

Safeguarding Snapshot – 08.12.23

A parent's guide to social media and mental health.

As we approach the festive season and the school holidays around the corner, it is likely that our young people will be spending more time than usual on social media.

We would like to share with you a parental resource from the National College to highlight some tips to help manage your child's wellbeing during this time. Please click [\[here\]](#) to view the guidance document

If you have any further questions on this topic please email your child's tutor via the school office office@vynersschool.org.uk