



Upcoming Online Courses

- Help your Child Manage Anxiety - Various Workshops and Courses available
- Build Sensory Routines to Support your Child's Behaviour and Learning
- Build Sensory Routines to Support Your Child with ASD, ADHD and other
- Building Your Child's Concentration
- Building your Child's Resilience
- Developing your Child's Self-Esteem
- Empowering Your Child: Positive Ways to Handle Anger and Meltdowns
- First Steps to Understanding Emotionally Based School Non-Attendance
- First Steps to Understanding Masking
- First Steps to Understanding My Neurodivergent Child (ADHD, Autism & other)
- Help your Child Manage Anxiety
- Help Your Teen Manage Anxiety
- Helping your Child to Develop Positive Bedtime Routines
- Helping your Child to Develop Positive Friendships
- Learn, Play & Thrive - The Toddler Years
- Using Play, Songs and Stories to Support Early Communication Skills
- Who's in Charge? First Steps to Understanding Child to Parent Violence

Please note that some of these courses may have waiting lists and some run to more than one session. For full details of these and other courses offered by Surrey Adult Learning and how to book, click below.

[SEARCH COURSES](#)

Online Safety Information

Ofcom issues long-awaited guidance

On 16th January, the regulator, Ofcom, issued guidance under the Online Safety Act, which is intended to prevent children from easily accessing pornography online.

All websites on which pornographic material can be found, including social media platforms, must introduce "robust" age-checking techniques such as demanding photo ID or running credit card checks for UK users by July.

Promoting Positive Body Image

How children and young people think and feel about their body and the way they look can affect their mental health in both a positive and negative way.

The prevalence of photo editing and AI can result in the promotion of unrealistic body image.

Some useful articles for information and advice in this area are listed below. Click on the relevant one to open the article.

Artificial Intelligence, body image and toxic expectations
(The Children's Society)

Body Image
(Mentally Health Schools)

Body Image
(Young Minds)

Body Image Guide for Parents and Caregivers
(Mental Health Foundation)

Tips to promote positive body image
Practical advice for parents and carers
(Internet Matters)