


Euxton Primrose Hill

WEDNESDAY WEEKLY

12th November 2025



www.primrosehillschool.org.uk

X - @EuxtonPH

"Together We Will Make A Difference."

HEADTEACHER MESSAGE

PJs for Alder Hey

We would like to say a huge thank you to all of you for your generous donations last Friday for 'PJs for Alder Hey' the total raised so far is **£722.00**. All donations are going towards Alder Hey's brand new hospital cinema.

Attendance Matters

I would like to thank all our parents and carers for supporting your child's attendance at school each day. Every morning that children arrive ready to learn makes a real difference, not only to their progress and confidence, but also to their friendships and sense of belonging. When children miss school, they miss out on valuable learning and shared experiences that can be difficult to catch up on. Your commitment to ensuring regular attendance helps give your child the very best chance to thrive, and we are truly grateful for your partnership in this.

CARE values

It was an absolute privilege last Wednesday to spend time with the pupils recognised for last half-term's CARE values and to enjoy a hot chocolate together. These children truly embody our school values of Courage, Ambition, Respect, and Excellence, demonstrating them every day and making us all Primrose proud. At the end of each half-term, every teacher selects one child from their class who has consistently stood out for living and applying our CARE values in everything they do.

Mrs Claire Jones
Headteacher



CHRISTMAS TREE DONATION

As the Christmas season approaches, we are excited to begin preparing for our school's festive celebrations. We would love to decorate two beautiful Christmas trees in our school. If you feel you would be able to donate any real Christmas trees (6ft or taller) we would be truly grateful. If you are able to donate a tree please could you email the office by 29th November. Thank you so much for your generosity and support.



Attendance & Absence

We strongly encourage good attendance to support your child's learning and progress.

♦ If your child is unwell, please contact the school office by 9:00am on each day of absence.

☎ 01257 276688

✉ office@primrosehill-euxton.lancs.sch.uk

♦ Be specific:

It's important to give a clear reason – for example:

✓ "Tonsillitis" or "Sickness and temperature"

✗ Not just "unwell" or "poorly".

This helps us meet safeguarding and health requirements

Communicating with Us

If you need to get in touch, please email the school office in the first instance:

✉ office@primrosehill-euxton.lancs.sch.uk

Your message will be passed on to the relevant member of staff.

We aim to respond as soon as we can, but please allow up to 48 hours for a reply during term time.

For urgent matters during the school day, please phone the school office directly on: 01257 276688

If You're Concerned About Something...

We want to work in partnership with you.

If you're ever worried or unhappy about a situation, please follow this order of contact, via the school office:

- **Class Teacher** – your first point of contact
- **Phase Leader** – if further support is needed:
 - EYFS– Mr Danny Tooby
 - KS1 – Miss Claire Chamberlain
 - Years 3/4 – Mr Lloyd Davies
 - Years 5/6 – Miss Molly Burns
- **Assistant Headteacher** – Miss Amie Dobbs
- **Deputy Headteacher** – Mrs Emma Swinburn
- **Headteacher** – Mrs Claire Jones

We're here to help and will always do our best to resolve any concerns quickly and fairly.

Jewellery & Appearance

To keep everyone safe and focused on learning:

- ♦ **No jewellery** – including earrings (studs/spacers), rings, bracelets, necklaces, loom bands, or wristbands
- ♦ **No earrings or spacers** – these are a safety risk, especially during play and PE
- ♦ **No nail varnish or make-up** – children should come to school with natural nails and faces

Thank you for your support!

Tel: 01257 276688 (8:15am-3:45pm)

Email: office@primrosehill-euxton.lancs.sch.uk

Out of school Club, please contact Sarah Collison 07548 944202 or s.collison@primrosehill-euxton.lancs.sch.uk



CHILDREN IN NEED DAY - FRIDAY 14TH NOVEMBER



We will be supporting Children in Need Day on Friday 14th November. Children should come to school in **full school uniform**, but they can add a touch of Pudsey spirit by wearing an accessory for example:

🐻 Pudsey ears, 🎀 hair bobbles, jumper or 🟡 something yellow!

(Donation payable on ParentPay).

You can also contribute directly to Children In Need 2025
<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=19807>

CHILDREN'S UNIVERSITY

It has been so wonderful to see how busy everyone has been over the October half term with the challenges set by Children's University or visiting places of interest that are registered with Children's University. I am delighted to say that an order for Children's University passports is being processed and these should be ready for collection, from school, shortly. In the meantime, keep recording the places you have visited, the challenges you are undertaking and the clubs you are attending on Showbie.

