Heathland Whitefriars Federation

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Dear Parents and Carers,

I am writing to share an important message I have received from the Children's Commissioner for England. She has recently published a new guide titled 'What I wish my parents or carers knew: Guide for parents on managing children's digital lives'.

The Commissioner highlights that supporting children's safety is a shared responsibility between families, schools, and wider society. As children's lives become increasingly connected to the digital world, many parents are finding it challenging to balance keeping their children safe online while also allowing them to learn, socialise and play in digital spaces.

This new guide was created with direct input from children and young people across England, including teenagers, SEND youth panels, and the Commissioner's Youth Ambassadors. It reflects their honest views on what helps them feel supported, protected, and understood when navigating their online lives.

Many young people shared that, with hindsight, they wish they had been protected from smartphones and online pressures for longer. They also expressed that they value firm, informed boundaries from adults—especially when there are concerns about harmful content or online behaviour.

As a school, we are committed to supporting children's safety both on - and offline, and we believe this guide may be a valuable resource for parents and carers.

I strongly encourage all families to take a moment to read it. 'What I wish my parents or carers knew…': A guide for parents and carers on managing children's digital lives | Children's Commissioner for England

Thank you for taking the time to engage with this important information. Working together, we can help ensure our children are safe, supported, and confident as they navigate the digital world.

Kind regards,

Claire Lee

Claire Lee
Designated Safeguarding Lead and Inclusion Support
Heathland School

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