



St. Mark's C.E. Primary School

Talbot Village, Bournemouth, Dorset, BH10 4JA

Headteacher: Andrew Bright

Friday 24 April 2026

YEAR 6 – PUPILS' OUT OF SCHOOL SOCIAL MEDIA USE

Dear Parents and Carers,

Due to continuing issues arising from social media amongst our Year 6 cohort, we feel the importance to resend this letter we published back in November.

We are dealing with an increasing number of concerns raised by children and parents about unkind comments children are making to each other on these platforms.

Many pupils are openly accessing social media applications that are aimed at older audiences, which raises substantial safeguarding considerations.

While we acknowledge that pupils are keen to have access to more adult communication tools and fit in with their peers, if they engage with these forms of communication too soon, it can lead to heightened feelings of anxiety, low self-esteem, and confusion as they struggle to interpret complex social interactions and sometimes hurtful feedback.







Without the resilience and skills to manage these emotions, pupils may experience difficulty in forming a positive sense of self and healthy relationships, potentially impacting their overall personal, social, and emotional development.

The school's direct capacity to intervene in out-of-school digital interactions is inherently limited. It is therefore imperative that parents and carers have oversight of the apps you allow your children to use and monitor their behaviour and communications. If you ever have concerns about significant risks of harm to pupils, please ensure you screenshot any evidence, to aid us in investigating issues.

We strongly encourage parents and carers to engage in open, constructive dialogues with their children about responsible digital citizenship. This involves establishing clear boundaries around device and internet usage, monitoring online activities, and fostering an environment of trust where pupils feel comfortable discussing their digital experiences.

Parental supervision is crucial in mitigating the risks associated with unsupervised social media use. By maintaining active involvement and setting clear expectations, parents can play a pivotal role in protecting their children's online safety and emotional development.

The following resources offer support and guidance for parents and carers in fostering positive social media habits:

AGE RESTRICTIONS ON MAIN UK SOCIAL MEDIA SITES		
	Facebook	13+
	Instagram	13+
	Snapchat	13+
	TikTok	13+
	YouTube	13+
	WhatsApp	16+

Internet Matters

- Website: internetmatters.org
- Provides comprehensive advice on social media safety, privacy settings, managing screen time, and supporting children's mental health online. It includes tailored guides for different age groups, including upper primary pupils.
- Offers practical tips and conversation starters to help parents teach self-regulation, responsible decision-making, and social awareness.

Childnet International

- Website: childnet.com
- A UK charity focused on online safety, Childnet offers resources for parents to help children understand online risks and develop positive digital habits.
- Includes interactive activities and guides to support emotional vocabulary development and conflict resolution skills in online interactions.

UK Safer Internet Centre

- Website: saferinternet.org.uk
- Provides advice, tips, and resources for parents and schools on managing social media use safely and positively.
- Features campaigns and educational materials that align with teaching self-awareness, self-regulation, and social skills.

Parent Zone

- Website: parentzone.org.uk
- Offers expert advice and resources to help parents engage with their children's digital lives, including social media use.
- Supports parents in understanding emotional impacts and promoting positive communication and resilience.

BBC Own It

- Website: bbc.com/ownit
- Aimed at children and parents, this site provides tools and advice for managing social media and digital wellbeing.
- Encourages children to express feelings, solve problems responsibly, and build positive relationships online.

Thank you for your support.



Andrew Bright
Headteacher