If your child is in EYFS, please log extra-curricular learning via e-mail: CU@primrosehill-euxton.lancs.sch.uk

The deadline for Autumn credits is the **8th January 2026**.

Thanks for your continued support, Mrs Brockie.

CHRISTMAS SPECIAL LUNCH - WEDNESDAY 10TH DECEMBER

We are having a 'Christmas' special lunch on Wednesday 10th December 2025, which is open to all children. The menu is attached.

If your child is on packed lunches and would like this special lunch, please make a payment of £2.95 for the '25 Christmas Lunch' payment item within ParentPay www.parentpay.com/ by 12 noon, Thursday 20th November 2025.

Please note: For children in EYFS, KS1 and children who are entitled to a free school lunch who usually bring a packed lunch but would like to have a 'special dinner' instead, you will need to inform the school office by the set deadline above as there is no payment item in ParentPay.

If your child is already on school lunches they will automatically receive this lunch.

Unfortunately, no late orders can be accepted.



SCHOOL SPORTSHALL ATHLETICS TEAM

On Thursday 6th November, students from Year 5/6 attended Albany Academy to participate in a sports hall competition. Some of the events that were in place were the triple jump, javelin, chest push, speed bounce, vertical jump, long jump, 4x1, 2x2 and obstacles. Harry (Y5) said, "Euxton Primrose Hill Primary School won the overall event. I participated in the under and over, obstacle relay, triple jump, and vertical jump." We want to give a shout-out to Henry who participated in the javelin event. He threw his the furthest out of everybody who attended and he was amazing. Well done to everyone who attended the sports hall and made our school proud!



SCHOOL LIBRARY

Just a reminder that the library will continue to be open after school on Wednesdays and Fridays!

This month is **Know-vember: Non-Fiction Month** — come and explore fascinating facts and real-world reads!

We'd love to see you there to share some books with your children and hear any ideas you may have for how we can best use this brilliant resource.



£1 IN A BOX

£1 in a box is still open on Parent Pay. Each £1 you pay earns you an equivalent number of entries into the draw. Cut off is Monday 8th December 2025.

Good Luck! You've got to be in it, to win it!



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Email: office@primrosehill-euxton.lancs.sch.uk

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UNSAFE PARKING

We continue to have unsafe parking on the roads around school. This is reported to the school frequently but can also be reported to Lancashire County Council by clicking on the below link or scanning the QR code.

<https://www.lancashire.gov.uk/roads-parking-and-travel/parking/report-a-parking-problem/>



CAR PARK POLICY UPDATE

We have recently updated our Car Park Policy (with approval from the Governing Body), [click here to view it on our website](#), to help keep our children safe and ensure the smooth flow of traffic on site.

Unfortunately, the number of cars using the car park has made it difficult for vehicles to turn around safely, and this poses a risk to pupils. The car park is now reserved for pupils with a blue badge and for parents/carers with an illness or temporary injury—please speak to the office if this applies to you. This will take effect from Monday 3rd November 2025.

Thank you for your understanding and continued support in keeping our school community safe.

AFTER SCHOOL CLUB

We began our week by celebrating World Kindness Day! 🧡

Our younger children made beautiful cards for loved ones and friends, while the older children spread some smiles by giving out pocket hugs.

Remember — no act of kindness, no matter how small, is ever wasted ❤️



SIGNIFICANT CHANGES TO PENALTY NOTICE CHARGES

The DfE have recently announced national charges to penalty notices issued for unauthorised absences in term time, these came into effect on the 19th August 2024.

- Penalty notices issued for the offence after the 19th of August 2024 will be charged at the new rate of £160.00 however if paid in 21-days this reduces to £80.00.
- Any second penalty notice to the same parent for the same child in a rolling 3-year period will be issued at the rate of £160.00 to be paid within 28-days with no option for a discount.
- Penalty notice threshold is 10-sessions equivalent to 5-days of unauthorised absence in a rolling 10-school week period.
- Maximum of 2-penalty notices may be issued for the same child within a rolling 3-years period, so at the 3rd or subsequent offence another course of action will need to be considered such as a prosecution or one of the other attendance legal interventions.

