

13th January 2026

Dear Parents and Carers,

We have been alerted by our local secondary school team at Wadham to an online trend that has recently been reported on social media. It involves children encouraging each other to do things that could hurt themselves, such as biting or scratching their skin or using elastic bands too tightly.

While this may sound worrying, we believe the best way to keep children safe is through **open, age-appropriate conversations** about using the internet responsibly. Please take some time to talk with your child about being kind online and looking after themselves.

We also recommend checking your child's devices to make sure **parental controls and privacy settings** are in place. These can help reduce the chances of children seeing harmful content. You can find helpful guidance here: <https://www.internetmatters.org>

If you have any concerns or would like advice, please contact the school office. Our Safeguarding Team is here to support you.

Thank you for working with us to keep our children safe and happy.



Nicola Ball
Ashlands CofE Primary