



Dear Parents and Carers,

It has come to our attention that some primary school children are using social media platforms such as WhatsApp, TikTok, Snapchat, and Instagram.

We need to be absolutely clear that these platforms are not suitable for primary-aged children.

- WhatsApp – **Age 16+**
- TikTok – Age 13+
- Instagram – Age 13+
- Snapchat – Age 13+

Allowing children below these ages to use social media exposes them to:

- Health risks – poor sleep, reduced concentration, and harmful levels of screen time.
- Mental health issues – higher risks of anxiety and depression (Royal College of Psychiatrists).
- Cyberbullying – almost 1 in 5 children have been bullied online (NSPCC).

Due to the increasing number of incidents, it is becoming very challenging for schools in the Mountain Ash cluster to manage issues related to social media.

We strongly encourage and recommend that parents and carers;

- Remove social media apps from children’s devices.
- Prevent underage use.
- Encourage healthy, age-appropriate alternatives.

Our priority is **safeguarding your children**. Please act now to ensure they are protected.

We thank you for your continued support with keeping our children safe,

From the Mountain Ash Cluster.

