

12 June 2026

Dear Parents/Carers of Year 7 and 8 Students

Social Media Concerns

I am writing to make you aware of some concerning online activity involving a small number of young people of secondary school age, including some who identify themselves as students at The Weald.

Recently, we have become aware of social media accounts and online content that include:

- Discussions relating to self-harm and suicide;
- Images and videos of young people being shared and commented upon by others;
- "Rate" or "guess the year group" style posts involving students;
- Content encouraging negative comments about individuals;
- Posts asking other young people to speculate about or encourage conflict and fights between students.

Whilst much of this activity takes place outside of school and on personal devices, we are concerned about the potential impact such content can have on young people's wellbeing, self-esteem and safety.

We know that many parents and carers carefully monitor their child's online activity. However, social media algorithms can quickly expose young people to content that may be upsetting, inappropriate or harmful. We would therefore encourage all families to take some time over the coming days to:

- Talk openly with your child about their online experiences;
- Check privacy settings on social media accounts;
- Discuss the importance of treating others respectfully online;
- Encourage your child to report or block harmful content;
- Monitor the platforms and accounts your child is accessing;
- Seek support if you become concerned about content relating to self-harm, suicide or bullying.

There are some useful websites to help parents/carers have conversations with their child about staying safe online, two of which are listed below:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/social-media/#Howtotalktoyourchildaboutsocimedia>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/>

If your child encounters content that causes them concern, please encourage them to speak to a trusted adult. Equally, if you become aware of online activity involving Weald students that may place a young person at risk, we would encourage you to report this to West Sussex Children's Services via the [Integrated Front Door](#). If your child wishes to speak to someone at school for support, please do encourage them to do so. They can contact help@theweald.org.uk at any time or they can of course speak to their form tutor and/or pastoral leader/Head of House.

The vast majority of our students use social media responsibly and positively. By working together as a school community, we can help ensure that young people stay safe online and understand the importance of kindness, respect and responsibility in their digital interactions.

Thank you for your continued support.

Yours faithfully,

A handwritten signature in black ink that reads "Sarah Edwards". The signature is written in a cursive style with a long, sweeping underline.

Mrs S Edwards
Headteacher