

# fAMILY

Stop. Think. Change.

Bromley Parenting Hub.  
Building stronger parental relationships

RECONNECT  
CONNECT. CHOOSE. CHANGE.

## JUNE 2026

# NEWSLETTER

### Welcome to the new Family Newsletter

We are delighted to bring you useful insights, creative ideas, and engaging activities that help nurture strong family connections and highlight the value of healthy relationships at home.

### The UK is banning all children under the age of 16 from social media.

Recent discussions in the UK about introducing a ban on social media for under-16s highlight growing concerns about how online environments can impact young people's wellbeing and relationships.

While the intention is to create a safer digital space and support children's mental health, the debate also reminds us that

young people still need guidance to build healthy relationships—both online and offline. Discover tools to help your young person build healthy relationships.

The Reconnect website offers practical advice, simple tools, and local resources to support young people to build digital boundaries, stay safe, respectful, and connected in both their online and offline relationships.

**Visit Reconnect [www.reconnect-bromley.co.uk](http://www.reconnect-bromley.co.uk)**

**Building healthy relationships online and offline**



### TALKING TOGETHER TO EXPLORE RELATIONSHIPS

Starting discussions about social media and healthy relationships can be challenging for parents but maintaining an open and calm approach is crucial. Start by showing interest instead of concern, asking questions like, "What do you enjoy most about being online?". This fosters a safe environment for young people to share. Parents can use the Relationship Guide and Young People cards as a helpful starting point for these conversations. You might begin by exploring the resources together and asking your child what they think about the situation or question presented—this can take the pressure off and make the conversation feel more natural and relatable. [Click here](#) or scan the QR code to access the Relationship Guide for young people.



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Scan the code below for the direct access to free resources



Young People Prompt Cards



Young People Relationships Guide



Self-regulation Guide



Children's books recommendations



Child Viewpoint Quiz



## Adults resources



Quiz for parents who are together



Quiz for parents who are separated



Free parent workshops and courses



Relationship Thought Prompt cards