

The child behind the screen

Key take aways for parents and carers

- ✓ **Look beyond the screen** – Online lessons only show part of a child's life and wellbeing.
- ✓ **Notice changes** – Changes in behaviour, mood, attendance or engagement may be signs that a child needs support.
- ✓ **Behaviour communicates** – Withdrawal, anger or disengagement can sometimes indicate that something is wrong.
- ✓ **Context matters** – What happens around a child during online learning can provide important safeguarding information.
- ✓ **Build trusted relationships** – Children are more likely to speak up when they feel listened to, respected and supported.
- ✓ **Trust your instincts** – If something doesn't feel right, talk to your child and seek support rather than ignoring your concerns.



What parents and carers can say:

"I'm always here if you want to talk."

Helps your child know that they have someone they can turn to.

"You can tell me anything, even if it's difficult."

Reassures them that they won't be judged for sharing something uncomfortable.

"You won't be in trouble for telling me something that's worrying you."

Can reduce the fear of getting into trouble and encourage honesty.

"It's ok to ask for help."

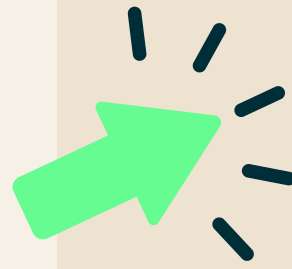
Reminds children that asking for support is a strength, not a weakness.

"You don't have to deal with this on your own."

Helps children understand that safe adults can support them.

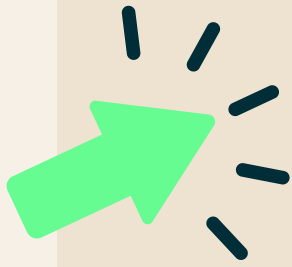


Recommended support links:



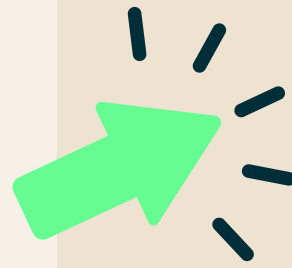
Childline

Free, confidential support for children and young people, including advice about bullying, relationships, mental health and online experiences.



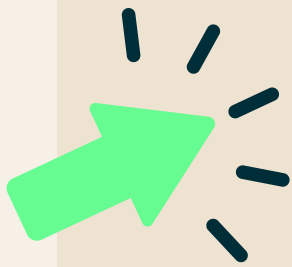
NSPCC - Online Safety

Guidance for parents and carers about keeping children safe online and recognising potential concerns.



Internet Matters

Practical guidance for parents covering social media, gaming, online bullying, privacy and online safety.



YoungMinds

Information and advice for parents supporting a child's emotional wellbeing and mental health.