Online safety at home:
Parents and Carers newsletter
July 2026

The summer holidays are upon us, and the lighter evenings may encourage longer periods of time spent on devices for our children. It is worth remembering that screen time can disrupt sleep and affect their ability to concentrate, learn or remember. Maybe try using an app that tracks screen time to help set suitable limits.

Top Tips

MOVING UP TO SECONDARY SCHOOL

Ofcom's 2022 research into technology use across the UK has shown that nearly all 13 – 15-year-olds (98%) have their own phone. For most of these young people, they were given their phones around the start of secondary school, between the ages of 9 and 11 (91%). If you are considering getting your child their first phone, there are lots of factors to consider. Childnet's 'First Phone Checklist' is a great, easy to understand resource that takes you through the process of choosing the right time, setting it up and supporting your child.

Childnet's 'Moving on Up!' videos are a great place to start conversations around new devices, digital wellbeing and online bullying. Please check out the link below:
https://www.childnet.com/resources/moving-on-up/

What to do if something goes wrong:

If you are worried that your child has had an upsetting experience online, for example if a nude image has been shared without their consent, it is important that you know where to go for immediate support.

- Contact Childline/IWF Report Remove if an image/video of an under-18 has been shared without their consent. https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/
- Make a report to National Crime Agency - Child Exploitation and Online Protection Command (NCA CEOP) if you think the image/video has been shared with an adult. https://www.ceop.police.uk/ceop-reporting/
- Visit the NSPCC dedicated helplines website page or call 0808 800 5000 or email help@nspcc.org.uk.
- Your child can also call (free) or email Childline themselves: https://www.childline.org.uk/get-support/
- Speak to your child's school