

Quick and easy ways to boost media literacy in 2025

London, UK

15 January 2025

We can all build healthier digital habits – and it doesn't have to involve new year's resolutions or major lifestyle changes.

The #aLittleEveryday campaign from Parent Zone aims to make it easier for families to feel confident and in control online. It has quick ideas to boost family media literacy skills through games and play – exploring online content, environments, privacy, consequences and positivity.

The campaign is part of the Everyday Digital programme, which aims to help families boost their media literacy skills.

A video will be broadcast live on the Parent Zone YouTube channel every Tuesday at 4.30pm from 14 January until February half-term.

Week 1 – Tuesday 14 January – <https://youtu.be/P9qRUCgHRJo>

Week 2 – Tuesday 21 January – https://youtu.be/_o0D5jk1mFk

Week 3 – Tuesday 28 January – <https://youtu.be/o84-c3QPAwY>

Week 4 – Tuesday 4 February – <https://youtu.be/JwKAh6i-u70>

Week 5 – Tuesday 11 February – <https://youtu.be/KoEH7PpEAdI>

Week 6 – Tuesday 18 February – <https://youtu.be/mt1ASTGH1c4>

About Everyday Digital



The Everyday Digital programme from Parent Zone builds digital skills and confidence through five areas of media literacy: Content, Data, Environment, Consequences and Positivity.

It offers ideas and information for parents, and free training and resources for family-facing professionals.

To find out more about the Everyday Digital programme, please contact programmes@parentzone.org.uk or visit parentzone.org.uk/everydaydigital.