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DECEMBER 2025

De Lisle College

Parent / Carer Newsletter

Dear Parent/ Carer,

Welcome to our second newsletter of this academic year.

As we approach this wonderfully joyous time of year, I would like to express my sincere gratitude to you all for your support this term. Christmas and the New Year always provides us with a great opportunity to spend some precious time with those we love and care for. It is also a time for us to reflect and prepare for the birth of Jesus Christ and his message of Hope, Peace, Joy and Love.

Our students have been incredible this term; they have worked hard and enjoyed some amazing achievements, some of which you will read about here. I would like to thank all of my colleagues who make De Lisle a wonderful place of care and support for students so that they can all flourish and grow academically. They have worked tirelessly to ensure your child is cared for and that they receive an excellent education.

Last week we had some wonderful news from the national release of GCSE results tables. De Lisle College is a top ten school within the East Midlands; we are ranked fifth compared to all comprehensive schools and we even feature in the top ten in the East Midlands when compared to all selective schools. Our national rank (which is all secondary schools in the UK) is 271st. We are therefore a well-above-average secondary school.

Please may I remind you that children will return on Monday 5 January 2026. I wish you all a happy and holy Christmas.

An Advent Prayer for Family

Heavenly Father, your son, Jesus, is your greatest gift to us, a great sign of your love. Guide us as we strive to walk in that love together as a family this Advent. As we prepare our hearts for Christmas, bring us closer to each other and to your son. Give us the grace and strength we need every day. Help us to always trust in you. Come, Lord Jesus, lead all people closer to you. Come and dispel the darkness of our world with the light of your love. Amen.



NEWSLETTER
DECEMBER 2025



Newsletter Highlights

Headteacher Message
Mr Chris Maher

Library News

Advent at De Lisle

Catenian Donation

Careers Programme in
De Lisle

Sport and Team Spirit
at De Lisle

Highlights in Arts
and Ethics

UKMT Maths Challenges

Performing Art in De Lisle

Public Speaking Final



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DE LISLE LIBRARY NEWS



CHESS TOURNAMENT

After several weeks of tough competition, the chess tournament concluded at the end of November with worthy winners and runners-up in Years 7-11. The students who took part all showed fantastic sportsmanship and skill. Well done to everyone.

YEAR 7

Winner - Jan

Runner-up - Miles

YEAR 8

Winner - Milo

Runner-up - Josh

YEAR 9

Winner - Oliver

Runner-up - Mylo

YEAR 10

Winner - Joseph

Runner-up - Keshav

YEAR 11

Winner - Blesson

Runner-up - Zen



DE LISLE VIDEO NEWS

The De Lisle News Team have been busy putting together the De Lisle News for this term with presenters, Teddy and Vikki and reporters Ben, Sophie, Hailey and Johanna. There's been so much happening at De Lisle this term and it's difficult to include everything but we hope you enjoy watching it. The news can be found on the De Lisle website under the News tab.



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Advent at De Lisle



We have entered the holy season of Advent, and our school community has been reflecting on hope, preparation, and the joy of the coming of Christ. This Advent, our mission, De Lisle Loves, as ever has been at the heart of our chaplaincy work, guiding our focus on love, service, and encounter during this special time at the beginning of a new liturgical year.

Our Mission Team has brought Advent to life with a creative school Advent calendar, offering daily opportunities for reflection and acts of kindness. Meanwhile, our Encounter strand of our Mission Team have been monitoring and enhancing the sacred spaces around school, ensuring there are places where students and staff can pause, pray, and reflect throughout the season.

This year, we also launched our Travelling Nativities, which are journeying around our form groups each day. These small pilgrim Holy Families help students reflect on the journey to Bethlehem, encouraging prayer, stillness, and a sense of wonder as we prepare to welcome Christ at Christmas.



