHILTERN AREA PARTNERSHIP SCHOOLS

WEDNESDAY 4TH FEBRUARY 2026 — 7:00 PM to 8:30 PM

PLEASE REGISTER VIA: [LINK](#) or QR CODE



Dr Susie Davies

Susie Davies is the CEO and founder of PAPAYA.

Susie Davies is a GP with a special interest in adolescent mental health. She is the founder of PAPAYA and is passionate about improving mental health outcomes for today's adolescents.

She founded PAPAYA seven years ago after recognising the link between technology use and poor mental health in students. She has given countless talks across the UK and is recognised as a national advocate and speaker on this topic. She is also the author of *The Healthy Selfie: How to Like Yourself in the Digital Age*.

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, Dr Davies unpacks some of the **complex issues** surrounding smartphone use and, in a **non-judgemental** 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

"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.