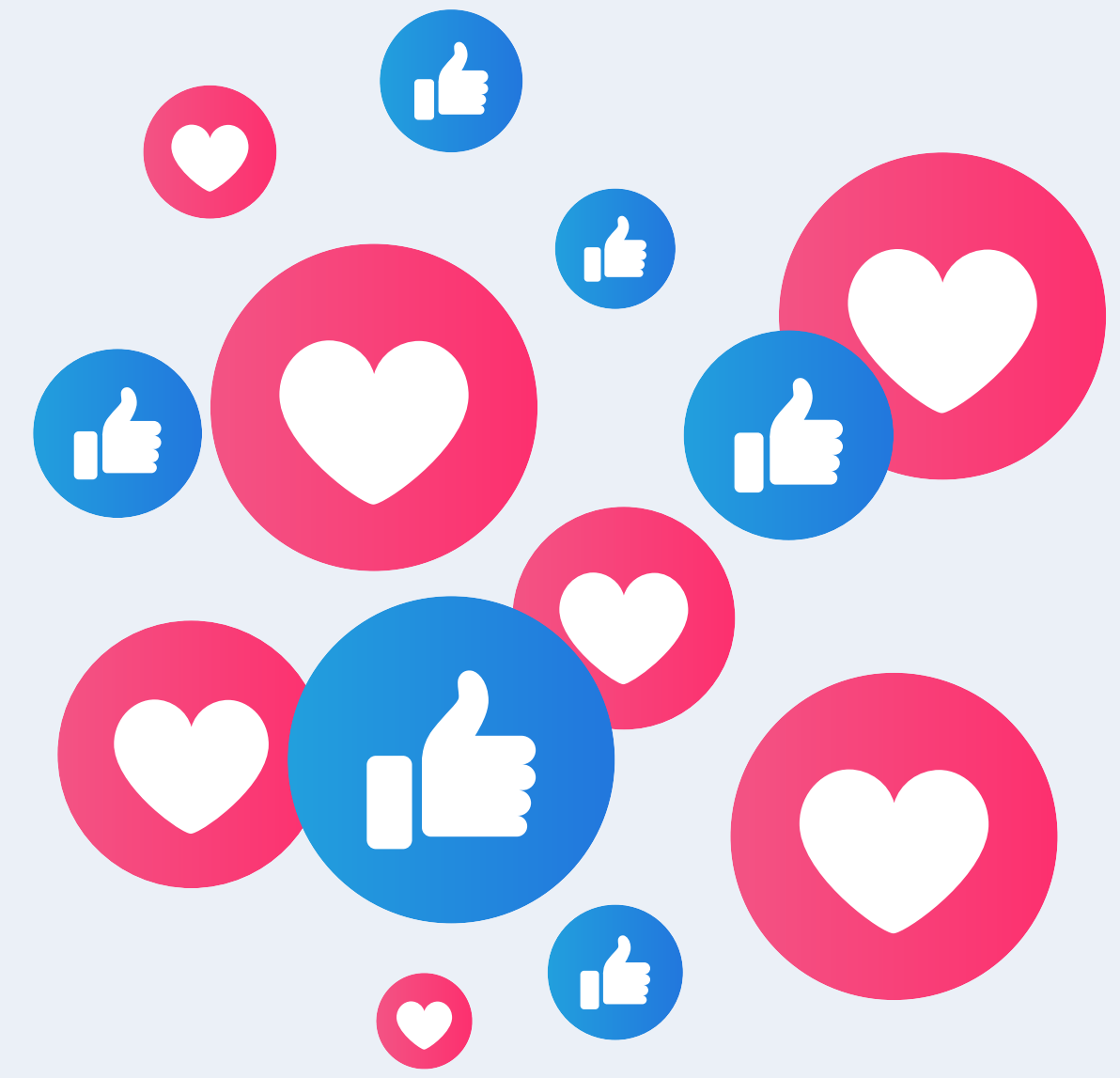


SOCIAL MEDIA AND ONLINE SAFETY



The Nest



WHO ARE THE NEST?

At the Hub:

- The Nest is a free and confidential mental wellbeing advice and support service for young people aged 5 – 25 in Southwark, Peckham.
- We offer early intervention and prevention for emotional and mental health issues.