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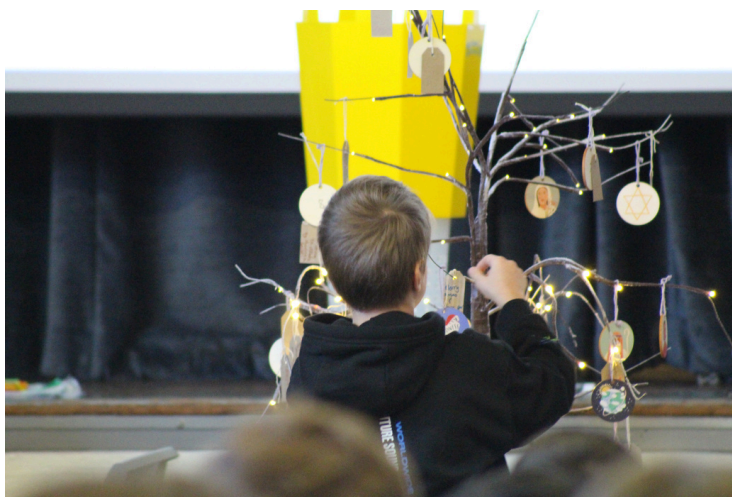
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Our Advent journey has also been enriched through our Carol Concert liturgical preparations, led by our Mission Team where students have reflected deeply on the Nativity story and the message of Christ's light breaking into the world. Through scripture, prayer, and music, our community has been preparing to celebrate the birth of Jesus with faith, joy, and reverence. In addition, our chaplaincy provision has offered opportunities for spiritual renewal through Advent Confessions, allowing students and staff to receive the Sacrament of Reconciliation and experience God's mercy and peace as we draw closer to Christmas.

We have also hosted an Advent Retreat Day for Year 7, Year 8 and Year 13, providing students with a meaningful opportunity to slow down, pray and prepare their hearts for Jesus at Christmas. They will continue this journey just as Mary and Joseph travelled to Bethlehem.



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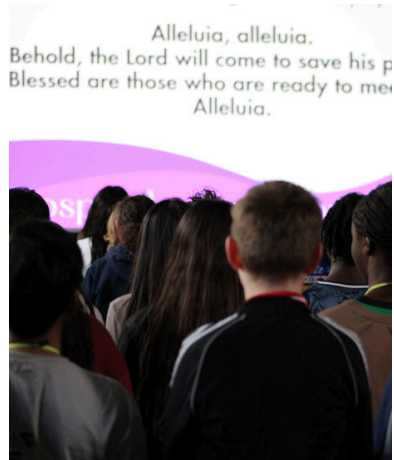


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Through all these activities, we aim to live out our school mission, embracing the true spirit of Advent by encountering God, serving others, and preparing our hearts for Christ's coming.

We invite our whole school community to pause, breathe, and make space for God's gentle presence. Advent is a time of waiting, not the rushed waiting we feel in queues or busy classrooms and homes, but a hopeful, peaceful waiting that prepares our hearts for the coming of Jesus, the Light of the World.

Over these weeks, we encourage you to look for moments of stillness, kindness, and prayer. You might find them in our sacred spaces around school, in the Travelling Nativities moving through form groups, or in the simple acts of love and service that make our mission, De Lisle Loves, come alive each day. We also invite you to share in this journey at home—perhaps by creating small moments of prayer together, reflecting on the Nativity story, or performing acts of kindness within your own homes so that the spirit of Advent and the joy of Christ's coming can be experienced by all.

As Christmas approaches, we remember that Jesus was born quietly, humbly, and with a love that changes everything. Whether this term has been joyful, challenging, or a mix of both, Christ comes to meet each of us exactly where we are, with hope, peace, and endless compassion.

This Christmas, may you know God's closeness, may your homes be filled with warmth and joy, and may the love of the Christ Child bring light to every corner of your life.

We wish you a blessed Advent and a joyful, peaceful Christmas.



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Catenian Donation



We have been fortunate to receive a very kind donation from the Loughborough Circle of the Catenian Association that has been used to buy resources to support the Catholic life and worship at De Lisle. We were in particular need of a new monstrance and sanctuary bell, as well as updated lectionaries and so used the kind donations to purchase these first. They have been used to enhance our worship in Mass and in Adoration.

We also were able to use funds to buy a new lectern, which is used in our hall for all our liturgical gatherings. Finally, we have purchased some beautiful outdoor Stations of the Cross, which are in the outdoor quad area. They will become a focal point for our prayer particularly during Lent, when we look forward to praying the Stations with our students. We had the pleasure of welcoming members of the Loughborough Circle of the Catenian Association to school recently, and look forward to welcoming them again soon in the future.

We are very blessed to have such generous support shown to us. These items have made a significant contribution to our Catholic life and worship and offer sincere thanks to the Loughborough Circle of the Catenian Association for all of their support.



