

# Parent Zone in partnership with Google launch competition to help families find the right balance online

*FOR IMMEDIATE RELEASE*

---

Today, Parent Zone in partnership with Google has launched a new art competition for children aged 5-11, on the topic 'Find Your Balance: A day in my digital life'. 50 local winners will see their artwork go on display in the Houses of Parliament, putting children's perspectives on their day-to-day relationship with digital technologies at the heart of UK government.

The 'Find Your Balance: A day in my digital life' competition encourages primary school aged pupils to work with their parents and think about how their family balances their online and offline life - and to submit a piece of artwork that shows what this looks like day to day. The submissions will be assessed by a local judging panel who will select the top 50 entries to go forward to the national competition, where two overall national winners will be selected.

Vicki Shotbolt, founder and CEO of Parent Zone, says 'Far too often, conversations about children and young people's wellbeing - both online and off - take place without allowing them to have their say. Our new competition is designed to help families talk about how they make all of the opportunities offered by the online world work for them - and how they balance this with a range of offline activities.'

Full details of the 'Find Your Balance: A day in my digital life' competition can be found here: <https://parentzone.org.uk/findyourbalance>

For more information or for interview requests, please contact [press@parentzone.org.uk](mailto:press@parentzone.org.uk).

**Ends**



## **ABOUT PARENT ZONE**

[Parent Zone](#) sits at the heart of modern family life, providing advice, knowledge and support to shape the best possible future as they embrace the online world. We support parents to help their children discover the possibilities and opportunities available to them online, and provide teachers and family professionals with resources and training to help them guide and advise families in the digital world. We use our insights and knowledge to bridge the gap between parents and platforms, and work with policy-makers to help ensure the interests of families are at the heart of everything they do.

Parent Zone delivers Be Internet Legends, an online safety programme that helps 7 to 11-year-olds become safer, more confident explorers of the online world, in partnership with Google.