

Safeguarding Newsletter

At Edward Worlledge we are seeing a significant rise in our pupils accessing social media in one way or another. Children as young as 8 are on sites that could affect them in a number of ways.

The most common issue is chatting in groups, which become unkind. The pupils' language is inappropriate, cold hearted and inconsiderate, they seem to behave in a way in which they wouldn't act in person.

Some pupils at Edward Worlledge are accessing these social media sites as late as midnight ! Parents can add parental controls and blocks on apps to keep their child safe. See the advice below for support.



More information

[UKCIS Social media guide for parents and carers - Internet Matters](#)

[Social Media & Mental Health | Guide For Parents | YoungMinds](#)

<https://www.gov.uk/government/publications/child-safety-online-a-practical-guide-for-parents-and-carers/child-safety-online-a-practical-guide-for-parents-and-carers-whose-children-are-using-social-media>

[Keeping children safe online | NSPCC](#)

<https://www.childnet.com/blog/free-internet-safety-resources-for-parents/>

ONLINE SAFETY

Parents should be well-informed about the potential risks associated with social media use by their children. Here are some key points to consider:

Oversharing: Children may unknowingly share too much personal information online including: their location, daily routines, and private details.

Talking to Strangers: Social media platforms allow interactions with people they don't know. Parents should emphasize the importance of being cautious and not sharing personal information with strangers.

Inappropriate Content: Exposure to explicit or harmful content is a concern. Parents should guide their children on what is appropriate and help them recognize and avoid harmful material.

Unrealistic Body Image: Social media can contribute to an unrealistic sense of body image due to filtered photos and curated profiles. Parents should encourage healthy self-esteem and critical thinking.

Mental Health Impact: Excessive use of social media can affect mental health. Parents should monitor their child's online behaviour and encourage open conversations about feelings and experiences.

Cyberbullying: Bullying can occur online, and parents should be vigilant for signs of cyberbullying. Encourage children to report any negative experiences.