

2nd May 2025

Dear Families,

As you may already be aware, the Netflix series 'Adolescence' has been widely discussed over the last few weeks. The show provides a powerful, and at times difficult, look at the digital pressures young people face online, and the role parents have to play in their digital wellbeing.

I would like to share with you a resource page containing practical advice, conversation starters, and useful insights created to help parents navigate the various challenges the series brings to light.

From setting boundaries around screen time to processing upsetting online content, the resources are designed to give parents the tools and knowledge to take the next steps in supporting their child's digital wellbeing.

You can access the resource by clicking on the link below:

<https://smoothwall.com/adolescence>

I hope you find this useful. Please let us know if you feel your child needs more support in this area or ask them to talk to their form tutor in the first instance.

Kind regards



Cath Harden

Headteacher