

## **What Parents Need to Know about**

### **Social Media and Mental Health**

Using social media has plenty of potential benefits for young people: it helps them stay connected to their friends, hear contrasting views on the world, find reassurance or support, and ease social anxiety. It also brings, however, a corresponding number of negative possibilities – including compulsive use, unhealthy comparisons with others online and exposure to harmful content. Ironically – for a medium designed to enable engagement with other people – social platforms can actually lead to children feeling increasingly isolated and lonely, taking an obvious toll on their mental wellbeing. Please see the attached online safety guide for parents from National Online Safety. Any further questions or support, please do not hesitate to contact the school.

**Hayley Cook**

**Senior Deputy Head**

**Designated Safeguarding Lead**