



DIGITAL DUE DILIGENCE

Conference

Embedding Robust Online Safety & Wellbeing

24TH MARCH 2026



DIGITAL DUE DILIGENCE Conference

Effective online safety is no longer just about filters and mobile phone bans, it's about psychological welfare. This conference grounds your school's digital strategy in current research regarding social media, body image, and sleep disturbance.



This online conference provides an opportunity to explore the real, long-lasting impact of the digital world on young people.

Alongside other professionals, you will be equipped with practical strategies for working with children and their families to ensure their wellbeing and safety is prioritised at all times.



£250 +
VAT
SEE BELOW FOR
DISCOUNTS

Ella Savell-Boss

Sam Garner

You will hear from three highly experienced and engaging speakers who have 75+ years' experience between them, working in the areas of safeguarding, pastoral care and mental health and wellbeing.

In the conference, together we will explore:

- **The Digital Mental Health Landscape:** The dual edge of connectivity.
- **Neurobiology:** How digital stress impacts the developing adolescent brain.
- **Practical "How-To":** Teaching digital netiquette and resilience.
- **Vulnerable Groups:** Protecting students with SEN in a digital world.

Interactive

Evidence-based

From EYFS-Post-16

Networking opportunities

Real-life case studies

£250 +
VAT

£225 + VAT Early
Bird Special (up to
1 month before
event)

20% discount
for second and
further
delegates



24th March 2025 9am - 4pm



To book, head to: www.samanthagarner.co.uk

Conference AGENDA

TUESDAY
24.03.2026
9 AM - 4 PM

9 AM



INTRODUCTION

- Aims for the day
- Introductions
- Exploring current challenges

9:30 AM



SESSION 1 - THE DIGITAL LANDSCAPE: CURRENT AND EMERGING RISKS

- Understanding how digital life affects children and teenagers' mental health
- Recognising risks and benefits of online connection
- Spotting early signs of digital distress

QUESTIONS AND NETWORKING

10:45 AM



SESSION 2 - HOW DIGITAL STRESS IMPACTS THE DEVELOPING ADOLESCENT BRAIN

- Why online experiences feel bigger, deeper and harder to escape
- Connecting brain development to behaviour, emotions and risk
- Practical ways to reduce digital overload and support regulation

QUESTIONS AND NETWORKING

12-1PM

LUNCH BREAK

1 PM



SESSION 3 - PROTECTING THE MOST VULNERABLE IN THE DIGITAL WORLD

- Understanding digital vulnerability for children with SEN, LGBTQ+ and experiences of trauma
- Recognising increased online risks and protective factors
- Practical strategies to support safe and inclusive digital engagement

QUESTIONS AND NETWORKING

2:15PM



SESSION 4 - EMBEDDING DIGITAL NETIQUETTE AND RESILIENCE.

- Simple tips and tricks to empower children and young people to make safe, informed choices
- Engaging and equipping parents/carers
- Practical tips and strategies for teaching Online Safety

QUESTIONS AND NETWORKING

3:30PM



CLOSING

- A short closing session to review the key points of the day and reflect upon learning.

