

Thursday 29th January 2026

Dear Parents / Carers,

Children's Commissioner – A Guide For Parents On Managing Children's Digital Lives

Supporting children's safety is a shared responsibility between families, schools and wider society. For parents and carers, this responsibility has become increasingly complex as children's lives are now deeply intertwined with the digital world. Many parents face difficult decisions about how to balance protecting children from online harm with enabling access to spaces that are now central to learning, socialising and play.

This guide was written with the direct involvement of children in England. It is a reflection of their views. My office visited schools to speak to teenagers, and spoke to my Youth Ambassadors and Youth Special Educational Needs and Disabilities (SEND) Panel to get their expertise on what works and what doesn't work between parents or carers and children in the 21st Century.

Please see link below for the recently published new guide:

[What I wish my parents or carers knew: A guide for parents on managing children's digital lives.](#)

I hope this guide will be a useful resource for your school community,

Yours sincerely,

Dame Rachel de Souza

Children's Commissioner