



Keeping Your Child Safe on Social Media

Social media plays an important role in keeping friends and families connected. However, we are aware of an increase in issues occurring on these platforms that negatively impact our pupils' relationships, behaviour, mental well-being, and learning.

Areas Where Social Media Use Impacts Pupils:

- Children being excluded or "kicked out" of group chats or online games.
- Children being exposed to inappropriate language, photographs, or screenshots.
- Children being bullied, which affects their mental well-being.

In such cases, the school will always **investigate and act in line with our [Anti-Bullying](#) and [Safeguarding](#) policies**. We encourage all parents to have regular conversations with their children about their behaviour and use of social media. We are aware many younger children (under the 13+ age recommendation) are accessing platforms like TikTok, Snapchat, WhatsApp, Roblox, and Fortnite.

Tips to Help Keep Children Safe Online:

- **Activate Security:** Ensure any accounts are set up with secure profile settings and activate the highest level of privacy.
- **Avoid Location Sharing:** Avoid turning on location settings, as this can allow other users to identify your location.
- **Strong Passwords:** Use strong passwords and remind your child not to share them with anyone.
- **Limit Chat:** For online gaming, limit chat to those your child is friends with rather than open group conversations.
- **Accept Requests:** Remind them only to accept friend requests from people they know.
- **Post Responsibly:** Remind your child only to post things they are happy for others to see and that pictures and posts can be shared and screenshotted.
- **Monitor Activity:** Regularly check your child's accounts and talk to them about their activity.



THINK Before Posting:

When using social media, children should be encouraged to pause and **THINK**:

- **T** - Is it **TRUE**?
- **H** - Is it **HELPFUL**?
- **I** - Is it **INSPIRING**?
- **N** - Is it **NECESSARY**?
- **K** - Is it **KIND**?

If you have any serious concerns regarding the impact of social media on your child, please contact the **Designated Safeguarding Lead** via the school office. You may be asked to provide screenshots of any posts or chats that are a cause for concern.

Useful Resources:

- **[Internet Matters Age Ratings](#)**: Excellent guide to the age ratings of many popular social media platforms.
- **[Young Minds](#)**: Has an excellent range of guides and resources for parents to support conversations with children about online safety.
- **[Internet Matters Apps Guide](#)**: Has a number of guides to different platforms and apps available, including those to monitor your child's online activity.