Pupil Achievements and Celebrations

Super Pupils

YEAR 6
Everest - Phoebe M
K2 - Kayla R

EYFS
Beech - Tilly-Rose P
Oak - Darcie C

YEAR 5
Mont Blanc - Jack B
Olympus - Pippa M

YEAR 1
Ash - Lola G
Cedar - Eloise P

YEAR 4
Ben Nevis - Layla K
Snowdon - Theo T

YEAR 2
Maple - Isla-Rose L
Elm - Willow N

YEAR 3
Pendle - Ocean R
Rivington - Darcie B

House Point Winners

KS1
Blue

KS2
Green



Birthday Books

Thank you to the following pupils for donating their favourite books to celebrate their birthdays this term:

Mia B in Elm Class - 'Where to Hide a Star'
Oliver P in Pendle Class - 'Dog Man Grime & Punishment'
George G in Pendle Class - 'There's a Mouse in my House'
Evie T in Pendle Class - 'Charlie & the Chocolate Factory'

Reminders And To Do



We are a nut free school. Please do not bring any snacks into school which contain nuts, including Nutella, Reese or Kinder Bueno products.

Whole School Notices

Santa Dash Entry and sponsorship form now open.

Children in Need 14th November – Full school uniform with a touch of Pudsey spirit.

EYFS Class Notices

Sleeping Beauty – payment due 28th November

Y1 Class Notices

Sleeping Beauty – payment due 28th November

Y2 Class Notices

Sleeping Beauty – payment due 28th November

Y3 Class Notices

Please complete the 25 metre swimming assessment if you have received a reminder.

A Christmas Carol – payment due 28th November

Y4 Class Notices

Please complete the 25 metre swimming assessment if you have received a reminder.

A Christmas Carol – payment due 28th November

Y5 Class Notices

Please complete the 25 metre swimming assessment if you have received a reminder.

A Christmas Carol – payment due 28th November

Y6 Class Notices

Liverpool World Museum - payment due 19th November. Full school uniform. Pupils on packed lunches need to bring their lunch in a disposable bag with their name written on. Thank you to all those who have volunteered to help but we have managed to staff this trip internally so we do not require any parents this time.

3rd instalment for Boreatton Park – payment overdue

The Lion, The Witch and the Wardrobe – payment due 28th November

Dates for the Diary 2025-2026



November 2025

14th Children In Need-Donation payable on ParentPay
19th Open Day @ 1.45pm - EYFS 2026
19th Y6 Liverpool Museum Trip
21st Non-Uniform in return for a bottle donation
28th Non-Uniform in return for a chocolate donation

December 2025

2nd Open Day @ 9.15am - EYFS 2026
5th PTA Event - Santa Dash!
8th Y2 Christmas performance - 2pm performance for parents
9th EYFS Nativity 10am
9th Y3 & Y4 Christmas Performance 2pm - performance for parents
9th Y5/Y6 Carol Concert in Church-1.45pm&6.30pm
10th EYFS/KS1 Panto in Lower Hall (am)
10th Christmas Jumper Day
11th Y3 & Y4 Christmas Performance 9.30am - performance for parents
11th PTA Christmas Fair
12th ROCK KIDS!
15th Autumn Read Deadline (35 reads)
15th Y1 Christmas performance - 2pm -performance for parents
15th Y3/Y4/Y5 10.15am Panto Trip - Oh Yes It Is! - A Christmas Carol
16th COMMUNITY EVENT - Y2 Grandparents' Christmas Afternoon
18th Y6 Panto Trip @ 2pm Performance - The Lion, The Witch & The Wardrobe
19th Final day of Autumn Term - MERRY CHRISTMAS!

January 2026

5th Spring Term Begins
8th Open Day @ 9.15am - EYFS 2026

February 2026

10th Safer Internet Day
10th EYFS Blackpool Zoo Visit
12th PTA Love Bug Ball 5.30pm KS1/6.45pm KS2
13th Final day of Spring Term 1
16-20th SPRING HALF TERM HOLIDAY

March 2026

16th Parent Consultation Evening
17th Choir Performance at Blackburn Cathedral 'Let's Go Sing' - Evening Performance
26th PTA Bunnies Bingo!
26th Y3 Deva Roman Museum Trip
27th Final day of Spring Term - HAPPY EASTER!