How to contact us :

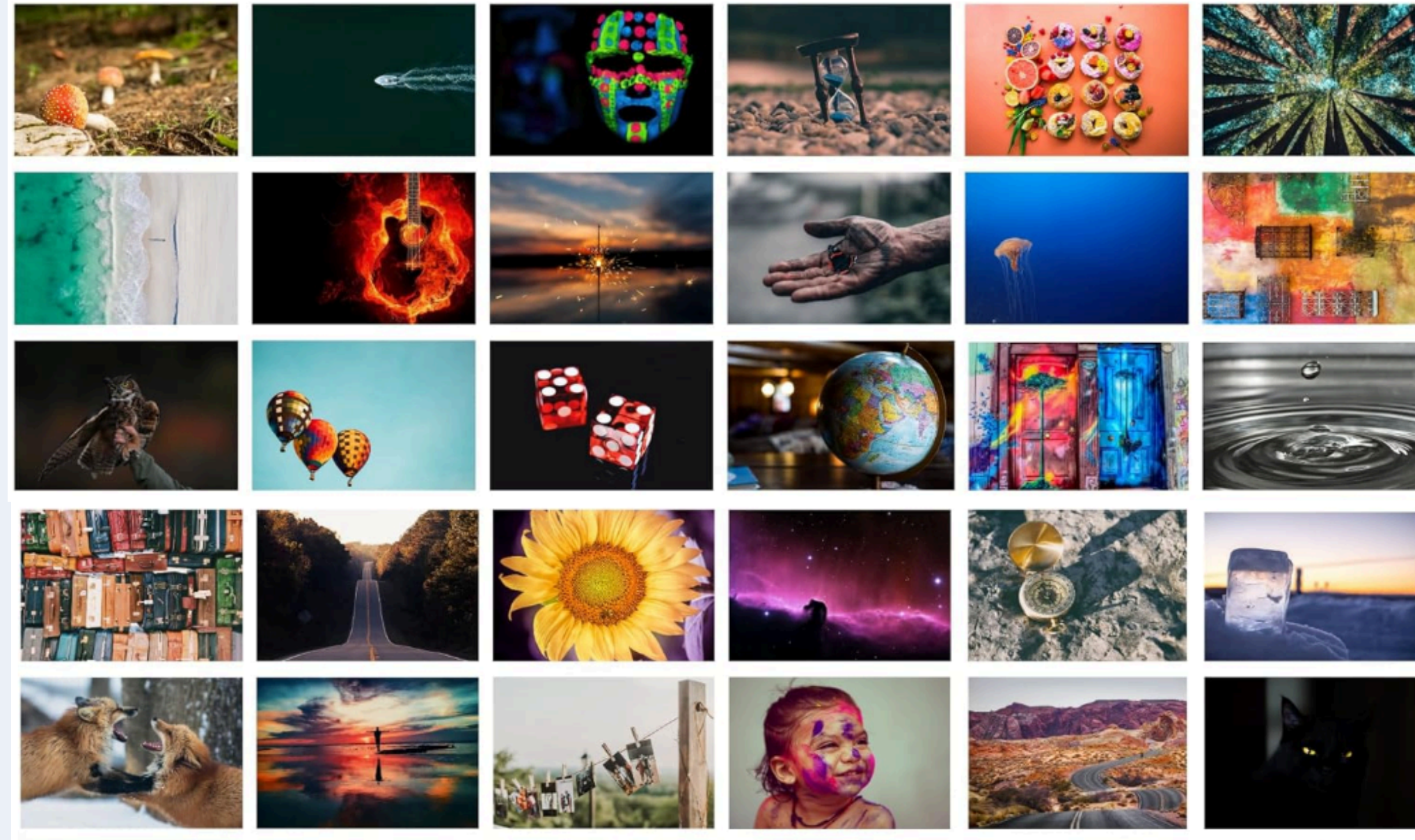
- Visit our website: <https://thenestsouthwark.org.uk/>
- See us at the Hub: Unit 4 Co-Operative House, Rye Lane Peckham, London SE15 4UP

The School Engagement Team

- We offer assemblies, workshops and groups on mental health and wellbeing topics in primary and secondary schools.
- We also provide training to school staff and parents/carers to educate and build confidence in addressing common mental health concerns experienced by children and young people.



