

23<sup>rd</sup> January 2026

Dear Parent/Carer

The Children's Commissioner has recently published a new guide designed to support parents and carers in navigating their children's digital lives. The guide offers practical advice, conversation starters, and insights into how young people experience the online world. You can access the resource using the link below:

<https://www.childrenscommissioner.gov.uk/resource/what-i-wish-my-parents-or-carers-knew-a-guide-for-parents-and-carers-on-managing-childrens-digital-lives/>

This week, our assemblies have explored the theme of identity, with a particular focus on the many influences that shape who we are, including our digital presence. Students have been encouraged to reflect on the different identities they may adopt in various contexts, both online and offline, and to consider how social media, influencers, and digital interactions can affect their sense of self.

A key message has been the importance of staying true to our authentic selves and recognising when external pressures may be shaping our behaviour or self-image. We hope these discussions will help students develop confidence, self-awareness, and healthy digital habits.

Yours sincerely



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