

Online Safety – Social Media and Mental Health

Online safety is everyone's responsibility.

This week we will be looking at what parents need to know about Social Media and Mental Health as advised by the National Online Safety Team.

Please take note of what your parental responsibility is to ensure that your child is safe online and their conduct is ensuring that others feel safe and happy online too.



According to Ofcom's 2022 Media use and Attitudes report, six out of ten children who use social media say that it makes them feel happy (59%) or closer to their friends (61%) all or most of the time. Eight out of ten children, however, were aware of other people being mean or unkind on social media with 89% feeling pressure to be popular on the platforms they frequent.

Your take away from these facts: social media is simultaneously an avenue to closeness and connectivity YET an open door for threats to our happiness and self-esteem.

This contrast is highly challenging for anyone to deal with, our children especially due to their age and stage of development.

We all understand that children want Smart phones, and have Smart phones, and many will use them safely following our online safety rules and ensuring that our school values: kindness, respect, responsibility, honesty and gratitude underpin all their activity online.

However, we all have a duty of care to our children and to protect other children from using social media in any way that is disrespectful, rude, mean or deemed as bullying.

As parents, are you confident that your child is using social media safely? Are you confident that your child is not seeing/reading posts that are rude, mean or potentially harming their mental health? Are you confident that your child is behaving respectfully and responsibly online?

Please regularly check your child's social media accounts so that you are confident that the content they are exposed to is age appropriate, that their conduct follows our values, that they are not in contact with anyone that can harm them in anyway, that they are not at risk of online gambling, inappropriate phishing or any financial scams.

Below is a guide from the National Online Safety team that all parents should read and all key messages shared with our children.

We thank you for taking time to understand the risks and ensure that we are all working together to ensure our children stay safe and happy online.



Working together to keep our children safe and happy online.