REFLECTION CARDS



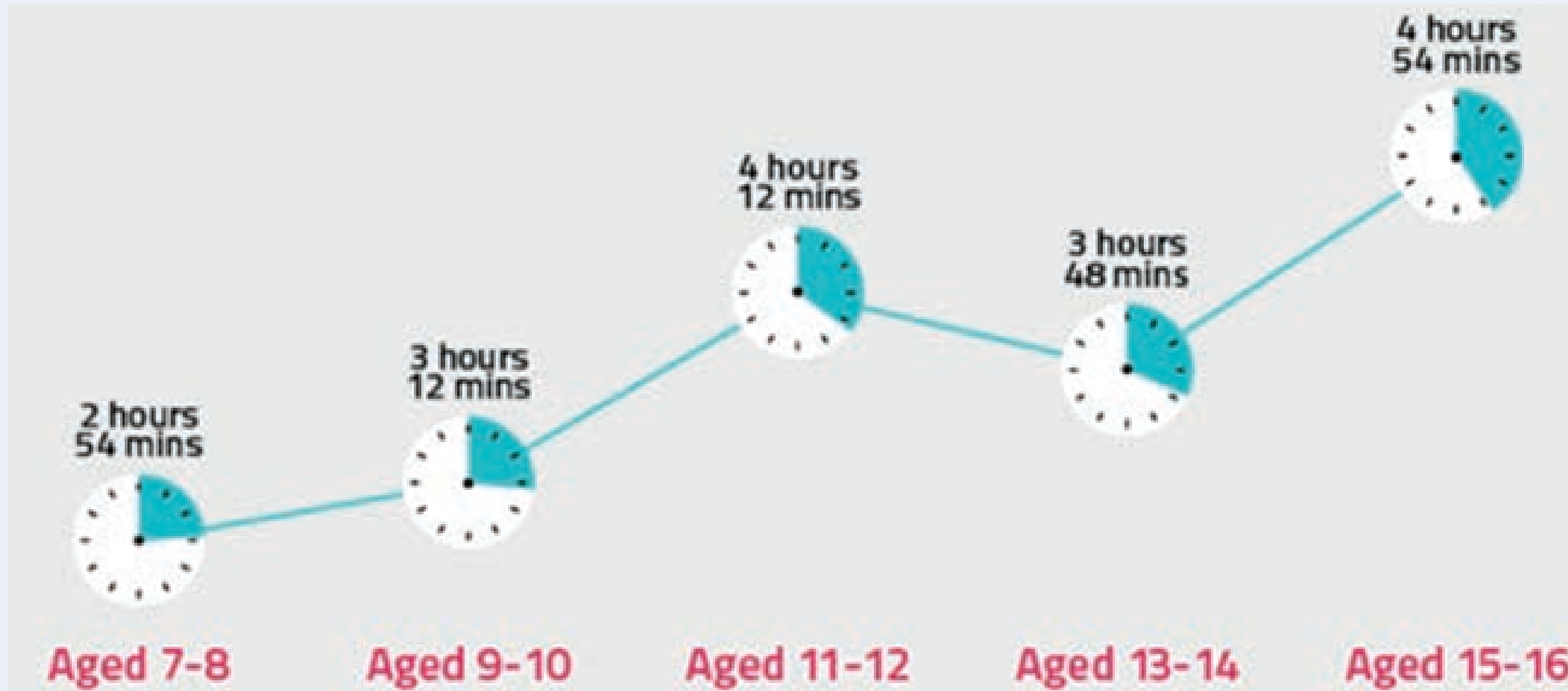
**WHAT ARE SOME CONCERNS YOU
HAVE WITH YOUR CHILDREN IN
REGARDS TO ONLINE SAFETY?**



OTHER PARENTS CONCERNS

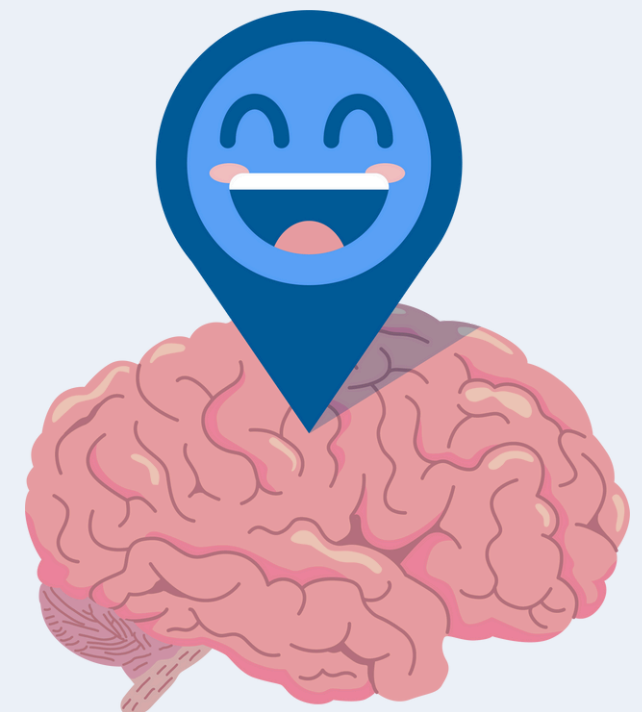
- According to the most recent Ofcom (2024) data, 84% of UK children aged 3 to 4 use the internet. For young people 12 years of age and older, the percentage increases to 100%.
- More than 9,000 child sexual abuse cases in 2022–2023 featured an online component;
- 19% of children aged 10–15 exchanged messages with an internet stranger they had never met in person in the previous year.
- Approximately 25% of reported online blackmail incidents in England, Wales, and Northern Ireland involved individuals under the age of 18.
- Approximately one in six people who encountered online harassment offences were under the age of 18.

