

The Formentera Department of Social Welfare reports that 8 October will mark the return of the "Xerrades per a famílies" lecture series. Now in year three, "Family chats" benefits from the collaboration of the Association of Mothers and Fathers (Amipa) and the Federation of Parents and Pupils' Associations (Fapa).

In the first lecture, cybersecurity specialist and speaker on cybersecurity solutions Lluís Mulero will make sense of cybersecurity and defending against digital addictions. The event starts at 5.00pm in Centre d'Esports Nàutics training room (*aula de formació*) in La Savina.

According to social welfare chief Rafael Ramírez, "'Xerrades per a famílies' are geared towards preventing problematic behaviour and supporting local families and educational staff". Aside from tweaks to bring the lectures in line with pandemic protocol, Ramírez insisted the guiding principle remained unchanged: "As spaces where information can be shared and learning fostered, these talks aim to improve the educational process and shape strategies to promote children's integral development".

Tips on managing screen time at home

In addition to leading seminars in schools and institutions, Mulero is also the author of habitoscibersaludables.com, a blog where sharing best practices and tips for screen time. Sunday's talk will offer strategies and resources to help attendees tackle screen addictions, set and stick to time limits, protect children from dangerous content and offer safeguards against cyberbullying.

Screen addiction constitutes a serious problem the knock-on effects of which, far from simply an impaired ability to socialise, can impact academic performance. Twenty per cent of young people are thought to be affected, and the condition has ramifications that follow sufferers later in life. Known as "vamping", technology-related disruption of rest and sleep has become one of the leading reasons for early school leaving.

Each of the "Xerrades per a famílies" sessions will take place at the CENF in La Savina.

Capacity is limited and spaces can be reserved by emailing educaciosocial@conselldeformentera.cat or phoning 971.32.12.71.

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Department of Communications
Consell de Formentera