



30 March 2023

Reminder - Access to Social Media Apps

Dear Parents and Carers

As a school we see and hear about several of our children using group chats, we also see a worrying trend in their increasing anxiety and unhappiness due to using them.

Recently there have been several incidents related to the misuse of group chats. We would like to remind parents of their responsibility to monitor their child's online usage.

Many group chats can be seen in full; some disappear! How do you know what your child is saying or what is being said to them?

Concerningly, we also see chats happening at times when children should be getting ready for bed and winding down from the day.

We are concerned that some of our children are going to sleep with all these chats swimming around their minds.

Many parents place time limits on their child's phone so they go into 'do not disturb' mode automatically and at set time e.g. 7pm and set a screen time limit for apps for around 30 minutes per day.

We strongly advise that phones never go into a child's bedroom or stay with them overnight – it is a huge safeguarding risk.

Please be reminded that the apps themselves state they are NOT for use by children and have age limits set, for example:

- WhatsApp is 14 or over.
- Snapchat 13+
- TikTok 13+

We might be daunted by the scale of the tech giants and their content which enthralls young people, but we can still help children to be mindful of their mental wellness: recognising when something isn't okay ... and knowing what to do about content that upsets them.



You can find several guides on the [Online Safety](#) page of our website which we hope you find useful and informative.

Thank you for your continued support.

Great Hollands Primary School