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Logistics Beacon Report Launch



On Tuesday 25 November, a group of Year 11 students represented local schools at the launch event for the Logistics Beacon project. This initiative, piloted in Leicester and Leicestershire, aims to help young people gain a clearer understanding of the logistics

industry—one of the region's fastest-growing sectors. As part of this project, a group of Year 10 De Lisle Business Studies students visited Maersk last academic year.



Following their visit, several students were invited to share their views on the logistics sector with industry representatives at the launch event. Five De Lisle students delivered presentations to the audience. Alexis and Josh, along with Oliver and Elijah, shared thoughtful insights, followed by a memorable rap performed by Rafferty reflecting on his experience. The rap was a highlight of the afternoon, and all students received excellent feedback for their confidence and communication skills. Others engaged in professional networking and spoke positively about their experience.



We would like to thank the Leicester & Leicestershire Careers Hub for involving De Lisle students in this project, along with The Careers & Enterprise Company (CEC) and Generation Logistics for their continued support.

De Lisle College looks forward to building on this work by arranging further workplace visits to help students explore the world of work, including careers within the logistics sector.

Mr Greenwood
Careers and Guidance Officer



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Royal Economic Society – Annual Public Lecture



On Wednesday 19 November, 15 students from Year 12 and 13 visited Loughborough University for an Economics-themed day. The morning included a series of lectures and talks led by Professor Ali Choudhary, Head of the Economics group at Loughborough University, who delivered a fascinating talk about his work as the Chief Economist and Research Advisor at the State Bank of Pakistan (SBP) - the country's central bank. This was in addition to highly informative and engaging Economics talks from Dr Allyson King and Dr Christopher Wilson, as well as insights into the university's admissions process and a campus tour.

In the afternoon, students joined an in-person audience of over 250 (in addition to over 1000 attendees online) for the prestigious Royal Economic Society's Annual Public Lecture, an opportunity for students to watch internationally renowned economists present their research. Chaired by RES Past-President and Nobel Prize winner in Economics, Professor Sir Chris Pissarides, the lecture was given by Andrew Haldane CBE, CEO of the Royal Society of Arts and former Chief Economist of the Bank of England. The lecture was titled 'Communicating about the economy'.

The day was an opportunity to hear first-hand from leading figures in economic research and policy, with Andrew Haldane's lecture being highly inspiring, engaging and informative.

We are grateful to the Royal Economic Society for inviting Sixth Form students to their annual lecture, and to staff from Loughborough University for putting together such a fantastic day of fringe events alongside this.

Mr Greenwood
Sixth Form Team



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Career Ready – London Visit 2025

De Lisle College Sixth Form is pleased to be working with Career Ready for a fourth consecutive year, as one of only three Leicestershire Sixth Forms to be part of the programme. Career Ready is a charitable organisation who coordinate relationships between schools and high-profile employers to open up exciting opportunities for young people. The local programme is sponsored by SEGRO, a property investment and development company based in London – with sites throughout the UK, including the East Midlands Gateway, located just outside Loughborough near Kegworth.



The new intake of Year 12 students visited SEGRO's head offices in London, located at New Burlington Place, just off Regent Street. Their visit included an insight into Career Ready and the SEGRO organisation, a masterclass on employability skills, workplace visit to tour these offices and time afterwards to see Regent Street itself. This was a highly engaging visit which brought the programme to life and offered an insight into the world of work. We are very grateful to Julia from Career Ready and Colette and Danny from SEGRO for coordinating the visit and being so welcoming.

Alongside this visit, Year 13 students, who are now concluding their programme, took part in a visit to the Sumitomo Mitsui Banking Corporation (SMBC), a Japanese multinational banking and financial services institution. SMBC's UK offices are located at Liverpool Street, close to the Devonshire Square business campus. Year 13 students joined over 100 other young people from around the UK to participate in a series of panels and workshops, which gave key information about future careers and opportunities. We are grateful to Sophie from Career Ready and the SMBC organisation for this opportunity.

Many thanks also go to Miss Whitfield and Mrs Rivas for supporting the visit. You can read more about Career Ready via: [About us](#) | [Career Ready](#).



Mr Greenwood – Careers and Guidance Officer
Mrs Jackson – Head of Year 13



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Peer Mentoring Programme

Our Peer Mentoring Programme has continued to grow and make a real difference across the school. What began years ago with just five students has expanded significantly over the years. Today, the programme is led by our dedicated Year 12 and 13 mentors, who volunteer their time to support younger pupils. We are now proud to have 65 peer mentors in Year 12 alone, a testament to how far the programme has come.

