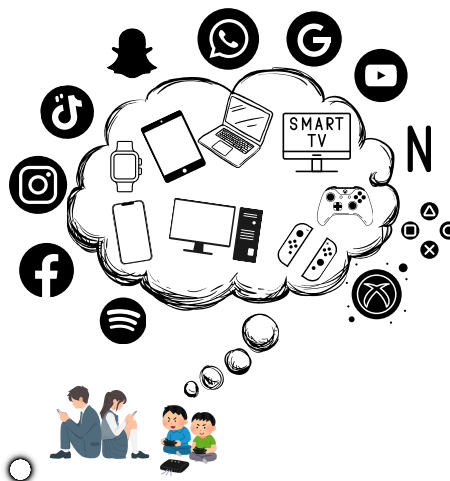




THINK SMART
CYBER



Free Event Sponsored
by Healthy Ireland,
Galway City



THINK SMART

MULTI AWARD WINNING CYBER SAFETY AND MINDSET TALK

(FOR ALL PARENTS, CAREGIVERS, TEACHERS & COACHES IN THE COMMUNITY)

DELIVERED BY AOIFE NOONE,
CYBER SECURITY AND MINDSET EXPERT
AND SPECIAL GUEST EXPERT SPEAKERS:

DETECTIVE DEIRDRE HOLLAND, FROM
THE GARDA NATIONAL CYBER CRIME BUREAU

ELAINE QUINN, CHILD & ADOLESCENT THERAPIST AND PARENTS
MENTOR, SOLAS PLAY THERAPY



Tuesday June 10th 2025
7PM - 8:30PM



Knocknacarra Community Centre
104 Liosmor, Galway, H91 R6PW

Entry: Free as this event is sponsored by Galway City Council,.

NOTE: Limited Spaces so please book on Eventbrite [HERE](#)



TALK DETAILS:

Duration: 1.5 hour

EMPOWER PARENTS WITH THE AWARENESS AND TOOLS TO HELP SAFEGUARD THEIR CHILDREN ONLINE, REDUCE STRESS AND PROTECT THEIR POTENTIAL.

LEARNING OUTCOMES:

AWARENESS OF CURRENT THREATS AND TRENDS



- Dangers of smart devices, social media and online gaming
- Top risks for children using devices including mental health



PROTECTING YOUR CHILD ONLINE



- Why you need to monitor your child's smart devices
- Top tips to help secure smart devices, apps and game consoles



HEAR ABOUT A LOCAL PARENTS INITIATIVE IN GALWAY



- To delay smartphone and social media use for children in the community

GUEST SPEAKER INSIGHTS:

Elaine Quinn, Solas Play Therapy



- The impact of screentime and social media on the developing brain
- Strategies and interventions to enable parents to support their child in navigating the online world.

Detective Garda Deirdre Holland, GNCCB:



- Online Child Exploitation
- How children and teenagers are targeted by online predators



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SMAOINIGH CLISTE

BUAITEACHA ILGHNÍOMHAÍOCHTA

CIBEARSHÁBHÁILTEACHT AGUS CAINT INTINNE

(DO GACH TUISMITHEOIR, CÚRAMÓIR, MÚINTEOIR AGUS CÓITSEÁLAÍ SA PHOBAL)

**SEACHADTA AG AOIFE NOONE,
SAINEOLAITHE SLÁNDÁLA CIBRE AGUS MÚINTEOIREACHTA**

AOICHAINTEOIRÍ SPEISIALTA:

**BLEACHTAIRE DEIRDRE HOLLAND, Ó
BIÚRÓ NÁISIÚNTA AN GHARDA SÍOCHÁNA UM CHIBEARCHOIREACHT**

**ELAINE QUINN, TEIRIPEOIR LEANAÍ AGUS ÓGÁNACH AGUS MEANTÓIR
TUISMITHEOIRÍ, SOLAS TEIRIPE SÚGARTHA**



**Dé Máirt an 10ú Meitheamh 2025
7 -8.30 i.n.**



**Ionad Pobai, Cnoc na Cathrach
104 Liosmór, Gaillimh, H91 R6PW**

Lontráil: Saor in aisce mar go bhfuil an ócáid seo urraithe ag Comhairle Cathrach na Gaillimhe

Nóta: Tá spásanna teoranta mar sin cuir do thicéad in áirithe ar eventbrite ANSEO



SONRAÍ CAINTE:

Fad: 1.5 uair an chloig

TACAÍOCHT DO THUISMITHEOIRÍ CHUN CABHRÚ LEO A GCUID LEANAÍ A CHOSAINT AR LÍNE, STRUS A LAGHDÚ AGUS A N-ACMHAINNEACHT A CHOSAINT

TORTHAÍ FOGHLAMA:

FEASACHT AR BHAGAIRTÍ AGUS TREOCHTAÍ REATHA



- Na contúirtí a bhaineann le gléasanna cliste, na meáin shóisialta agus cearrbhachas ar líne
- Na rioscaí is mó do leanaí a úsáideann gléasanna lena n-áirítear meabhairshláinte



DO PHÁISTE A CHOSAINT AR LÍNE



- Cén fáth ar gá duit monatóireacht a dhéanamh ar ghléasanna cliste do pháiste
- Leideanna is fearr chun cabhrú le gléasanna cliste, aipeanna agus consóil cluichí a dhaingniú



CLIST FAOI THIONSCNAMH TUISMITHEOIRÍ ÁITIÚLA I NGAILLIMH

- Chun moill a chur ar úsáid na nguthán cliste agus na meán sóisialta do leanaí sa phobal

LÉIRMHEAS LUACHMHAIRE

Elaine Quinn, Solas Teiripe Súgartha



- Tionchar ama scáileáin agus na meán sóisialta ar an inchinn atá ag forbairt
- Straitéisí agus idirghabhálacha chun tuismitheoirí a chumasú chun tacú lena leanbh agus iad ag dul tríd an domhan ar líne.

Bleachtaire Deirdre Holland, GNCCB:



- Saothrú Leanaí ar Líne
- Mar a dhíríonn creachadóirí ar líne ar pháistí agus ar dhéagóirí