



High Ash School

Important - Online Safety Awareness – Issue 4

April 2026

How is the Internet, Social Media & Technology raising your child?

Do we know enough to do enough?

For Parents, Carers & Guardians

In our previous online safety awareness newsletter (Issue 3), we looked at some basic details and key information of some of the more popular applications and platforms in use. To follow on from those, in this final issue we look at what actions we can take to stay aware of what our children are using and also what other external useful resources are available to us.

What more can you do/be aware of?

- Parental controls and privacy settings - do you have these set on all of their devices ? Do you have an “ask to buy” control over the apps being used by your children? Do you have a parental control app loaded? Please do look at www.internetmatters.org/parental-controls for help & support.
- Age restrictions – are you aware of the ages at which your children should have access to certain sites and apps in order to keep them safe from harm? Have you checked these against what they have?
- Monitoring (without spying) – how regularly do you look at your child’s devices? Do you know what they have on them/access to? Do you check their history? Do you review to see who they may be in contact with? Do you have open conversations to enable this as part of normal parenting?
- Child/parent discussion – whilst online safety is covered at school, have you had ‘that conversation’ with your child at home too? Be curious! Get them to educate you! The Internet Matters website and the Childnet site (see below) both have great tools to help guide you on these conversations and to develop family agreements establishing defined do’s and don’ts for online usage both at home and when outside of home.
- Protecting their futures - let’s not forget that what we all post and share on many social media platforms can be viewed by others at any time in the future and so we don’t want them to ruin their prospects by what they might do online now.
- Consider the use of a non-smartphone with no internet access. Controversial perhaps but an option to consider until your child comes of age?

Useful resources to support you

- High Ash website pages and monthly online safety newsletters – as already mentioned please do read these – they are there to help and support you and are written by experts in this field keeping you up to date with current issues and things to be aware of!
- TV programmes to watch -
 - ‘Adolescence’ on Netflix – explores peer pressure, the internet and some detrimental effects of social media. Whilst it involves an older age group from our children at High Ash, its still very valid as a parental watch.

- C4 documentary ‘Swiped’ – Hosted by Emma & Matt Willis and with child participation, the programme looks at how mobile phones can negatively affect the brain, children’s mood and sleep patterns. A thought-provoking watch!
- Smartphone Free Childhood <https://smartphonefreechildhood.co.uk> – this is a site where you can go online to register your support to change the culture around children and smartphones, pushing towards more support from the government to ‘reclaim childhood’ from the tech companies and the use of smartphones. You can also link to your child’s school to see other parents’ sentiment on this subject as well as join a WhatsApp group with thousands of others parents should you so wish.
- NSPCC www.nspcc.org.uk – provides many useful resources and advice and includes their latest report about the online risks to children.
- Common Sense Media www.common Sense Media.org – provides reviews, advice and age-appropriate recommendations on games and films etc. You can access 3 reviews per month for free.
- Childnet www.childnet.com – you can sign up for a newsletter from this site and their resource hub provides lots of information as well as activities to do with your children. One particularly useful item is a ‘family agreement’ tool to help with your child/parent conversations around online safety.
- UK Safer Internet Centre www.saferinternet.org.uk – give advice on key online issues, tips & guides.
- Digital Help toolkit via www.internetmatters.org.uk – you can find a lot of useful information on this site on settings and apps and issues to be aware of defined by age. Has some very useful information for those with children with special educational needs.
- Look at Safe Lagoon - www.safelagoon.com – this site can help with screen time management; content filtering and web safety; call & text controls as well as messaging and chat monitoring. It has new AI technology which can monitor usage and send you alerts!
- The Family Gaming Database www.familygamingdatabase.com – they share research and advice on thousands of games and their content/warnings etc.
- Take a look at www.esafety-adviser.com – a great site with great information on the various apps available, pros and cons and things to be aware of (helped to support our research for this newsletter!)
- TEDTalk – an insightful TEDTalk short video by seven-year-old Molly Wright. A speech on the dangers of us as parents spending more time on our devices than paying active attention to our children, worth a watch! https://www.ted.com/talks/molly_wright_how_every_child_can_thrive_by_five

Thank you for reading these 4 online safety newsletters that we’ve sent out to you over recent weeks. We hope you’ve found them useful and should you have any suggestions for further online safety information then please do let us know.

As mentioned, we don’t profess to be experts but its clear that we all need to stay informed on these issues and the potential and evolving dangers for our children when online and do what we can to protect them together, both at school and at home.

Kind Regards
High Ash School and the Board of Governors