

Little Digital Helps Toolkit.

Supporting children aged 14+

Help teens take control of their digital world with confidence and responsibility

Did you know? Teenagers are now in a phase of managing their own digital lives, with heavier usage and a mix of personal and social media apps.

Why it matters: This is the stage when self-management becomes key. It's vital to ensure your teen has the tools to manage privacy, security, and screen time independently, while still providing support when needed.

Check out our age-appropriate example toolkit for helpful resources here or **create your own personalised toolkit - free for everyone.**

The family online safety plan



Age-appropriate online safety tips for your family

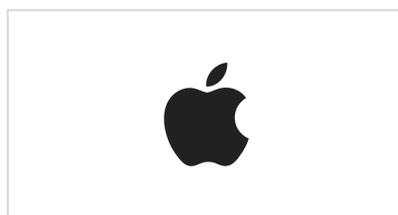
10 Resources

Find tailored advice to help children stay safe online.



**Online safety guide 14+
year olds**

See resource



**Apple iPhone & iPad
parental control guide**

See resource



Tesco Mobile safety

See resource





PlayStation 5 (PS5) parental controls

See resource 



Windows 11 parental controls guide

See resource 



Social media advice on popular apps

See resource 



Instagram parental controls

See resource 



TikTok parental controls

See resource 



Screen time

See resource 



Manage children's digital wellbeing

See resource 