



Courses for Parents & Online Safety Information

Upcoming Online Courses

Building Your Child's Concentration
Building your Child's Resilience
Building your Teenager's Resilience
Develop Skills to your child's Sensory Needs (ASD, ADHD and other)
Developing your Child's Self-Esteem
Empowering Your Child: Positive Ways to Handle Anger and Meltdowns
Exploring Behaviour Strategies
First Steps to Understanding Masking
First Steps to Understand My Neurodivergent Child
Help your Child to Manage Anxiety
Help your Child to Develop Positive Bedtime Routines
Help your Child to Develop Positive Friendships
Learn, Play & Thrive - The Toddler Years
Sensory Routines to Support your Child's Behaviour & Learning
Starting School: Navigating Anxiety and Expectations for Parents
Supporting your LGBTQ+ Child
Use a Positive Approach to Build Your Child's Resilience
Using Play, Songs and Stories to Support Your Child's Early Years
Who's in Charge? First Steps to Understanding Child to Parent Violence

Please note that some of these courses may have waiting lists and some run to more than one session. For full details of these and other courses offered by Surrey Adult Learning and how to book, click below.

[SEARCH COURSES](#)

Online Safety Information



2025 report on media use and attitudes

On 7th May, Ofcom published its annual report looking at media use, attitudes and understanding among children and young people aged 3-17. The report also includes findings on parents' views about their children's media use, and how parents of children and young people aged 3-17 monitor and manage their children's use.

The key findings related to online safety in the report include:

- There has been an increase in 3-5-year-olds using social media platforms
- More children are watching livestreamed videos, a growing trend over the past three years and 16% of 3-17s livestream their own videos
- Girls continue to be more likely than boys to experience nasty or hurtful interactions online
- The majority of parents do not think the benefits outweigh the risks of their children being on social media, messaging and video-sharing apps
- More than seven in ten (72%) parents are concerned that their child would be unable to distinguish between the real and the fake online
- Children aged 8+ who have had lessons in online safety at school are more likely to say they are very useful to them, compared to last year
- The three most common online safety topics taught in schools are: How to recognise harmful content (63%), how to keep personal information safe (63%), and being kind and respectful to others online (62%)
- More than half of children aged 8-17 who use smartphones to go online are not allowed to use them at any time in school

To read the full report, click the link below:

[Children and Parents: Media Use and Attitudes Report \(Ofcom\)](#)