

**Digital parenting can feel like one of the toughest parts of raising children today.**

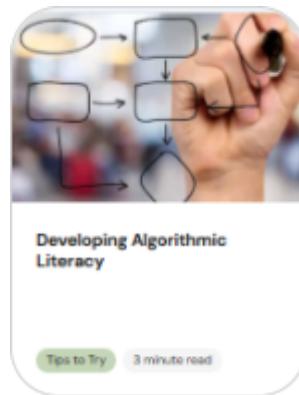
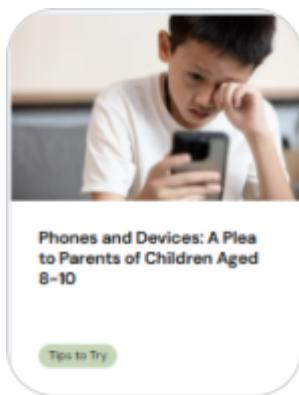
The online world is moving fast and is not always designed with children's wellbeing in mind. So how do we **digitally upskill** and keep young people safe while still empowering them to learn, connect and thrive? And how do we **set healthy boundaries** that **protect** them **from digital harms**, especially in an online environment increasingly shaped by algorithms that influence what children see, think and engage with?

Tooled Up has a range of practical resources to help parents navigate this complex and ever-changing landscape with confidence.

**For parents of younger children, one of the biggest decisions is when and how to introduce smartphones.** This is not a small step and it deserves careful thought. Our resource [\*\*Phones and Devices\*\*](#) is designed for busy parents who want clear **guidance on setting boundaries**, rules and expectations around digital technology, helping families establish healthy online habits from the start.

**As children grow and spend more time online, another important and often invisible influence comes into play: algorithms.** Algorithms are not designed for people but for use on people, learning from what we watch, like and click on. They shape what children see online, the choices presented to them, and can influence how they think and behave. [\*\*Developing Algorithmic Literacy\*\*](#) shares some of the best evidence-based resources designed to **help young people navigate and understand online algorithms.**

**For a balanced update on both the digital risks and benefits** young people are now exposed to, **watch** our webinar [\*\*Digital Risks and Harms Affecting Teens: Tips for Parents\*\*](#) where forensic psychologist Dr Aiman El Asam explores the emerging challenges.



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