



[Resources](#) >

'What I wish my parents or carers knew...': A guide for parents and carers on managing children's digital lives

18 December 2025



Report

[My priorities](#) 

[Knowledge & resource hub](#) 

[About us](#) 

[Media centre](#)

[My priorities](#) 

[Knowledge & resource hub](#) 

[About us](#) 

[Media centre](#)

[My priorities](#) 

[Knowledge & resource hub](#) 

[About us](#) 

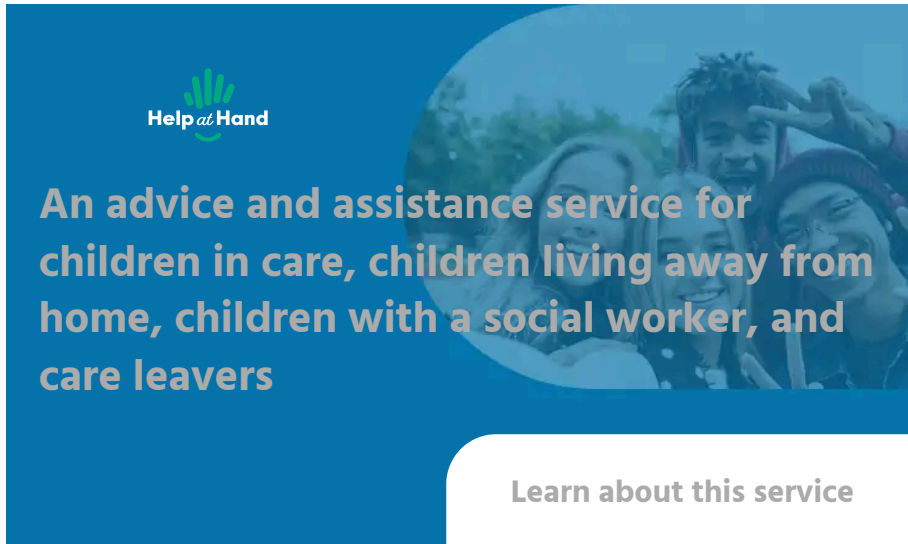
[Media centre](#)

[My priorities](#) 

[Knowledge & resource hub](#) 

[About us](#) 

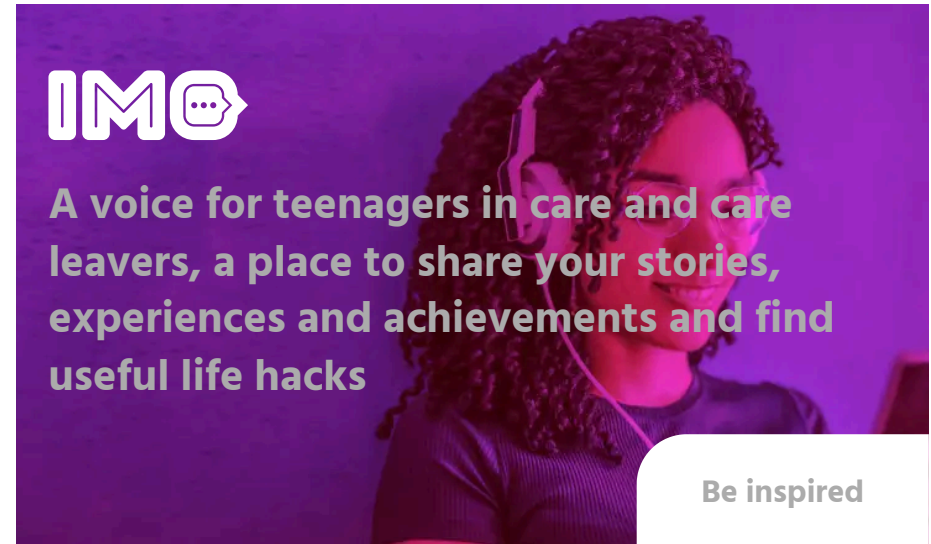
[Media centre](#)



Help at Hand

An advice and assistance service for children in care, children living away from home, children with a social worker, and care leavers

[Learn about this service](#)



IMO

A voice for teenagers in care and care leavers, a place to share your stories, experiences and achievements and find useful life hacks

[Be inspired](#)

Sign up to our newsletter

About

[About us](#)



Contact

[Contact us](#)



[My priorities](#) 

[Knowledge & resource hub](#) 

[About us](#) 

[Media centre](#)

[Accessibility](#)

