



Digital Safety and the School / Parent Relationship

How to ensure positive parental engagement

Introduction

In today's digital age, ensuring student digital safety extends beyond the school walls and into the home environment is critical. With children spending increasing amounts of time online for both educational and recreational purposes, it is inevitable that parents must play an active role in protecting their digital wellbeing.



Often, parental involvement in digital safety is reactive rather than proactive. Often parents will remain silent until a significant issue arises. The tendency to respond to crises rather than actively prevent them can leave both parents and educators feeling unprepared and overwhelmed.

Despite their best intentions, educators may find themselves wanting to advise parents but not really knowing how to, afraid that if they get too personally involved in what parents are doing to set digital limits at home they will overstep boundaries or create an additional workload or dependency on themselves. In addition, the sheer volume of digital platforms, apps, and technologies makes it difficult for schools to stay abreast of the latest trends and developments.

In this context, there is a strong need for schools to develop a clear, informed school-wide approach to digital wellbeing that extends beyond the classroom. By anticipating concerns and empowering parents with knowledge and tools before issues escalate, schools can create a more proactive community focused on preventative measures rather than reactive responses.

This guide shares practical considerations to help schools support their parental community more effectively.

Common Parental Challenges

Many parents aspire to play a more active role in ensuring their children's digital safety. However, there can often be challenges that hinder their efforts, prompting them to turn to schools for guidance and support.

By recognizing and understanding these challenges, schools can develop a more suitable and effective response.

Time constraints:

Time is a big issue for many parents. Especially when both are working. Parents often juggle multiple responsibilities, including jobs, household chores, childcare, extracurricular activities, and personal commitments, leaving them with limited time and energy to devote to monitoring and managing their children's screen time. Some parents may experience feelings of guilt or pressure when it comes to setting technology limits and boundaries for their kids, giving in to allowing more device use than they may initially feel comfortable with.

Awareness of the need for visibility and supervision:

Smartphones and personal laptops can provide children with round-the-clock internet access, potentially exposing them to content that isn't suitable for pre-teens and early adolescents, including social networks, games, and other online activities. Many parents are not fully aware of the importance of monitoring and guiding their children's digital engagement until problematic habits are already established. Schools play a crucial role in educating parents about anticipating and addressing these challenges. They can guide parents in safeguarding their children's digital wellbeing, highlighting the importance of protecting their mental and physical health from various online risks, such as cyberbullying, inappropriate content, and online predators.

Misconceptions about parental control technologies:

Parental control tools and apps can be highly effective in helping parents monitor their children's use of connected devices and establish healthy limits on screen time and app usage. However, awareness of these technologies is not universal among parents. Additionally, there's a common misconception that these tools are challenging to set up and manage. Dispelling these myths and educating parents about the ease and benefits of using parental control technologies are essential steps in promoting digital wellbeing for children.

Device complexity:

Navigating the digital landscape and understanding various devices, apps, and online platforms can be overwhelming for parents. Children today have access to a wide range of digital devices, including smartphones, tablets, computers, gaming consoles, and smart TVs. Each device may have its own operating system, settings, and apps, making it challenging for parents to supervise. Many parents may lack the digital proficiency to manage ALL the platforms their children use, which can create barriers to asking for help or implementing any advice they receive.



Common Questions Frequently Posed by Parents to Schools

Qoria supports some 27,000 schools around the world. The most common questions our schools receive from parents around digital safety and wellbeing centre on the following themes:



1. Digital parenting and screen time management

- How can I reduce arguments around excessive screen time in our family?
- How do I digitally parent? Do you offer educational materials or workshops for assistance?
- My child is asking for a smartphone. When is the right time for them to have one?



2. Online safety and cyberbullying

- How can I monitor and manage my child's online interactions, including social media use?
- How do I discuss a cyberbullying incident with my child?
- How do I prevent my child from accessing self-harm content?



3. School support and parental involvement

- What parental control and filtering software do you recommend?
- How are you ensuring online safety for children during school hours?
- How can I engage with other parents to share digital parenting strategies and ideas?
- What should I do if I feel overwhelmed by the need to manage my child's online activities on top of my other responsibilities?

Considerations for Schools when Providing Parental Assistance

Some of the many ways schools support their parents include education initiatives, resources, and collaboration. Here are several ways schools can provide assistance:

Education and training:

Offer workshops, seminars, and training sessions for parents and teachers on topics such as internet safety, social media use, cyberbullying prevention, and digital wellbeing. Some technology vendors, including Qoria, will provide free parental webinars run by digital safety experts.

Access to resources:

Make available a range of resources and materials for parents, including tip sheets, online guides, and recommended apps or tools for managing online safety. These resources can help parents stay informed and equipped to address specific online safety challenges.