April 2026

13th Summer Term Begins
16th Y4 Ben Nevis Cuerden Valley Trip
17th Y4 Snowdon Cuerden Valley Trip
17th Y6 Everest Leyland Trucks
24th Y6 K2 Leyland Trucks

May 2026

3rd May Bank Holiday
21st PTA May Fair
22nd Final day of Summer Term
25-29th SUMMER HALF TERM HOLIDAY

June 2026

1st INSET DAY
2nd INSET DAY
4th Travelling Science KS2 - AM only
15-17th Y5 Hothersall Lodge Residential
23rd Y1 Bring Yer Wellies
24th Y1 Bring Yer Wellies
26-29th Y6 Boreatton Park Residential

July 2026

9th Y2 Bees Visit in school
17th Final day of Summer Term - HAPPY HOLIDAYS!

*New date added

**Information or date amended

Dates for the Diary 2025-2026



Primrose Hill Clubs 2025 – 2026

Autumn w/c 29th Sept 2025 - w/c 10th Nov 2025
Spring w/c 26th Jan 2026 - w/c 9th March 2026
Summer w/c 5th May 2026 - w/c 22nd June 2026

Name of Club	Run by	Day	Finish	Collect From
Yoga Y1	Miss Blackwell	Tuesday	3.45pm	Ash
Crafty Club Y1&2	Mrs Hacking / Mrs Jotieko	Tuesday	4pm	Office
Story Art Y2&3	Mrs Kanski	Tuesday	4pm	Pendle
Board Games Club Y5&6	Mrs Chapman	Tuesday	4pm	Snowdon
Art Club Y4,5,6	Mrs Bullock	Tuesday	4pm	Snowdon
Singing & Signing Y1&2	Miss Pearson	Tuesday	3.45pm	Elm
Book Club Y6	Mrs Brockie	Tuesday (Last session 24.03.26)	4pm	Everest
Games Club Y3&4	Miss Dobbs	Wednesday	4pm	Pendle
STEM Club Y3&4	Mrs Cunningham	Wednesday	4.15pm	Office
Choir Y5&6	Mrs Swinburn / Miss Burns	Every Wednesday	4pm	K2
Eco club (Y2-Y6)	Miss McKinley / Mrs Rigby	Thursday	4.30pm	Office
Newspaper club (Y6)	Miss Chamberlain	Friday (Last session 28.11.25)	4pm	Office

Sports Clubs Autumn Term 2

Name of Club	Run by	Day	Finish	Dates
Y3&4 Sports Hall Athletics	Mrs Clements / Miss Dickinson	Monday	4.15pm	w/c 10/11/25 – w/c 15/12/25
Y3&4 Running Club	Miss Ahmed	Tuesday	4.30pm	w/c 10/11/25 – w/c 15/12/25
Y5&6 Basketball Club	Miss Ahmed	Wednesday	4.30pm	w/c 10/11/25 – w/c 15/12/25
Y4&5 Orienteering Club	Miss Ahmed	Thursday	4.30pm	w/c 10/11/25 – w/c 15/12/25
Y5&6 Dodgeball Club	Mr Davies	Thursday	4.10pm	w/c 29/09/25 – w/c 10/11/25
Dance Club	Mrs Walsh	Thursday	4.15pm	w/c 9th Oct 2025 – TBC
KS2 Bocchia Club	Miss Ahmed	Friday	4.30pm	w/c 10/11/25 – w/c 15/12/25

EUXTON PRIMROSE HILL
Primary School
"Together we will make a difference."

OPEN DAYS

Monday 22nd September 2025
Morning - 9:15am - 10:15am

Tuesday 14th October 2025
Morning - 9:15am - 10:15am

Wednesday 19th November 2025
Afternoon - 1:45pm - 2:45pm

Extra date added due to popular demand:
Tuesday 2nd December - Morning - 9:15am - 10:15am

Thursday 8th January 2026
Morning - 9:15am - 10:15am

To book a place please call: 01257 276688 or scan the QR code

Ofsted
Outstanding
Provider

"Pupils flourish at this warm and welcoming school."
"Pupils' behaviour across the school is exemplary. Pupils are polite, caring and thoughtful."
"The school is highly ambitious for all pupils, including those with special educational needs and/or disabilities (SEND)."
Ofsted - July 2024

EUXTON PRIMROSE HILL
Primary School
"Together we will make a difference."

Primrose Buds

Free play and stay sessions for children aged 4 and under

Friday 19th September 2025

Friday 10th October 2025
Bring your wellies and waterproofs as we head out to our Forest School for this session

Friday 14th November 2025

Friday 5th December 2025
Join us for our whole school Santa Dash

9am - 10.15am in the upper hall

To book please call: 01257 276688 or scan the QR code

Ofsted
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EUXTON PRIMROSE HILL PRIMARY DOES

Uniform shop



DONATE NOW!!

