



*Growing together through Christ with courage, confidence and dignity*

Friday 28<sup>th</sup> November 2025

**Dear Parents and Carers,**

I hope you are well. I am writing today to raise awareness about an increasingly important issue affecting young people today—the use of social media and the risks associated with being unsupervised online.

In school, we have recently dealt with a number of safeguarding matters which, when investigated, had their origins in social media interactions and a few of these incidents resulted in police involvement

While the internet offers many educational and social benefits, it can also expose children to situations that may affect their safety, wellbeing, and development. Many young people are spending significant amounts of time on social platforms, often without adult guidance. As a result, they may encounter challenges such as:

- **Inappropriate or harmful content**  
Children may accidentally come across material that is violent, sexual, or otherwise unsuitable for their age.
- **Online bullying and peer pressure**  
Interactions on social media can sometimes become hurtful, with young people feeling pressured to behave in certain ways, share personal information, or maintain a particular image.
- **Contact from strangers**  
Social media platforms may allow unknown individuals to communicate with young users, posing potential safety risks.
- **Impact on mental health**  
Constant comparison, unrealistic expectations, and the desire for online approval can negatively affect self-esteem and emotional wellbeing.

We strongly encourage all parents and carers to take an active role in their child's online activities. Some helpful steps include:

- Talking openly with your child about their online experiences
- Setting clear rules and boundaries around device use
- Regularly checking privacy settings on apps and accounts
- Keeping devices in shared family spaces when possible
- Encouraging children to speak up if something online makes them uncomfortable

As a school, we are committed to continuing our online-safety education and supporting our students in developing healthy digital habits. Your partnership in this effort is invaluable.

If you have any questions or would like further advice on keeping children safe online, please do not hesitate to contact us. Thank you for your continued support.

**Yours faithfully,**

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**Ms Claire Bagnall (Assistant Headteacher and Designated Safeguarding Lead)**



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