



Friday 16 January 2026

Dear parents and carers,

Introducing: ‘What I wish my parents or carers knew – A guide for parents on managing children’s digital lives’ – Children’s Commissioner

I am pleased to let you know that the Children’s Commissioner has been published a new guide to support you in navigating the ever-changing digital world with your children. The guide, *What I wish my parents or carers knew*, has been developed with valuable input from children themselves and is designed to address everyday online habits and experiences.

Why this guide matters

- **Shared responsibility:** Keeping our children safe online is something we all share – both at school and at home.
- **Complex digital lives:** Children today face a range of opportunities and challenges online. Parenting in this digital age can be complex, and we know it’s not always easy to keep up.
- **Real voices:** The guide includes advice and experiences directly from children, helping you understand their perspective and the issues they encounter online.

What’s inside the guide?

You’ll find:

- Practical advice on managing screen time and setting boundaries
- Tips for talking with your child about online activity
- Guidance on privacy, security, and digital wellbeing
- Everyday scenarios to help you support positive online habits

Our commitment to you

We are committed to working in partnership with families to ensure our pupils are safe, confident, and responsible digital citizens. We understand the challenges you may face and are here to help.

Next steps

- **Read the guide:** You can access the guide here: [What I wish my parents or carers knew](#).
- **Discuss with your child:** Use the guide as a conversation starter with your child about their online experiences.
- **Reach out for support:** If you have questions or concerns about your child’s digital life, please contact us. We are happy to offer guidance, signpost you to resources, or arrange a meeting if you need further help.



Template: Online Safety Conversation Starter

You may find the following template helpful to begin a conversation with your child:

Let's Talk About Your Online Life

- What apps or games do you use most often?
- Have you ever seen anything online that made you feel uncomfortable?
- Who do you talk to online?
- Is there anything you wish I understood better about your online life?

Remember: You can always talk to me if something worries you online.

Further information and support

For more guidance on keeping your child safe online, please visit:

- UK Safer Internet Centre: www.saferinternet.org.uk
- NSPCC Online Safety: www.nspcc.org.uk/keeping-children-safe/online-safety
- Internet Matters: www.internetmatters.org

Thank you for your ongoing support in helping our children thrive, both offline and online.

Yours sincerely



Celine Hawkins
Headteacher

