

NOVEMBER 2025 ONLINE SAFETY UPDATE

For this month's online safety update, our theme is: Comparisons on Social Media.

Most of us who use social media can probably relate to feeling envious of others' lifestyles, homes, looks or belongings. Whether it's celebrities who never seem to age, or influencers who always seem to be on holiday, it's easy to start to compare our lives to others and feel dissatisfied.

For young people with disabilities, these feelings can be even heavier - they may look at other people's content and wish their life looked like theirs, or feel bad about their own appearance when faced with impossible beauty standards.

It's important to recognise that children with disabilities may lack the critical thinking skills to recognise that what we see on social media is not necessarily real, leading to feelings of shame and disappointment.

What you can do:

- Talk to your child about the use of beauty filters - you may even want to show your child how they work, using your own photos so they can see the difference between reality and filtered images.
- Talk to your child about plastic surgery, make up and clever lighting. Explain to them that these influencers make their living by presenting a specific lifestyle and looking a certain way.
- Remind your child that everyone just shows their "highlights" and "best bits" online - and just like us, influencers have bad days, go to the supermarket, and use the toilet - we just don't see those bits.

Remember, the pastoral team are here to support you with any online safety concerns. Just call them on 0121 569 7089.

