

The 2 Johns



'Keeping Children Safe'

Parent & Carer ONLINE SAFETY NEWSLETTER

Welcome to the March edition of our Parent and Carer Online Safety newsletter.

We hope you found Safer Internet Day 2026 to be enjoyable. In addition, we organised our own Safer Internet Week, which was a resounding success. We engaged with thousands of children, as well as numerous teachers and parents, throughout the week. It was a rewarding experience, and we trust that our message resonated regarding the importance of communicating with your children about their online activities and being there to support them.

This month, we are focusing on Digital Wellbeing. We have included valuable information on how you can assist your child in navigating the internet safely while ensuring that their overall wellbeing is not compromised. We hope you find this information beneficial.





Digital Wellbeing

Young people are growing up in a world where technology has consistently been a major factor, impacting their lives in both positive and negative ways. To learn more, visit this resource from Childnet.

[CLICK HERE](#)

Online Wellbeing

Discover six tips from the NSPCC to improve your family's online wellbeing. By integrating these tips into your daily routine, you can foster a healthier online environment for your family, promoting both safety and enjoyment in their digital adventures.

[CLICK HERE](#)

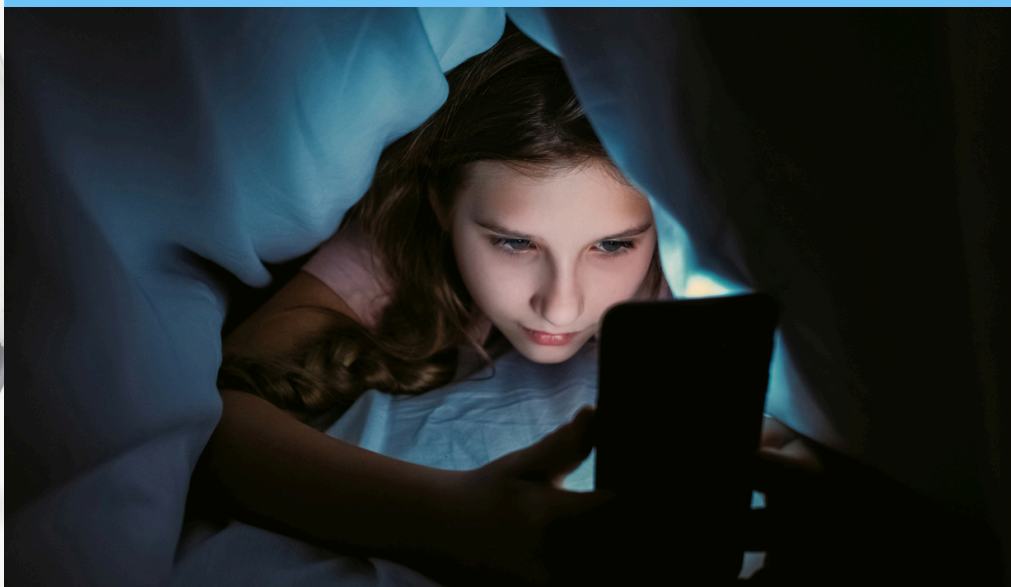
Screen time

Assisting Children in Managing Screen Time for a Healthy Digital Diet.

Help children find a balance in their screen time and embrace a healthier digital lifestyle. Select a guide from Internet Matters screen time hub that will enable them to maximise their device usage. This resource offers expert tips and insights on:

- What screen time truly means
- How to make the most of screen time
- Strategies to address excessive screen time
- Creating a balanced digital diet.

[CLICK HERE](#)



Young People & Screen-time- A Good Start

How Can Parents and Carers Support Children in Getting Off to a Good Start with Digital Devices?


SWGfL has tailored this resource on behalf of the UK Safer Internet Centre, with kind permission from the Norwegian Safer Internet Centre.

Devices at home offer media, entertainment, and internet access for the entire family. Additionally, they present fresh opportunities for creativity and learning.

This guide and poster include valuable tips and checklists to assist you.

[CLICK HERE](#)





Conversation starters to understand your child's online life

Ensuring Your Child's Online Safety Through Communication

Engaging in regular discussions with your child can significantly enhance their safety on the internet. Here are four straightforward tips from Internet Matters to help children navigate online challenges and encourage them to share their digital experiences.

[CLICK HERE](#)

Social Media and wellbeing

The internet provides children with learning, research, gaming, and connection opportunities, but it's crucial to ensure they use it safely and positively for their mental health. Regular conversations about the internet and social media should be as common as discussing everyday topics. Here are tips from Young Minds for encouraging positive discussions with your child about social media.

[CLICK HERE](#)



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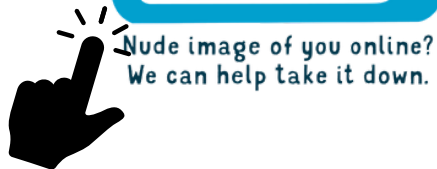


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REPORT HARMFUL CONTENT

