Circular

Ref. No. BBPSMN/2024/26   Date: 05.07.2024

Subject: Harmful Effects of Social Media Usage for Students

Dear Parents,

We hope this message finds you well. As part of our ongoing efforts to ensure the well-being and academic success of our students, we would like to bring to your attention the potential harmful effects of social media usage. While social media can offer some benefits, it also poses significant risks, particularly for young students.

1. Distraction from Studies: Excessive use of social media can divert students' attention from their studies, leading to lower academic performance and reduced concentration.

2. Sleep Disturbances: Late-night use of social media can interfere with sleep patterns, causing fatigue, irritability, and decreased alertness during school hours.

3. Cyberbullying: Students may be exposed to cyberbullying, which can lead to emotional distress, anxiety, and depression.

4. Negative Body Image and Self-Esteem: Constant exposure to curated and idealized images on social media can lead to unrealistic body standards and negatively impact self-esteem and body image.

5. Privacy Risks: Sharing personal information on social media can put students at risk of privacy breaches and potential exploitation by malicious individuals.

6. Addiction: Social media platforms are designed to be addictive, leading students to spend excessive time online, which can interfere with their daily routines and responsibilities.

7. Reduced Physical Activity: Prolonged screen time can lead to a sedentary lifestyle, reducing physical activity and increasing the risk of health issues such as obesity.

8. Exposure to Inappropriate Content: Students may encounter inappropriate or harmful content that is not suitable for their age, affecting their mental and emotional well-being.

Guidelines for Parents:

1. **Monitor Usage:**
   o Regularly check your child's social media activity and set appropriate limits on screen time.
2. **Educate about Privacy:**
   o Teach your child about the importance of protecting personal information and the risks of sharing too much online.
3. **Encourage Balanced Activities:**
   o Promote a healthy balance between online activities and offline hobbies, physical exercise, and family time.

4. **Discuss Cyberbullying:**
   - Talk to your child about cyberbullying and encourage them to report any incidents to a trusted adult.
5. **Promote Open Communication:**
   - Maintain open lines of communication with your child, ensuring they feel comfortable discussing any concerns or issues they encounter online.
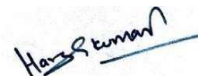
We urge you to be vigilant and proactive in managing your child's social media usage. Together, we can help our students navigate the digital world safely and responsibly.

Thank you for your cooperation.

Thanks and Regards

Akanksha Sehgal Setia
Vice Principal

Harsh Kumar
Principal