Each week peer mentors meet with their mentee to offer guidance, encouragement, and a friendly, approachable voice when they need it most. Whether helping with schoolwork, confidence, or settling in, our mentors have shown outstanding commitment and kindness towards their mentees.

"I really enjoy mentoring, it's a great feeling to be there for someone, and to be a person they don't feel judgement or pressure from to act a certain way or say certain things. I think it will improve me as a person; to be better at listening to, and understanding, regardless of differences in age, or personality." – Martha Year 12

"I really enjoy playing with and speaking to my mentor because I get to express my feelings and I also made a new friendship. Sometimes school is hard, but when I come in every Thursday, I feel happy."

– Krish-Jai Year 7

The programme has come so far, and we are grateful to every student who has stepped forward to help others. Their contribution shows the very best of our school community—and we look forward to seeing the students continue to grow and flourish.



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Auld-er brother's business sponsor

In collaboration with local business, Serious Strength Gym (SSG), owned by De Lisle student, Oscar's older brother - Harvey, De Lisle College are proud to announce the debut of a new away kit. Having entered the prestigious ESFA tournament this academic year, for the first time since 2018/2019, both boys and girls football teams played more matches - with all first rounds being played away!

With some initial kit clashes, an alternate strip would be imperative for the college - and following conversations with local business owner Harvey - Serious Strength Gym jumped at the chance to sponsor an away kit. With traditional red and white colours for an away kit - it was a perfect match to the SSG logo. Debuted at our most recent festive football friendly with Charnwood College, we would like to extend our gratitude to Harvey and SSG for the sponsorship of a new away kit.



Blue light for a new home kit



With much thanks to popular discount service - the Blue Light Card - De Lisle College are proud to debut their new home football kit. Building on the increased success from last year's footballing exploits, and with double the amount of tournaments entered for De Lisle teams, De Lisle College are more than grateful for the generous sponsorship of a new home kit

for the boys football teams. Retaining traditional De Lisle College colours and classic patterns, the black and white striped kit is sure to be a hit with students - bringing a sense of comradeship and unity to students when representing the stag. We would like to thank Mr. S Denny and the Blue Light Card for their sponsorship of a new kit and 3Q Sports for producing a fantastic new kit.



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U13 and U16 Table Tennis Champions

Our U13 and U16 Girls Table Tennis teams took part in the North Charnwood Schools Competition in early November. Both teams came away victorious and now progress to the county championships. We have since received a bye, meaning the teams will go through to the East Regionals, where they will represent Leicestershire and compete against seven other counties. The competition will take place in Northampton in February.

Well done to both teams, and good luck for the next round!



Outstanding Achievements on the Ice

Kodi has enjoyed a fantastic few weeks on the ice, achieving outstanding results in both her team and individual skating. Her synchro team, Ice Stars, achieved an impressive first place in their category, and she later went on to earn a brilliant 3rd place out of 12 skaters in the Skate London Figure Skating Open for the Beginners 13–15 years category. On top of that, her team secured another first-place finish in a further competition. We are incredibly proud of Kodi's dedication, talent and perseverance, and we congratulate her on these well-deserved successes.



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Celebrating Jakub's Remarkable Karting Achievements

We are delighted to share the outstanding success of Jakub, who has enjoyed an exceptional karting season at both national and international level. This year, he proudly represented Great Britain at an international event in Italy and competed in major races across the UK.

Jakub has been crowned the 2025 EasyKart British Champion in the Junior category – Daniel Ricciardo Series, securing the title in a closely contested final race. He also contributed to his team winning the SRK Championship 2025 team title, adding another impressive achievement to his season.

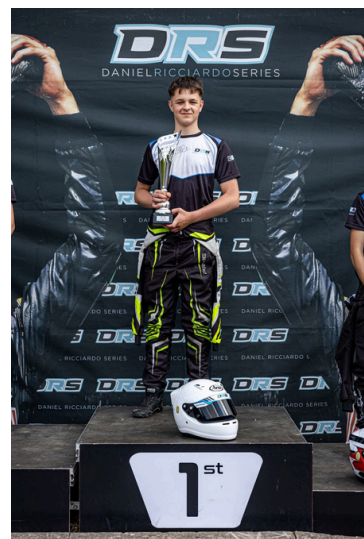
Despite only four years in the sport, Jakub has amassed over 70 trophies and medals, with multiple championship wins to his name. His 5th-place finish on his international debut in Italy marks another significant milestone in his racing journey.

