



Courses for Parents & Online Safety Information

Upcoming Online Courses

Building your Child's Resilience

Developing Early Communication Through Song, Play and Stories

Develop Skills to Support 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 Understand Emotionally Based School Non-Attendance

First Steps to Understanding Masking

First Steps to Understand My Neurodivergent Child (ADHD, Autism)

Help your Child to Manage Anxiety

Help your Child to Develop Positive Bedtime Routines

Help your Child to Develop Positive Friendships

Help your Teen manage Anxiety

Navigate the options after Year 11 (college, apprenticeship, work)

Sensory Routines to Support your Child's Behaviour & Learning

Sensory Routines to Support Your Child with ASD, ADHD and other

Supporting your LGBTQ+ Child

Use a Positive Approach to Build Your Child's Resilience

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

Resources from *Internet Matters*

Since 2014, Internet Matters has provided information and advice to parents and carers to help their children navigate the ever-changing digital landscape.

For many of you, your children will be moving from primary to secondary school in September. There may be a number of digital 'firsts' experienced by your children at this time. They may, for example be getting their first smartphone. The organisation offers a wealth of information designed to help you and your children understand the possible risks and benefits of going online as they transition from Year 6 into Year 7.

To read the guidance, click the link below:

Moving to secondary school - tools to support the Year 6 transition

Internet Matters also offers a service called *Pulse*, which gives deeper insight into the online lives of children and parents' concerns through their bi-annual research with 2,000 parents and 1,000 children in the UK.

The May 2025 *Pulse* survey includes lots of interesting and useful key findings, for example:

- How children spend their time online - on average children spend more than one day per week online (27 hours).
- Their experiences of harm - 77% of children report that they have experienced harm online, an 8% increase from a year ago.
- Parental concerns - 75% of parents are concerned that their child spends too much time online. This is the top concern of the parents surveyed.

You can access the findings of the report by clicking the link below:

*Internet Matters Pulse:
Insight into children's digital lives*