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DIGITAL SAFETY FOR ALL

# ONLINE SAFETY NEWSLETTER



Summer 2025

“ **Welcome to the fifth edition of Digital Safety’s half termly bulletin. This edition contains information of what is currently happening in the online world** ”

**Claire Turnbull, Digital Safety**

## Meta Update 2025

**Meta adds new age-based restrictions to Facebook and Messenger to limit inappropriate content.**

Meta has added “Teen Accounts” to Facebook and Messenger, to limit who can contact minors and screen the content they’re exposed to.

Teens will only receive messages from people they follow or have messaged before. Only their friends will be able to see and reply to their stories and tags, mentions, and comments will be limited to those in their network.

Teens will also be sent notifications to close the apps after logging an hour of screen time and have their apps placed on “quiet mode” at night.

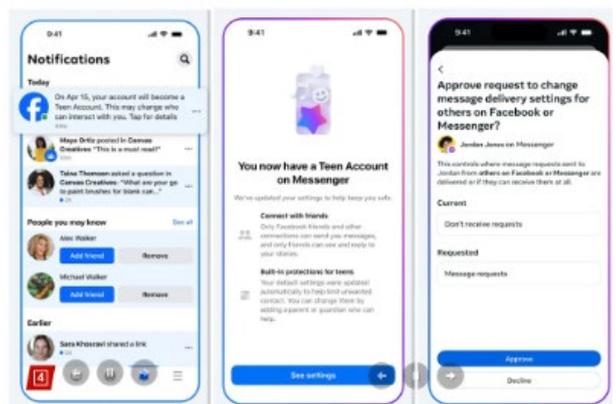
Users under 16 need a parent’s permission to change settings to be less strict.



Along with the features recently added to Facebook and Messenger, Instagram allows parents to view which accounts their child has recently messaged, set daily time limits and block teens from using the app during specific time periods.

In a recent update released on Tuesday 8th April 2025, Meta also added protections blocking teens under 16 from going “live”, receiving “unwanted images” and unblurring images suspected of containing nudity, all without a parent’s permission.

Meta claims that 97% of teens aged 13 to 15 have kept these built-in restrictions on their accounts since they were first added last year and that 94% of parents say these restrictions are “helpful.”



[www.ds-cic.com](http://www.ds-cic.com)

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## Mental Health Awareness Month

May is Mental Health Awareness Month. It's a good time to talk with your children about how using screens and tech makes them feel. Help them be mindful of their tech habits and what they're doing with their time online.

Screen limits can also be helpful but keep in mind the important question of how kids are using screens, rather than just for how long.

Talk through different strategies your kids can try when they notice themselves feeling uncomfortable, worried, sad, or anxious when they're online. Plus, make sure they know they can go to trusted adults for help.

### Check out these top tips.

#### Create screen-free times and zones.

Help kids take breaks from tech by limiting screen time in bedrooms, during study time, or at the dinner table.

### Use parental controls.

Set content limits that make sense for your family. Alongside conversations about healthy media habits, use features such as content filtering, privacy settings, and time limits offered by the apps and platforms your family uses to help manage access and exposure to media.

### Establish clear family rules.

Decide together what kind of media and tech is ok, and when it's ok to use it. A family media plan can help get everyone on the same page.

### Watch and play together.

Choose quality, age-appropriate media to enjoy with your kids.



for more info contact Digital Safety [info@ds-cic.com](mailto:info@ds-cic.com)



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## Would you recognise the signs of someone with poor mental health?

### 10 tips for teaching and support staff.

As children and young people spend so much of their time in schools, teachers and support staff are in a prime position to help them build strong mental health and wellbeing - and notice if something is wrong.

Research from the NHS shows that in England, **14%** of **primary school children** have an identifiable mental health condition.

This figure rises to **17.6%** of **secondary school** aged children, and **20%** of **17 to 22-year olds**.

The button below is a link that provides 10 tips for teaching and support staff.

[10 Tips for Teachers & Staff](#)

The links below provide two pdf guides for teaching and support staff.

One for Primary schools and one for secondary and further education.

[Primary Schools](#)

[Secondary & Further Ed](#)

### Look after your mental health.

As school staff, you're likely be juggling a multitude of different tasks and demands. It's important that you're given the right emotional and practical support so that you can, in turn, best support your pupils.

[Follow the link for help](#)

[Handle Stress Poster](#)



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## New Wave of Online Extortion Schemes Using AI Poses Threat to Schools

A small number of schools in England are reporting incidents where photos, frequently those of female pupils and staff, are being taken from their websites and social media channels, manipulated into a sexualised context using AI, and then used in attempts to blackmail schools, targeting both students and staff.

The increasing prevalence and accessibility of AI image generation tools is a worrying development, as it makes these scams more likely to occur.

The guide below from INEQE Safeguarding Group, provides schools with information on how to prepare for, prevent, respond to, and report incidents of AI-generated image exploitation.

[CLICK HERE TO VIEW THE GUIDE](#)

**ineqe**  
SAFEGUARDING GROUP



