

INTEGRIERTE GESAMTSCHULE LUDWIGSHAFEN GARTENSTADT
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26th January 2023

Dear parents, dear guardians,

We cordially invite you to the parents' café "GrowingTogether"/ *Elterncafé ZusammenWachsen* on the subject of

"Digital worlds 24/7" – media use of our children

Smartphone, tablet, computers – today, children and young people are connected to digital media almost around the clock – especially in their free time, but also at school. This can be difficult for parents to control, and many worry that excessive use of digital media could harm their children, for example by impairing academic performance.

An expert on the subject of (media) addiction will provide you with information and advice on how you can recognize whether your children are spending too much time with digital media and how you can support them in using the internet, smartphones and the like sensibly and with moderation.

Together with the school social worker, our expert is also available for other questions on the subject of addiction.

When: Thursday, March 9th, 2023, 7 p.m. to 8:30 p.m

Where: IGS LuGa Aula

If you need help translating, just let us know - we'll find "bridge builders"/"Brückenbauer*innen" to support you.

Please register for the event with the section below by February 20th, 2023 (hand in with the tutors).

For more information on the event please scan the QR-code.

We look forward to your participation!

The team of Elterncafé "ZusammenWachsen"



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Name of student: _____ Class: _____

- I/we will be taking part with ____ people at the parents' café on March 9th, 2023 at 7 p.m.
- I need "bridge builders" with the following language: _____
- I/we do not want to take part in the parents' café on March 9th, 2023.

Date, signature