



### Upcoming Online Courses

Building your Child's Resilience  
Building your Teenager's Resilience  
Develop Skills to Support your Child's Sensory Needs (ASD, ADHD & other)  
Developing Your Child's Self-Esteem  
Empower Your Child: Supportive Approaches to Manage Anxiety  
Empower Your Child: Positive Ways to Handle Anger and Meltdowns  
Empower Your Neurodiverse Child to Build Resilience  
First Steps to Understanding Your Neurodivergent Child (ADHD, Autism and other)  
First Steps to Understanding Emotionally Based School Non-Attendance  
First Steps to Understanding Masking  
Help your Child to Develop Positive Bedtime Routines  
Helping your Child to Develop Positive Friendships  
Supporting your LGBTQ+ Child

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 News

**New kids online safety website launched as part of government campaign**

To mark Safer Internet Day on 16 February 2026, the Government launched a brand-new Kids Online Safety website, designed to help families feel more confident in guiding their children's online experiences.

This new resource has been shaped around the real concerns shared by families across the UK, helping to make everyday conversations about online behaviour simpler, more confident and more meaningful.

Developed with experts like Parent Zone and Internet Matters, it provides parents with simple conversation starters, age-appropriate advice on risks, and guidance on setting up parental controls.

The website is designed to support families and encourage regular conversations about what they're seeing online, asking simple questions, like "who shared this" and "why?". Based on parents' main concerns and needs, it provides:

- tips for parents' conversations with their children
- actions to support each stage of their child's life
- parental controls information

The website will also signpost to trusted resources from charities and third parties, where parents can access other forms of support (like speaking to an expert).

The website will continue to grow and be developed this year, supporting the Online Safety Act and wider government aims.

Click the links below for more information:

[Kids Online Safety \(Government Website\)](#)

[Internet Matters Website](#)

[Parent Zone Website](#)