

GLS/C/1225-26

CIRCULAR

02 April 2026

**GUIDELINES FOR PARENTS: STUDENT CYBER SAFETY  
AND PROMOTING SAFE SOCIAL MEDIA PRACTICES**

Dear Parents,

In today's digital age, social media plays a significant role in how children and adolescents communicate, learn, and express themselves. While these platforms offer opportunities for creativity, connection, and learning, they also carry risks such as exposure to inappropriate content, cyberbullying, excessive screen time, and impacts on well-being if not used responsibly.

As part of our continued commitment to student safety and well-being, we seek your partnership in guiding children towards safe, responsible, and age-appropriate use of social media, in line with recommendations from Common Sense Media.

Kindly find the [Family Agreement](#). We request you to review and discuss it with your child, sign it, and keep it for your reference. (There is no need to submit it to the school.)

Please find the attached copy of the Family Agreement in case you are unable to access the link.

**MEASURES PARENTS ARE ENCOURAGED TO TAKE**

- **Respect age requirements:** Most social media platforms require users to be at least **13 years old**. Parents are advised to ensure that children use only age-appropriate platforms.
- **Protect account security:** Parents are advised to ensure that children do not share their social media passwords with friends or peers, as password sharing may lead to misuse of accounts, loss of privacy, cyberbullying, or other serious consequences.
- **Review privacy and safety settings:** Set social media accounts to *private*, review follower lists, and ensure blocking and reporting features are enabled.
- **Disable location sharing:** Turn off location sharing and contact syncing on social media apps to protect children's privacy.
- **Educate about digital footprint:** Help children understand that posts, images, and comments shared online can have long-term consequences.
- **Set clear boundaries:** Agree on screen-time limits, device-free times (such as during meals and bedtime), and acceptable online behavior.
- **Maintain open communication:** Regularly discuss your child's online experiences and encourage them to speak up if they encounter anything uncomfortable or concerning.
- **Be alerted to warning signs:** Sudden changes in mood, sleep patterns, behavior, or reluctance to attend school may indicate online issues that need attention.
- **Model positive digital behavior:** Children learn responsible online habits by observing adults' digital conduct.

**CYBERBULLYING AWARENESS**

Parents are also advised to speak openly with their children about cyberbullying, which may include hurtful messages, exclusion from groups, sharing of embarrassing content, or online harassment. Children should be encouraged to:

- Avoid responding to or forwarding harmful content
- Block and report inappropriate behavior
- Inform a trusted adult immediately if they experience or witness cyberbullying

Any concerns related to online safety or cyberbullying that may impact a child's well-being should be communicated to the school promptly.

### **WORKING TOGETHER**

We strongly encourage parents to actively monitor and guide their child's online presence and to promptly report any concerns related to cyberbullying, inappropriate content, or online safety to the school.

By working together as partners, we can help our students develop healthy digital habits and navigate the online world safely, responsibly, and confidently.

### **MESSAGE FROM THE PRINCIPAL**

Thank you for your continued cooperation and support.

Warm regards,



**Asha Alexander** أشا ألكسندر

**Principal** مديرة المدرسة

**Executive Leader - Climate Change** الرئيس التنفيذي - تغير المناخ

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