

Christy Herselman will be visiting us on 17 September. She will be chatting to the Grade 8 and 9 learners during the school day and then presenting a talk to parents in the evening.

We encourage all our parents to join this talk because navigating teenagers, phones, social media, etc is quite a task. Let's learn together to empower and guide the younger generation to be responsible when using technology.

A little bit of background on Christy:

## Who we are

**THE CHAT** is a culture-shaping movement which exists to start conversations and impart accurate information around issues like sex, identity, social media and pornography. We believe that if these issues are left unaddressed they threaten to derail a generation.

The heart of **THE CHAT** is to empower parents to confidently tackle big topics with their kids in a natural, open manner which creates a safe space for on-going conversations. We also equip tweens and teens to make healthy, future-focused decisions around their sexuality, and to be wise digital users. Our passion is to help cultivate deep family connections and help raise a generation who are secure in who they are and where they are going.

**THE CHAT** was founded and is led by Christy Herselman, Christy has a background in journalism and teaching. She has written two books and currently divides her time between researching, writing, speaking and being a wife and mom. She lives in Umdloti with her husband Brad and her children Emily, Ryan and Blake.

Feel free to have a look at her website [www.thechat.co.za](http://www.thechat.co.za) for more information.



Please join us for a talk by  
**Christy Herselman**  
about navigating and guiding your family  
in this digital age.

**17 September 2024**  
**Stirling High School Hall**  
**18:00**  
**Free Entrance**



#wellconnected Families  
Creating a healthy digital culture at home