



Fair Field Junior School

Watford Road, Radlett, Hertfordshire, WD7 8LU

01923 856341

Email: admin@fairfield.herts.sch.uk

www.fairfield.herts.sch.uk

Headteacher: Mrs Leggett

Assistant Head of School: Mrs O'Sullivan

Assistant Head of School: Mrs Parmar

Monday 12th January 2025

New Guide for Parents on Children's Digital Lives

Dear Parents and Carers,

I am writing to share an important new resource with you: What I wish my parents or carers knew: A guide for parents on managing children's digital lives, published by Dame Rachel de Souza, the Children's Commissioner for England. A copy of the guide is attached to this message.

Supporting children's safety and wellbeing is a shared responsibility between families, schools and wider society. As children's lives are now increasingly shaped by the digital world, many parents and carers are facing complex decisions about how to protect children from online harm while also enabling access to spaces that are now central to learning, socialising and play.

This guide focuses on the everyday challenges of managing children's online habits and has been written with the direct involvement of children and young people in England, including those with special educational needs and disabilities. It reflects their honest views on what helps—and what doesn't—when it comes to adult guidance and boundaries around digital use.

The Children's Commissioner's work with young people highlights a clear message: children value firm, informed and protective boundaries from the adults who care for them, especially when there are concerns about online content and its impact on behaviour and wellbeing. Many young people say they wish they had been protected from smartphones and harmful online content for longer.

As a school, we recognise the vital role that parents and carers play in supporting children to develop healthy, safe relationships with technology. We hope this guide will provide helpful guidance, reassurance and practical advice, and support ongoing conversations at home about digital life.

We encourage you to read the attached document and use it in whatever way is most helpful for your family. If you have any questions or would like further support, please do not hesitate to contact the school.

Thank you for your continued partnership in keeping our children safe and well.

Kind regards

Mrs Leggett
Headteacher

