



Welcome back!

Getting children back into school habits can feel like a challenge after a summer of lie-ins, holidays and perhaps a little more screen time than usual.

We understand, we're parents too. But September is also the perfect time to reset routines. Finding a healthy balance between technology and other activities can have a positive impact on well-being (for all of us!) and small changes now can make a big difference as we begin to navigate another school year.

Your September Digital Checklist



Check Devices ☒



Check the devices your child uses to ensure parental controls are age-appropriate and apps are up to date.

Start the Conversation ☒



Taking an interest in what your child does online helps build trust and makes it easier for them to share worries.

Agree Family Routines ☒



Set clear rules together on when and where devices can be used. This encourages children to take ownership of their screen time.

Conversation Starter

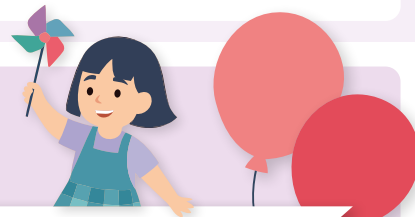
Ask your child:



Have you ever seen something online that made you feel uncomfortable?

Rather than providing a list of examples that children shouldn't see online, try to help them identify which parts they feel are appropriate and inappropriate based on their experiences.

Looking ahead



Online Responsibility Day

24th September 2026

Thursday 24th September marks the first Online Responsibility Day and we're asking schools, youth groups, families, communities and businesses to all get involved and promote respectful and responsible online behaviour.



Find out more at www.onlineresponsibilityday.com



Need advice or support?

Visit the Additional Support page on our website for links to organisations providing specialist online-safety advice, guidance and support: www.orn.co/additional-support