



# Aston Manor Academy

All different • All equal • All achieving

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HEADTEACHER: JILL SWEENEY



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Dear Parents/Carers,

We have recently been made aware that some students are misusing social media platforms causing others a great deal of distress and upset to others.

TIK TOK is one platform that is being used in order to do this, but we would like to draw your attention to other social media platforms such as Snap Chat and Lobby, which can also be used in this way.

We are aware that some students are up through the night on social media, impacting on their sleep, mood, general well-being and learning. We ask that parents support the school by checking their child's phone on a regular basis and talking to your child about their use of social media. There is increasing evidence that online behaviour can impact on a child's mental health.

As a school we aim to educate children to be responsible in using internet and many children behave responsibly online. However, children are vulnerable to lots of influencing factors, peer pressure, and expressing and receiving negative opinions online, it is our responsibility as educators and parents to ensure we keep ourselves informed about our children's online lives.

Please can you have a conversation with your child about their internet use, what sites they visit, and whether they are experiencing negativity online. I also ask that you remove your child's phone from their room before they go to bed to ensure that they can have an uninterrupted night's sleep. We all know that adults find it difficult to manage their phone use and it may be useful to set rules as a family around time spent on phones.

Thank you for your support and please contact school if you have any concerns regarding this issue.

Yours sincerely,

J Sweeney  
Headteacher

