

8 January 2026

Dear Parent/Carer

Supporting Your Child's Digital Life – A New National Guide for Parents and Carers

We are writing to share an important and timely resource with you that supports families in managing children's digital lives.

Dame Rachel de Souza, the Children's Commissioner for England, has recently published a new guide entitled ***What I wish my parents or carers knew: A guide for parents on managing children's digital lives***. The guide has been written specifically for parents and carers and offers practical advice on navigating the increasingly complex online world that children and young people are growing up in.

Keeping children safe is a shared responsibility between families, schools and wider society. As a school, we are very aware that children's learning, friendships and leisure time are now closely linked to the digital world. Many parents and carers tell us that they find it challenging to strike the right balance between protecting their child from online harm while also allowing access to technology that plays such a central role in modern life.

This guide recognises that challenge. Unlike earlier guidance which focused on specific online risks, this publication looks more broadly at children's everyday online habits and how adults can set clear, informed and protective boundaries. Importantly, it has been written with direct input from children and young people across England, including those with special educational needs and disabilities. Their message is clear: they value adults being confident, consistent and firm when it comes to online safety.

Many young people shared that, with hindsight, they would have welcomed stronger boundaries around smartphone and social media use. They want adults to prioritise their wellbeing, even when those decisions are difficult.

At Turves Green Boys' School, we are committed to working in partnership with you to support your child's safety and wellbeing, both in school and beyond. I strongly encourage you to take the time to read this guide and use it as a starting point for conversations at home about online use, boundaries and expectations.

Continued ...



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Turves Green Boys' School

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If you have any questions or would like to discuss this further, please do not hesitate to contact your child's Head of House. We remain committed to supporting your child's wellbeing, development, and success.

- **Austin House** – Mr A Leiper: aleiper@tgbs.co.uk (Telephone: Option 1)
- **Boulton House** – Mr D Stafford: dstafford@tgbs.co.uk (Telephone: Option 2)
- **Tolkien House** – Mr J Kelley: jkelley@tgbs.co.uk (Telephone: Option 3)

You can access the guide here:

<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/>

Thank you for your continued support in keeping our children safe.

Yours faithfully



Mr J Till
Headteacher



Mr T Walker
Head of School



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Support for Families through Early Help

At Turves Green Boys' School, we have a range of key staff with expertise in supporting pupils and their families. Miss Brooker, our School Social Worker, works closely with families and external agencies to provide guidance and support with any challenges you may be facing.

The attached flyer outlines the support available through Early Help.

If you have any questions, please contact Miss Brooker using the details provided. Should you feel, this support would be beneficial, she will be happy to arrange a date and time to complete an Early Help assessment.

EARLY HELP

AT TURVES GREEN BOYS' SCHOOL

WORKING TOGETHER TO SUPPORT CHILDREN, YOUNG PEOPLE AND FAMILIES



What is Early Help?
Early Help means taking action to support a child, young person or their family as soon as a problem emerges.
• Can happen at any stage in a child's life – from pre-birth to young adulthood.
• For all children and young people, whatever the need.
• Supports families with any problem they cannot deal with alone.
Early Help is about getting the right support, from the right people, at the right time.

Why is Early Help important?
✓ Provides support before problems get worse
✓ Helps different professionals work together
✓ Reduces the need for specialist or statutory services (unless absolutely necessary)
Early Help can be simple advice and guidance, practical support, or more intensive help in complex situations.

What does Early Help look like?
• Friendly, supportive conversations about your child's needs
• Working with health, education, social care or community services
• Using the Signs of Safety and Wellbeing Framework:
➔ What's going well?
➔ What are the worries?
➔ What needs to happen next?
• An Early Help Assessment & Family Plan so everyone knows what support is in place

If you feel your family would benefit from support, please contact:
Miss Brooker
0121 483 2890
hbrooker@tgbs.co.uk

Help for all families in Birmingham



Birmingham Children's Partnership



Edgbaston EarlyHelpEdgbaston@gatewayfs.org 0121 456 7821	Northfield NorthfieldFamilies@northfieldcommunity.org 07516 918 133
Erdington ErdingtonFamilies@compass-support.org.uk 0121 748 8199	Perry Barr PerryBarrEHnetwork@spurgeons.org 0121 752 1900
Hall Green Hallgreen.families@greensquareaccord.co.uk 07570 953519 (9:30am to 4:30pm)	Selly Oak EarlyHelp.Billesley@gmail.com 0121 441 4556
Hodge Hill EarlyHelp-Hodgehill@family-action.org.uk 07976 199894	Sutton Coldfield SuttonEHnetwork@spurgeons.org 0121 752 1860
Ladywood childrenandfamilies@bsettlement.org.uk 07764 977636	Yardley EarlyHelpYardley@barnardos.org.uk 0121 289 4875

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