Further information about Jakub's achievements can be found on his website:

www.jakub-racing.com.



We look forward to seeing what he accomplishes next.



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Celebrating Success in the Spirited Arts Competition

We are delighted to celebrate one of our De Lisle students, Cadee, who has been named a winner in the national Spirited Arts competition run by NATRE.

Students created thoughtful and visually impressive pieces for this project, which were showcased in a gallery for friends and family at the end of last term. We are extremely proud of their creativity, effort and enthusiasm.

Congratulations to our winning student on this outstanding achievement.

You can explore the winning entries here:
natre.org.uk/spirited-arts/visiting-a-sacred-space/



Pan Atlantic Middle School Ethics Olympiad



On Saturday November 15th, five De Lisle students took part in this international ethics competition. Over six hours, they competed online with students from the USA, Mexico and Canada in an ethical debate. They discussed such issues such the ethics of bullfighting and whether AI should be used in the classroom. In the overall standings, De Lisle finished a fantastic fourth place, just 1.5 points behind first place. The students also received an honourable mention for exceptional performance in a single round. This is an incredible achievement, especially as we were the only English school in the whole competition.



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UKMT Maths Challenges



The advent term has been busy with various UKMT (United Kingdom Maths Trust) maths challenges for our sixth form students.

We started in September with the Mathematical Olympiad for Girls (Tianna and Elizabeth) and the inaugural Mathematical Competition for Girls in September (Milena, Demi, Minnie and Alice). All six girls worked extremely hard on these challenges, and all achieved a certificate of merit.

Following that, in October was the individual Senior Maths Challenge. Of the 60 students who took part, 8 received bronze awards, 11 were silver and 3 were gold. Well done to Milena Y13 for achieving the 'best in year' and William Y12 for achieving 'best in school'.

At the start of November, the first UKMT Senior Team Maths Challenge since 2019 was held. 4 students (Demi, Tianna, William and Minnie) headed to Leicester Grammar School to compete in the regional event against many of the top schools in the Midlands. In a very tough competition, they managed to score nearly full marks in round one and an amazing full marks on the second round. A very challenging final round meant they placed 13th overall. A fantastic effort from the team.

At the end of November, we had follow-on rounds from the individual challenges. Milena and Doruk took part in the Senior Kangaroo and William qualified to take part in the highest level follow-on round – the British Mathematical Olympiad which was a 3.5 hour epic with only 6 questions! We are still awaiting results for this.

Well done to all students who took part in any of these challenges this term.

We are looking forward to the Intermediate Maths Challenge in January and the Junior Maths Challenge in May.



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Rehearsals in Full Swing for *Charlie and the Chocolate Factory*



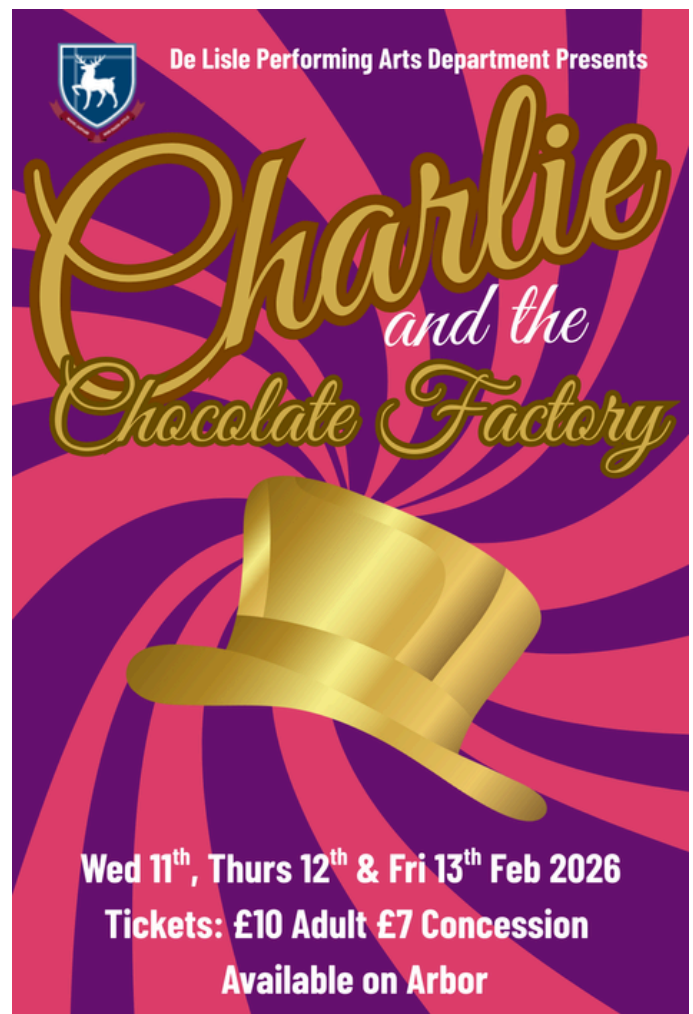
Rehearsals for this year's school production of *Charlie and the Chocolate Factory* are well underway, and excitement is building as the cast and crew bring Roald Dahl's magical world to life.

