



Hurstmere School
2nd April 2026
Spring Term,
Issue 14

Safeguarding at Hurstmere Newsletter

Popular Apps and Games – A Handout for Parents

Drawn from the Ofcom Online Nation Report 2025 this free handy [guide](#) for parents and carers looks at the more popular apps and games used by children and young people. It specifically covers a comparison of safety and wellbeing features within apps and games. Help and support links for those games and apps (e.g. Family Pairing, YouTube Supervised Experience etc.). A few of the more popular helplines and App/games reviews from Common Sense Media.

Managing children's digital lives

Parenting today can feel overwhelming especially when childhood looks so different from what we grew up with. There is no manual, and it can be hard to keep up with the fast-changing digital world your child moves through every day. This [guide](#) aims to make those conversations easier and help you support your child with confidence.

The Teen Sleep Hub

There is a great deal of emphasis on teaching teens about healthy eating and exercise but not enough on the importance of a good night's sleep. Sleep problems can be a very serious issue and lack of sleep has been linked to obesity, depression and impaired learning.

If you are having trouble getting your teenager out of bed in the morning, then there are several practical hints and tips that may help. Talking over worries may well help to put them into perspective.

If you are looking for advice on how to help your teen sleep better, would like tips on tweaking their routine or help to understand the science behind sleep patterns, you will find it all [here](#).



Respect • Teamwork • Resilience • Ambition • Integrity • Leadership • Self-Belief

Lemon8

Lemon8 is an app which seems to be growing in popularity. Calling itself a 'lifestyle community' app the terms and conditions, as per most social media, is 13+. The company which owns Lemon8 is ByteDance, who also own TikTok and it's essentially a mix between Instagram and TikTok. Reviews generally seem to be quite positive but one of the big downfalls is that parental features are a little lacking.

It's worth checking if your child is using Lemon8 and if so have a look at this [in-depth Lemon8 review](#).

What is LooksMaxxing?

With the concerns of toxic masculinity and misogynistic attitudes increasing, parents should be aware of related behaviours.

Looksmaxxing isn't specifically related to misogynistic attitudes, but it can be related to masculinity, where young people are influenced to be 'more masculine' by being fitter and having bigger muscles. This isn't necessarily a bad thing, plenty of young people refer to looksmaxxing as leading a good lifestyle and being healthy (known as softmaxxing), but there can be other sides to this as well such as taking steroids or cosmetic surgery (known as hardmaxxing). There can also be mental health concerns such as social comparison, anxiety and self-esteem.

Internet Matters have created a guide about [LooksMaxxing](#) for parents including what it is, why it's so popular, risks and signs for parents to look out for.

WhatsApp Now Allows Under 13's

WhatsApp has been a significant concern for many schools, particularly chat groups where predominantly low-level issues suddenly escalate. Recently, in an unexpected move, WhatsApp announced that children under 13 can now use WhatsApp via 'Parent-Managed Accounts'.

There are two links that that parents may find useful; [Introducing parent-managed accounts on WhatsApp](#) and [How to set up a parent-managed account](#).

This terms topics...

Google Family Link

For children with Android devices, Google Family Link is a great way for parents to set restrictions. Last week Internet Matters released a brand new YouTube video showing how to set up [Google Family Link](#) to customise content and screen time restrictions.

Tips for Raising Digitally Resilient Children

Every parent knows how difficult it is to monitor their children whilst they are online. It can be difficult asking children what they are seeing, their motives, healthy screen habits and more.

Written by a clinical psychologist, BBC Bitesize have released some new [advice](#) and support for parents.

Children and Phone Safety - NSPCC

The [NSPCC's](#) guidance on children, mobile phones and online safety is a useful resource. It addresses one of the most common questions schools are asked: when is a child ready for a phone, and how can families manage the risks?

The guide offers balanced, practical advice on readiness, boundary-setting, parental controls, and ongoing conversations about safe and responsible use. This resource can help reinforce consistent messages between home and school, reduce anxiety, and support a shared approach to online safety.

What is Monetisation

Monetisation is how content creators earn money through social media and video-sharing platforms, with some creators using dishonest practices to receive more activity on their posts.

[Internet Matters](#) have put together a brilliant information guide.

Starting the Conversation

The [Family Online Safety Institute](#) (FOSI) have produced a great new, simple guide aimed at helping parents start those conversations which can be very difficult. It covers online dating safety, digital consent and boundaries.

Support for students during the Easter break:

As we move towards the Easter break, please remind your children of the services available to support them whilst school is shut. Information and links can also be found on the Safeguarding page of the school website:

Kooth can help with anything, including bullying, family, loneliness, social media, stress, relationships, body image. Young people can use the chat and messaging service to contact a counsellor from midday to 10pm on Mondays to Fridays and 6pm to 10pm on a Saturdays and Sundays. The website has lots of information and advice and can be accessed 24/7. Contact them at [Kooth](#).

Young Minds has a Crisis Messenger service which provides free, 24/7 crisis support across the UK. They can access the text-message based service by texting YM to 85258.

Childline -Young people can speak to a counsellor at Childline on 0800 1111 or via 1-2-1 chat between 7.30 am and 3.30am every day. Their website also has lots of information and advice.

SHOUT - free confidential support in a crisis text SHOUT to 85258

Useful Information

CHILDLINE – www.childline.org.uk

NSPCC – www.nspcc.org.uk

CHILD EXPLOITATION & ONLINE PROTECTION (CEOP) – www.thinkuknow.co.uk

KOOTH – www.kooth.com

Remove a nude image shared online. It can be scary finding out that a nude image or video has been shared online. Report Remove from Childline can help. Follow this [link](#) (also available on the school website) to get an image or video removed from the Internet.

For more information about safeguarding please visit our [website](#).

Please remind your son that if they have any worries or concerns, during term time they can email hereforyou@hurstmere.org.uk and a member of our safeguarding team will be able to help! **THIS IS NOT MONITORED DURING THE SCHOOL HOLIDAYS.**

