

PAPAYA

Let's talk about our kids and their tech

PARENT TALK WITH HANNAH:

ABBOTSWOOD JUNIOR SCHOOL

DATE & TIME

TUESDAY 10TH FEBRUARY 2026 — 6:00 PM to 7:30 PM



**Hannah
Verney
Lloyd**

Hannah is a qualified teacher with over ten years of experience and, most recently, served as an Assistant Head Pastoral at a London prep school. She is passionate about mental health and wellbeing and cares deeply about empowering parents, children, and teenagers as they navigate managing their online lives to achieve the best possible mental health and happiness.

She joined PAPAYA through her voluntary work with Smartphone-Free Childhood, and after hearing a talk by Jonathan Haidt, she became more convinced than ever that the safest space for children is one where they are free to be themselves.

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, Hannah unpacks some of the **complex issues** surrounding smartphone use and, in a **non-judgmental** 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.