

Dear Parents and Carers,

Important: Online Safety — Unsafe Behaviour Challenges

I am writing to alert you to a recent increase in online content featuring unsafe behaviour challenges aimed at children and young people. These challenges often encourage risky actions and can be shared widely on social media platforms.

What you can do to help keep your child safe online:

- **Stay Vigilant:** Please regularly check the devices your child uses to ensure they are safe and secure.
- **Review Parental Controls:** Make sure parental controls are activated on all devices your child can access. This helps to restrict inappropriate or harmful content.
- **Check Social Media Use:** Ensure your child only has access to age-appropriate social media sites and apps. Most popular social media platforms have age limits (often 13+).
- **Talk to Your Child:** Regularly discuss with your child what they are doing online and what they are seeing. Encourage them to talk to you if they see or hear about anything worrying.
- **Discuss Safe Responses:** Remind your child not to take part in any unsafe challenges and to tell a trusted adult straight away if they see anything that makes them feel uncomfortable or unsafe online.
- **Be Approachable:** Let your child know they can always come to you, or to a member of staff at school, for help and advice.

Useful resources:

- [ThinkUKnow – Advice for Parents](#)
- [NSPCC Online Safety](#)
- [UK Safer Internet Centre](#)

Thank you for working with us to help keep our children safe online.

Yours sincerely,

Mrs R Pinkney



Vice Principal for Inclusion and Safeguarding