

Friday 23<sup>rd</sup> May 2025

**Re: Supporting Your Child's Safe Use of Social Media**

Dear Parents/Carers,

I hope this letter finds you well. I am writing to share some important advice regarding children's use of social media, particularly during weekends and school holidays.

Over recent weeks, we have seen an increase in incidents of online issues among students outside school hours. These situations often spill over into school life, affecting the wellbeing of the young people involved and disrupting their learning.

As a school committed to safeguarding and promoting the welfare of our students, we are asking for your support in helping your child use social media safely and responsibly.

**What You Can Do at Home:**

**1. Talk to Your Child Regularly**

Have open conversations about their online activity—who they talk to, what platforms they use, and how they feel about their online experiences.

**2. Set Clear Boundaries**

Consider agreed "screen-free" times or areas in the home, particularly around bedtime. Many of the incidents we deal with occur late at night. In some cases, it may be necessary to remove your child's phone temporarily to help them avoid becoming involved in harmful online behaviour or to support their emotional wellbeing.

**3. Check Privacy Settings**

Help your child review their privacy settings on platforms like Snapchat, TikTok, and Instagram to ensure they are only communicating with people they know and trust.

**4. Know the Apps They Use**

Be aware of which platforms they are on and how they work. Many popular apps have hidden messaging or location-sharing features.

**5. Encourage Reporting and Blocking**

Show your child how to report and block harmful content or users, and reassure them that they can talk to you or a trusted adult if something worries them.

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Email: [info@boa-digital.co.uk](mailto:info@boa-digital.co.uk)

**Useful Resources for Parents:**

- **Internet Matters:** Guides on setting parental controls and online safety by age – [www.internetmatters.org](http://www.internetmatters.org)
- **NSPCC Net Aware:** Information on the latest apps and social networks – [www.net-aware.org.uk](http://www.net-aware.org.uk)
- **ThinkUKnow (CEOP):** Online safety advice for children and families – [www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)
- **UK Safer Internet Centre:** Resources and support for families – [www.saferinternet.org.uk](http://www.saferinternet.org.uk)
- **Managing Apps on your child's phone** - Use the following app to manage screen time, block apps, filter web and view web history. Supervise all of your child's Android, iOS and Kindle devices from one easy-to-use dashboard – <https://screentimelabs.com/>

As outlined in the Department for Education's *Keeping Children Safe in Education* guidance, schools play a key role in educating young people about online safety. We do this through our Computer Science and Technology Project curriculums as well as during assemblies and PSHE lessons. However, parents and carers are essential partners in this work.

Together, we can ensure children grow into responsible digital citizens who treat others with kindness and respect—both online and offline.

Thank you, as always, for your continued support.

Kind Regards,

**Kevin O'Brien**  
Assistant Principal

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