



15th June 2026

Mobile Phones, Social Media and Children's Wellbeing

Dear Parents and Carers,

I am writing following the Prime Minister's announcement this morning about children, mobile phones and social media.

The Government plans to stop social media companies offering services to children under 16. This would include apps such as TikTok, Snapchat, Instagram, Facebook, X and YouTube.

At Longbenton High School, we welcome this, but we also know that children need support now. The risks linked to phones and social media are already affecting many young people.

Children can be exposed to harmful content, bullying, pressure to share images, contact from strangers, grooming, violent content, sexual content and messages that make them feel anxious or unsafe. Some children also feel under pressure to reply straight away, even late at night.

This can affect sleep, mood, friendships, self esteem, learning and safety.

Before the law changes, there are simple steps families can take now.

Please consider:

- Checking which apps your child uses
- Checking the age limits for those apps
- Setting parental controls on phones, apps and home WiFi
- Keeping phones out of bedrooms at night
- Turning off notifications in the evening
- Agreeing clear screen time rules
- Talking to your child about strangers online
- Talking to your child about bullying, harmful content and sharing images
- Checking privacy settings on social media accounts
- Reporting anything worrying to school, the police or the app

Good places for parent advice include:

- Internet Matters
- NSPCC Online Safety
- UK Safer Internet Centre

At Longbenton High School, we are already a phone free school. Students hand in their phones each morning and get them back at the end of afternoon form time. This helps keep the school day calm, safe and focused on learning.

Children deserve time away from the constant pressure of phones, group chats and social media. Thank you for working with us to keep our students safe, focused and ready to learn.

Yours faithfully,

Mr J Elliott

Acting Headteacher

Longbenton High School