Parent/Teacher communication:

Foster open communication between parents and teachers to talk about children's use of digital technologies through regular updates, newsletters, and parent-teacher meetings.

Collaborative efforts:

Partner with students, teachers, wellbeing coordinators, pastoral staff and interested parents to enhance efforts to promote online safety and digital wellbeing. Collaborative initiatives can provide schools with access to expertise, resources, and support networks to address online safety challenges effectively.

Policy development:

Develop comprehensive school policies and guidelines for online safety that outline expectations for students, parents, and staff. These policies should cover topics such as acceptable use of technology, safeguarding, privacy protection, cyberbullying prevention, and consequences for inappropriate behaviour.

Student-led initiatives:

Implement student-led initiatives focused on promoting positive online behaviour and digital citizenship. Encouraging students to become ambassadors for digital safety and wellbeing can empower them to take an active role in promoting a culture of digital responsibility within the school community.

Professional development:

Provide ongoing professional development opportunities for educators to enhance their knowledge and skills in addressing online safety and digital wellbeing issues. Equipping educators with the tools and resources they need to support students and parents effectively is essential for creating a safe and inclusive learning environment.

Considerations for Schools when Providing Parental Assistance cont.

Signpost parents to external sources of help:

There are many organisations and platforms offering valuable resources to parents who need help navigating the challenges of digital parenting. These include:



Common Sense Media

commonsensemedia.org/es

Common Sense Media is a US based non-profit that offers Spanish-language resources, articles, and guides on internet safety, digital citizenship, and media literacy for parents.

PantallasAmigas

pantallasamigas.net

PantallasAmigas is a Spanish organization dedicated to promoting safe and responsible internet use among children and adolescents. They offer resources, guides, and educational materials for parents and educators.

Fundación Anar

anar.org

Fundación Anar provides a help-line and resources for Spanish-speaking parents and children on a variety of issues, including online safety, bullying, and child abuse prevention.

Save the Children

savethechildren.es/escuela

Save the Children offers resources and programs aimed at empowering parents to protect their children online and promote their well-being in the digital world.

Unicef

unicef.es/infancia-tecnologia

UNICEF works around the world to save, protect and advance the rights of children.

Internet Segura for Kids (IS4K)

is4k.es

IS4K is a Spanish initiative that provides resources, guides, and advice for parents, educators, and children on internet safety and responsible online behaviour.

How Qoria can Help

At Qoria we help keep children safe and thriving in their digital lives.

Through our world-leading parental control app, Qustodio, we help parents to keep their children's online activities safer at home. At school, through our innovative web filtering, monitoring, and classroom solutions, we enable schools to create safe and productive digital environments in which every child can flourish.

Supporting the school / parent relationship

Qoria helps schools to empower their parental community and so realise a number of critical benefits:

- Help to widen the digital safety net around children.
- Equip parents with digital safety education, visibility and peace of mind.
- Build stronger parental relationships
- Position themselves as leaders in child digital safety and wellbeing.

How we enhance digital safety at school and at home

Integrating Linewize and Qustodio: A comprehensive approach

At Qoria we've integrated our flagship solution for schools, 'Linewize,' with Qustodio, our best-in-class parental control application. Schools get a robust educational content filter and the reporting tools they need for staff to monitor student wellbeing across the entire device fleet. Additionally, we offer Qustodio to parents, enhancing their insight into their child's online device use after school hours.

Extending safety to the home with Qustodio family

To further support families, schools can also provide parents with a FREE licence of Qustodio for home use. This licence extends to protect not only the school device, but also two personal devices at home, providing added visibility and reassurance.

Parental webinars

Qoria's solution also comes with a FREE parental webinar. Run by our digital safety experts, the parent webinar aims to bring clarity and understanding to parents about how best to use a parental control app such as Qustodio, how to have better conversations with their child about their online activities, and is also a valuable opportunity to ask questions directly to our team.



Conclusion

By addressing challenges through a proactive lens in the areas of preventative action, early detection and intervention, and education and engagement, schools can create a safer online environment for their students, fostering a sense of empowerment and control among all stakeholders who guide children's digital journeys.

Collaborative efforts with the right technology, tools, and experts will strengthen the collective response to the multifaceted issue of student online safety.

Further reading

This article is part of our Schools Digital Safety series. [Click here to visit our dedicated resources page.](#)

Get in touch today

Contact us today to learn more about Qoria's parental engagement initiatives, including free demos of our solutions.

Contact: enquiries@qoria.es
Visit: www.qoria.es

We're here to help.



Qoria is a global technology company, dedicated to keeping children safe and well in their digital lives. We harness the power of connection to close the gaps that children fall through, and to seamlessly support them on all sides - at school, at home and everywhere in between.

Find out more
www.qoria.es