Students from across the year groups have been working with energy, focus, and plenty of enthusiasm, and their hard work is already shining through. Dance numbers are becoming increasingly polished, with energetic choreography that promises to dazzle audiences. Our talented vocalists are delivering brilliant solos, while the cast's hilarious and engaging character work is starting to shape a truly memorable performance.

Behind the scenes, a dedicated team of crew have been designing sets, making props and curating a wardrobe of costumes, all the crucial work to bring our show to life for the audience.

Teamwork and dedication have been key, the rehearsal room buzzes with creativity as students collaborate, refine their scenes, and support one another throughout the process. They have fun, they work hard, and they are clearly passionate about creating a production the whole school community can be proud of.

With each rehearsal, the world of Wonka grows more vibrant, and the cast cannot wait to share their talents with a live audience. If the current progress is anything to go by, *Charlie and the Chocolate Factory* is set to be a real showstopper.



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Performing Arts Trip to London: The Phantom of the Opera

This week, our Performing Arts students had the unforgettable opportunity to travel to London's West End to see one of the world's most iconic musicals, The Phantom of the Opera. From the moment we boarded the coach, excitement filled the air as students discussed their favourite songs, backstage secrets, and what they hoped to learn from the experience.

After arriving in the city, we took a short walk through the bustling streets of the theatre district before reaching the majestic His Majesty's Theatre. For many students, it was their first time visiting a West End venue, and the grandeur alone set the stage for an extraordinary afternoon.

The performance itself was nothing short of spectacular. The stunning vocals, breathtaking set design, and dramatic special effects had everyone captivated from the opening notes of the overture. Students were particularly inspired by the precision of the choreography, the emotional depth of the acting, and the seamless coordination between cast and crew—an exceptional example of professional theatre at its best.

Following the show, the group had time to reflect on the production, discussing their favourite moments and the creative techniques they hoped to bring into their own work. Many commented on how the experience deepened their appreciation for live performance and reinforced their passion for the arts.

A huge thank you to the staff who organised the trip and to the students for representing our school so brilliantly. Experiences like these not only enrich our understanding of theatre but also remind us why the performing arts are so important.

We look forward to many more inspiring adventures! 🎵



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CURVE THEATRE TRIP

Our Performing Arts students enjoyed an inspiring and insightful trip to Curve Theatre, taking part in a behind-the-scenes workshop focused on their upcoming Christmas production, *The Sound of Music*. The visit offered a rare opportunity to explore the creative processes that bring a professional, five-star show to life.

During the workshop, students were given expert demonstrations of the production's set design, lighting techniques, and special effects. They were able to see how iconic moments from the show are constructed and refined, gaining a deeper appreciation for the technical artistry that underpins live theatre.



A highlight of the day was the chance for students to direct Molly Lynch, the show's leading lady, in a scene as Maria. This hands-on experience allowed them to apply their own ideas, experiment with staging, and understand the collaborative nature of performance at a professional level.

The workshop concluded with an engaging Q&A session with cast members, crew, and members of the creative team. Their generous insights provided a full picture of the dedication, teamwork, and imagination required to produce a large-scale musical.

The trip offered invaluable inspiration for our young performers and technicians, and we are grateful to Curve for providing such a memorable and educational experience.



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School Christmas Carol Concert A Joyful Start to Advent



On Monday 1st December, our school community gathered for a beautiful Christmas Carol Concert to mark the beginning of Advent. The evening showcased the remarkable creativity and talent of our students, bringing together music, spoken word, poetry, and dance in a heartfelt celebration of the season.