CYP (CHILDREN & YOUNG PEOPLE) INTERNET USAGE



IS IT AN ADDICTION?

- Dopamine is our “feel-good hormone” and it gets released when we do things we enjoy, like eat delicious food and engage in positive social interactions.
- Dopamine is released when we receive likes on social media. Activating our dopamine can be addictive because it feels so good.
- Social media platforms are designed to be addictive, with their use of different colours and functionality. This addiction is associated with anxiety, depression and even physical ailments.

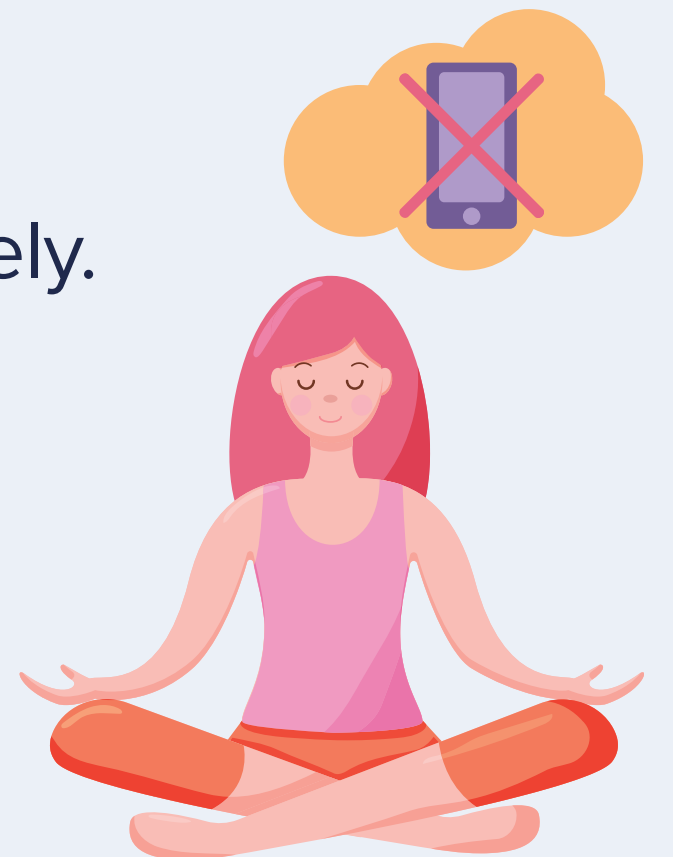


SOCIAL MEDIA AND MENTAL HEALTH

- Research suggests that excessive social media use is linked to low mood / depression.
- The longer we spend on social media, the more likely we could develop depressive symptoms, poor body image and lower self-esteem known as ‘compare and despair’.
 - ‘Compare and despair’ describes the negative impact of social media, where young people may feel inadequate or anxious after comparing their real lives to the carefully curated, idealised images others share online.

It's may feel unrealistic to suggest stopping social media use completely.

So what can you do about it as parents/carers?



ACTIONS

- **Communicate**

- Talk openly and age-appropriately about online rules and why they matter
- Stay curious—ask about their online life without judgment
- Teach them how to use privacy settings to protect personal info

- **Regulate**

- Set healthy screen time limits to balance school, sleep, and play
- Keep an eye on the content they access—make sure it's safe and age-appropriate
- Help them understand what's okay to share or say online

- **Encourage**

- Promote kindness and standing up to cyberbullying
- Talk about how online content makes them feel—help them think critically
- Praise their good digital choices to build confidence



INTERENT USAGE AT NIGHT



- **Educate:**

- Explain to children why limiting screen time—especially before bed—is important. Research shows that screens should be avoided at least 2 hours before sleep, as they can interfere with the brain’s natural wind-down process and affect sleep quality.

