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Resources linked to Adolescence - from Smoothwall (safeguarding software company)

Dear Parents and Carers,

As you may already be aware, the Netflix series Adolescence has been widely discussed over the last few weeks. The show provides a powerful, and at times difficult, look at the digital pressures young people face online and the role parents have to play in their digital wellbeing.

Free Parent Resources

To help, Smoothwall have created a [resource page](#) to pass on to your parent community. It's packed with practical advice, conversation starters, and useful insights to help parents navigate the various challenges the series brings to light.

From setting boundaries around screen time to processing upsetting online content, the resources are designed to give parents the tools and knowledge to take the next steps in supporting their child's digital wellbeing.

How Can Parents Access The Resources?

If you think it could be helpful, simply click on the link: <https://smoothwall.com/adolescence>

Kind regards,

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