

Online safety support.

Raising a child in today's digital world can be both exciting and challenging. With technology playing such a central role in young people's lives, it's natural for parents to have concerns about online safety, screen time, and digital wellbeing. At school, we have a robust online safety curriculum that teaches students how to navigate the digital world safely and responsibly. However, helping children thrive online requires a shared effort between school, parents, and carers. This page offers guidance, resources, and practical tips to support you in playing your part—working together to keep children safe, confident, and happy online.



Here's a list of key actions you can take to help keep your child safe in the digital world, with useful resources to support you:

- 1. Talk regularly about online life**

Create a safe space for your child to talk openly about what they're doing online, who they're talking to, and any worries they have. Regular chats help build trust.

👉 How to talk to children about staying safe online - [Barnardos](#)

- 2. Set clear boundaries and expectations**

Agree together on rules around screen time, device use, and appropriate online behaviour. Be consistent, and explain the reasons behind the rules.

👉 Guide to setting digital boundaries - [Digitalparentingcoach](#)

- 3. Use parental controls and privacy settings**

Enable parental controls on home broadband, devices, and apps to help protect your child from inappropriate content and manage screen time.

👉 Parental controls guide - [NSPCC](#)

- 4. Know the platforms they use**

Familiarise yourself with the apps, games, and websites your child uses. This makes it easier to spot risks and guide them in using technology responsibly.

👉 Advice and guidance on apps young people use - [internetmatters](#)

- 5. Model positive digital behaviour**

Children often copy what they see. Show healthy online habits—like taking breaks from screens, avoiding oversharing, and treating others with respect online.

👉 Digital role modelling - [Charlie Weller](#)

- 6. Encourage critical thinking**

Teach your child to question what they see online, identify misleading or harmful

content, and think carefully before sharing or clicking.

👉 Online safety for children - [BBC Own It](#)

7. Ensure they know what to do if something goes wrong

Make sure your child knows how to block and report harmful content or users—and that they can always come to you or a trusted adult for help. If your child has confided in another person and not you, never show them that you are angry or upset, just listen and support. You can also direct them to the CEOP website, where they can make anonymous reports of online abuse.

👉 Report online abuse - [CEOP](#)

8. Consider delaying smartphone access until Year 9

Smartphones open up access to the wider online world, often before children are emotionally ready. Holding off until Year 9 can give your child more time to develop good digital habits. Consider alternatives like basic phones or those designed for younger users.

👉 [Smartphone Free Childhood](#) – For advice, community support, and alternative phone options.

9. Keep up to date with slang and online communication styles

The way young people communicate online is constantly evolving, with new slang, emojis, acronyms, and trends appearing all the time. Understanding this language can help you better spot signs of risk, bullying, or inappropriate content.

👉 Advice on teen communication - [Smartsocial](#)

These steps can help your child grow into a confident, safe, and responsible digital citizen—with your support every step of the way. We also have a number of curated helpsheets below to support you further in setting up your child's digital future.