Has your child grown out of their uniform?
Donate it now! Even if it's one item, we would
love to find your uniform a new home

.....*uniform with school logo only.....

**DROP YOUR DONATIONS INTO THE OFFICE
BEFORE 9TH DECEMBER**

.....

Euxton Primrose Hill PTA Presents

Christmas FAIR

Fun, Magic, and Joy for the Whole Family!

Games, Stalls and lots of fun

**RAISING MONEY FOR A PLAYGROUND
SOUND SYSTEM FOR KS1!**

11/12/2025
5.30pm - 7.30 PM

Euxton Primrose Hill
Primary School

**£1
ENTRY PER
ADULT
KIDS GO
FREE!**

**CASH
ONLY**



Euxton Primrose Hill Primary Christmas Fair

Stall Holders Wanted!!



Do you have a local business and want to be a stall holder for a fantastic Christmas fair?



Join us on 11th December 5.30pm - 7.30pm
contact r.perkins@primrosehill-euxton.lancs.sch.uk



A festive header featuring a cartoon Santa Claus in the center, surrounded by various Christmas ornaments including green and white striped balls, red balls with white stars, and green balls with white snowflakes. The background is a dark red with subtle snowflake patterns.

SANTA DASH

A small, stylized illustration of a schoolhouse with a chimney and a wavy line representing a path or fence.

Euxton Primrose Hill Primary

Join your child on their 1 mile Santa Dash! Bring your own hat and join in the fun!

A gold-colored starburst or seal with a scalloped edge.

**£2 entry
including
Santa hat**

9.15 - 9.45 EYFS with their Y6 Buddies as helpers

9.45 - 10.15 Y1

10.15 - 10.45 Y2

10.45 - 11.15 y3

11.15- 11.45 Y4

1.45 - 2.15 Y5

2.15- 2.45 Y6



5TH DECEMBER 2025

**Sponsorship donations payable on parent pay or cash
donations to the office by 9th December**



EUXTON PRIMROSE HILL

SANTA DASH



Payable on Parent Pay or cash to the office by 9th December



CLASS NAME:

NAME:

RECORDS OF DONATION RECEIVED

#	Name	Sponsorship Amount	Date Received	Cash or Parent Pay
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Shoeboxes for Ukraine

The School Council are once again supporting Chorley and District Support for Ukraine Centre, by sending Christmas Shoebox gifts for children and adults affected by the War in their Country.

Hair bobbles

Brush or Toothbrush

Bubbles or Toys

Soap facecloth

Colouring pens/books

Scarves and Gloves

Sweets and many more things too !

**Monday 24th to
Friday 28th November 2025**

Please wrap your shoebox (make sure the lid can open) and fill with lots of treats.

Please put a label on top

Eg Girl 0-3 Boy 14+ Female Adult

and send into School from 24th—28th. Late boxes can be taken to the Ukraine Unit in Chorley Town Centre (next to the Town Hall)



Charity Fun Run

at Chorley Fire Station

Sunday 14 December



Race Schedule

10:00am: 1 km children's race
(up to 14 years)

11:00am: 5 km adult race



**Prizes for first place
and best dressed!**

Book your tickets:

www.lancsfirerescue.org.uk/christmas-gallop

READY FOR THE NEXT LEVEL?



DO YOU WANT TO . . .

- COMPETE WITH A SUCCESSFUL CLUB?
- BE PART OF A WINNING TEAM?
- DEVELOP AS AN ATHLETE?
- MAKE NEW FRIENDS?



THEN SWIM TO WIN WITH LEYLAND BARRACUDAS!

- PROGRESSIVE AND SUCCESSFUL COMPETITIVE PROGRAMME
- FROM AGE 5 THROUGH TO TEENS AND ADULTS
- 2-17 HOURS TRAINING PER WEEK
- POOL BASED AND LAND PROGRAMMES - UTILISING 5 LOCAL CENTRES
- PLENTY OF COMPETITIVE OPPORTUNITIES AS INDIVIDUALS OR AS PART OF A TEAM
- FROM £37 PER MONTH



SCAN FOR FREE TRIAL

**SCHOOL
GAMES**



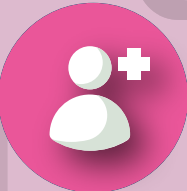
NATIONAL SANTA DASH

Friday 12th December



**Join thousands across the Country
for some active festive fun!**

#SchoolGamesSantaDash



Social media influencers are people who have established credibility in a specific industry and have the power to influence other people's decisions. Most commonly associated with YouTube and Instagram, 'influencers' will usually have a large number of followers and be viewed as authentic by their audience. It is for this reason that many influencers are often paid by big companies to promote their products in the hope of persuading their followers to purchase those goods.