The concert featured a range of musical performances—from traditional carols to contemporary ensemble pieces—performed with confidence and festive spirit. Thought-provoking spoken word and poetry readings added moments of reflection, while expressive dance pieces brought energy and emotion to the programme, creating a rich and varied experience for all who attended.

In the true spirit of giving, families, students, and staff contributed generous donations of non-perishable food items. These will be delivered to the local food bank to support members of our wider community during the winter months.

Thank you to everyone who took part and to those who came to support. The evening was a wonderful reminder of the joy, togetherness, and compassion that define this special time of year.



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🌟 Dance Workshop with a Professional Practitioner! 🌟

 **Date: 28 January**

 **For Students Interested in BTEC Performing Arts (Dance Pathway)**

Are you passionate about dance? Thinking about choosing the BTEC Performing Arts Dance pathway? Don't miss this exciting opportunity to take part in a specialist dance workshop led by a professional practitioner!

During the workshop, students will explore key elements of the BTEC course and try out a range of different dance styles to build skills, confidence, and creativity.

 **Open to Year 9 students only**

 **Sign up now via ARBOR**

 **Limited spaces available – first come, first served!**

Come along and experience what the BTEC Dance pathway has to offer! Let's get moving! 🌟



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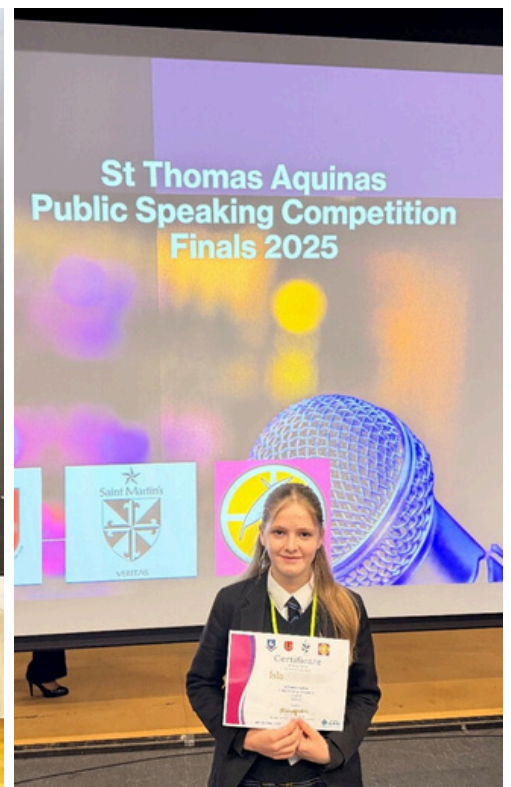
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Public Speaking Final

The St Thomas Aquinas Public Speaking Competition for 2025 is now finished, and it is hard to fathom how the standard continues to rise each year.

At round one, 32 students from across the school competed for one of the six places available to represent De Lisle College. The speech titles were varied, well structured, and delivered with professionalism. I had the difficult job of selecting three juniors from Years 7 & 8 and three seniors from Years 9 & 10 for the quarter finals. The students selected were Isla, Poppy, Jiya, Neve, Alice and Johanna. We travelled to English Martyrs School to compete against the three other secondary schools in the trust. All subsequent rounds saw the students present their speeches to full audiences and an expert judging panel of four judges. De Lisle was successful in every round and we were able to take three students to represent our college in the final of just ten students.

Isla, Poppy and Jiya all did an incredible job of presenting thought-provoking, funny and insightful speeches, and our Trust CEO, Neil Lockyer, was incredibly impressed by the talent and skills on display. I am delighted to share that Isla won the 'Best Speech' award. Well done, Isla! And well done to all the participants — it is a joy to be part of the competition and to watch with pride as so many of our students challenge themselves to compete.



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CHRISTMAS 2025

The Christmas holidays are nearly upon us and we wanted to send our usual information sheet out to you with some ideas to keep costs down.

Discounted meals

At Morrisons Cafes customers will receive a free children's meal and drink with the purchase of any adult meal costing over £5.

Parents can also take advantage of Morrisons 'Two Adult Meals and Two Refillable Drinks for £15' deal, meaning a family of four can dine out for just £15.

Click on the Fish and Chips below for more cafes and restaurants offering discounts.