- **Routine:**

- Establish a consistent screen-free evening routine that includes calming activities like reading, chatting, or listening to music. Make it part of the daily rhythm, just like brushing teeth

TOP TIPS

- Set a family rule: No screens 1–2 hours before bed
- Create a device charging spot outside bedrooms
- Use screen timers or parental controls to support boundaries
- Encourage non-digital evening activities (e.g. board games, drawing)
- Lead by example—follow the same screen habits yourself
- Call your broadband provider to ask about parental controls
- Use apps that help you be informed of your child’s internet habits

CYBERBULLYING

EXPOSURE TO GROOMING



**EXPOSURE TO AGE-
INAPPROPRIATE
CONTENT**

**EXPOSURE TO
RADICALISING
CONTENT**

CYBERBULLYING

Give them space to talk. Try to avoid the temptation to interrupt because you know what's going on. Prompt if necessary, but let them do most of the talking. Try to remain calm and contained when they tell you what has happened.

- Don't deny access to technology. But suggest maybe taking a break from checking their messages.
- Encourage them to block the bullies and report on the app and not to retaliate, despite how tempting this feels
- Save the evidence - screenshots or save the messages
- Talk to their school
- Talk to the police if your child is in immediate danger



ONLINE GROOMING

If someone is contacting your child and this contact is unwanted or makes them feel uncomfortable, there are things you can do to help:

- Make their accounts private
- Delete contacts they don't actually know in person
- Report to the site and block
- Delete requests from strangers



BEHAVIOURS AND ACTIONS

Inappropriate content	Parental Controls and Modelling Behaviours	Communication
<ul style="list-style-type: none">• Let your child know it's okay to feel upset by things they see online.• If they come across disturbing content:• Report it to the platform (especially if it involves abuse or violence).• Avoid sharing or commenting—even to disagree.• Talk to a trusted adult about what they've seen.	<ul style="list-style-type: none">• Schedule: Set screen time boundaries and online hours.• Filters: Use tools to block access to inappropriate apps or sites.• Age-Appropriate Content: Adjust content settings for different family members.• Model Good Behaviour:<ul style="list-style-type: none">◦ Show healthy internet habits yourself.◦ Ask yourself: Am I modeling the kind of screen use I want my child to follow?	<ul style="list-style-type: none">• Make online safety part of everyday chats—like talking about school.• A relaxed tone encourages your child to open up when something's wrong.• Remember: staying informed can feel overwhelming—but you don't need to be a tech expert to support your child.



RADICALISING CONTENT

This type of content uses **emotional** triggers and **manipulation** to capture and keep your attention using;

- **Fear** or **anger** to create “**us vs. them**” mindset
- A **sense of belonging**, like they are **part of a “special” or exclusive group**
- A sense of **injustice** to **justify extreme views** or **blame others**
- **Frustration**, especially in young boys, linked to feelings of **inadequacy or confusion** around gender roles, often fuelled by toxic masculinity ideals
- **Repetition** to make harmful views seem normal over time

WHAT CAN YOU DO?

Observe

- Watch for **mood swings, withdrawal, or sudden shifts in beliefs**
- Notice **intense new interests, influencers, or online groups**

Communicate

- Talk regularly about **what they see online, especially emotional content**
- Ask **open questions** like: “Do you think boys are expected to act a certain way?”
- Stay calm and open—**avoid blame**

Get Involved

- Learn **what platforms** they use and **who** they follow
- **Encourage critical thinking:** “why might that message seem appealing?”
- Model **empathy, respect, and healthy attitudes**

IS THIS INAPPROPRIATE?

Have an honest and calm conversation with them. If the situation needs to be escalated to authorities, or if you need help, you can contact the following resources:

NSPCC Helpline- 0808 800 5000

or email help@NSPCC.org.uk

or completing our report abuse online form.

If the child requires further assistance, they can contact Childline at 0800 1111 or at <https://www.childline.org.uk/get-support/>

RESOURCES

NSPCC

Link: [National Society for the Prevention of Cruelty to Children - Keeping children safe online](#)



Link :[Parental control instructions](#)

SAMSUNG

Link: [Parental control instructions](#)



Link: [How to install parental controls on computers \(Windows and Mac\)](#)

THANK YOU FOR JOINING US

Before you leave....



- Please take a moment to complete a feedback form, using the QR code. We want to ensure we keep improving our service for you.
- Do you have an idea about a future workshop we could deliver? Let us know!

The Nest Contact details:

Website: <https://www.thenest@groundwork.org.uk>

Phone number : 020 8138 1805 (free phone)

Address: Unit 4 Co-Operative House

Rye Lane Peckham

London SE15 4UP