What parents need to know about SOCIAL PRESSURES LINKED TO 'INFLUENCERS'



AN UNREALISTIC PERCEPTION OF BODY IMAGE

Some of the most popular social media influencers often depict themselves as having the 'perfect body' and are paid to promote items such as health supplements or swimwear, which young people believe can help them achieve the same look. What is not always realised is that these images can be edited or filtered and aren't always a true-life representation. Your child may feel like this is what they need to look like and in some cases, become obsessed with their body image, which could contribute towards a lower self-esteem or even becoming depressed if they can't achieve the same look.



BECOMING UNREALISTIC ROLE MODELS

As children become more and more involved on social media and identify who their favourite people are to follow, they may come to see social media influencers as role models, particularly if they are attracted by the lifestyle they see online. This could lead them into developing potentially unrealistic expectations of life and in some cases, using their role models as an escape from reality, particularly if they feel like they're own life isn't very fulfilling.



ENCOURAGING BAD HABITS

Although many social media influencers will get paid to advertise brands and their products, they will also post their own material online too, usually depicting their daily life or an activity for example. This may have both desirable and undesirable consequences, with influencers able to inspire both good habits, such as healthy eating, exercise or kindness. However it may also encourage children to adopt bad habits, such as drinking, smoking, swearing or even criminal behaviour, particularly if these are seen to be endorsed by the influencer.



THE NEED TO HAVE EVERYTHING

Many social media influencers will take photos or videos of themselves wearing the latest fashion or jewellery which companies want them to promote. They may also be provided with the latest gadgets to promote or, if they are children, toys to play with in order to persuade their followers to purchase them. Many children will be keen to buy these items in order to keep up with the latest trends however if they get left behind, they could be made to feel inadequate or inferior by other children who do have them.



AUTHENTICITY OF ENDORSEMENTS

Social media influencers hold a lot of persuasion with their audience and are often looked up to by younger followers. Many children will see them as credible, authentic and trust what they see online. However, some influencers may not always believe in the product they are promoting and therefore can mislead their followers, abusing their level of confidence in them. Your child may therefore find themselves looking up to people who are disingenuous or who feign interest in activities that they themselves do not actually care about.



Safety Tips For Parents



FOLLOW WHO THEY FOLLOW

A good way to see first-hand who may be influencing your child is to create your own social media account and follow the same people they do. This will give you a strong indication of what is shaping how your child behaves, what they like and what they are taking an interest in.



TALK ABOUT ROLE MODELS

Role models can play an important part of your child's life, particularly outside of the home. Talk to your child about who they look up to and why. Remind them that not everybody online is who they seem to be and if you do have concerns that your child is being negatively influenced, work with them in finding more positive alternatives.

BUILD THEIR SELF-ESTEEM

It's important that your child is aware of how unrealistic perceptions of life can be depicted on social media and that it is easy to be deceived. Discuss with your child how images can be heavily edited, cropped or manipulated to create artificial scenarios and that often the lifestyle that people display on social media isn't always realistic or in fact the truth.

DISCUSS REALISTIC VS UNREALISTIC EXPECTATIONS

If you notice your child has suddenly taken a strong interest in the way they look, or you find they are a lot more body conscious, then it's a good idea to speak to them about why they feel that way. If they seem unhappy, try to build their self-esteem by talking to them and listening to their concerns, helping to build their confidence through praise and positivity. Remind them that looks aren't everything and not everything they see online is actually a true depiction of real life.



ENCOURAGE INDEPENDENT THINKING

Social media influencers can be quite powerful individuals who hold a lot of persuasive power so it's important to encourage your child to think independently about everything they see and engage with online. Talk to them about the dangers of blindly following others and in keeping an open mind when viewing content. Teach them to always question people's motives online, especially when they see individuals are promoting a brand or product which they are likely to have been paid to advertise but may not necessarily personally endorse.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.