Things to do

Click on the holly below to learn more about events across the City for families to get involved in. Activities include Christmas crafts, calendar designing, Santa's secret workshop and Meet the Police!



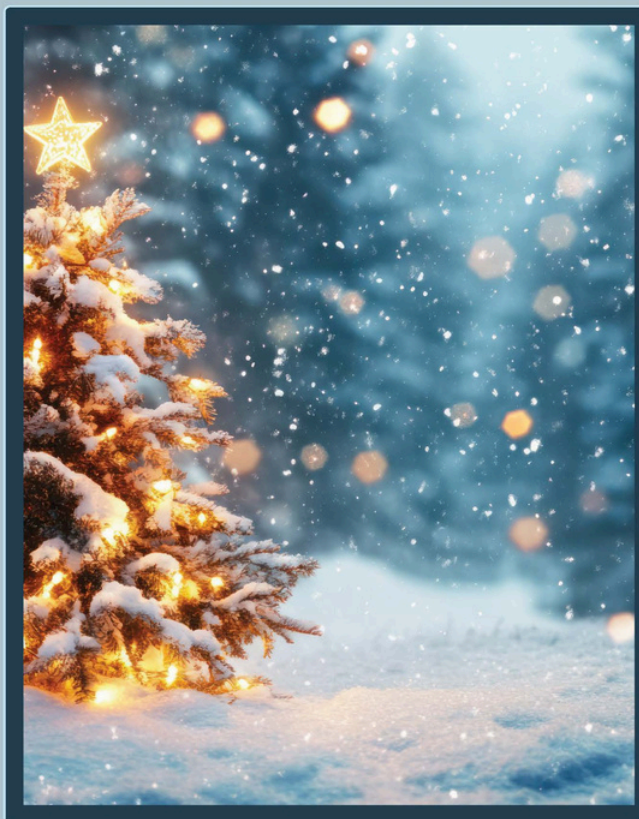
More things to do

This Christmas, head out to Forestry England's Stick Man activity trails for a fun, family-friendly woodland walk inspired by Julia Donaldson's story. Kids can follow the trail activities, hunt for clues, and enjoy some fresh air together over the holidays. Click on the Stickman for more info!



Christmas fun at home

Looking for budget-friendly festive ideas? Twinkl's "15 Free Things to Do This Christmas" blog is packed with simple, fun activities for families, from Christmas crafts and scavenger hunts to movie nights and winter walks. It's a great source of inspiration for making magical memories together without spending a penny. Click on the wreath for more information



Rutland

There are a whole host of activities in and around Rutland over the Christmas period, although one event that caught our eye was the free After School Disco at Rutland Garden Village. Click on the present below for more details.



SAFEGUARDING SPOTLIGHT

Keeping children safe online

Advent Term 2025-2026

Top tips for talking to children about staying safe online

Start with the positives

Online life can be great for learning, creativity, and staying connected. Balance helps children feel confident, not scared.

Pick the right moment

Choose a calm, everyday time i.e. a walk, car journey, or shared activity. Avoid starting the chat during a disagreement or when emotions are high.

Use child-friendly resources

Age-appropriate videos, guides, and tools can make safety messages clearer and more engaging.

Ask about their experiences

Use open questions: "Have you seen anything that made you uncomfortable?" "Who do you chat or play with online?" "Do you know them offline?" "How do certain apps or games make you feel?"

Keep it ongoing

These don't need to be formal, one-off talks. Regular, relaxed check-ins make it easier for children to speak up if something worries them.



Parental Controls

Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices. Parental controls can help you to:

- Plan what time of day your child can go online and how long for
- Create content filters to block apps that may have inappropriate content
- Manage the content different family members can see

Parental controls can be a helpful tool, but they have limits — so they shouldn't be seen as the whole solution. Even if you've set controls on your home broadband and your child's device, they won't apply if your child connects to other Wi-Fi networks without them. Parental controls work best as one part of a wider approach to keeping your child safe online.

More Top Tips

- **Talk it through:** Explain controls are there to keep them safe, and invite questions about the settings.
- **Use strong passwords:** Add a password so settings can't be changed.
- **Adjust with age:** Ease controls as they grow, at a pace that suits your child, not peer pressure.
- **Filters aren't perfect:** They may still see upsetting content, so keep the conversation open.

Get advice on supporting children if they have seen harmful or upsetting content online

[CLICK HERE](#)

How to start the conversation about online safety and how to navigate tricky topics

[CLICK HERE](#)

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