

THE SACRED HEART LANGUAGE COLLEGE

Roman Catholic Diocese of Westminster

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Dear Parents and Carers,

Supporting Young People with Artificial Intelligence, Social Media and Online Safety

We are writing to share some important information about Artificial Intelligence (AI), social media, and online safety, and how these are affecting young people today. As technology continues to develop quickly, it brings many exciting opportunities for learning and creativity, but also some new challenges that we are working hard to manage together as a college community.

The Positives of AI:

Many students already use AI in positive ways, such as:

- Helping them understand College work and support revision
- Supporting creativity in writing, art, music and design
- Building important digital skills they will need for future jobs

Used in the right way, AI can be a helpful tool that supports learning and confidence.

Things We Are Concerned About:

Alongside these benefits, there are some risks we want families to be aware of:

Deepfakes and false content

AI can be used to create very realistic images, videos or voices that are not real (often called “deepfakes”). These can sometimes be used to confuse, upset or embarrass people, and young people may find it difficult to tell what is real and what is not.

Mental health and online pressure

Social media and AI-edited images can create unrealistic expectations and put pressure on young people to look or act a certain way. This can affect self-esteem, mood and wellbeing.

Inappropriate or harmful images

There has been a rise in AI being used to create or share images of people without their permission. This is a serious safeguarding concern, and children should always tell a trusted adult if they see something that makes them uncomfortable. They “must not share any inappropriate images.” Online Safety Act 2023.

What Governments Are Doing

The UK government has strengthened laws to protect children online. It is now illegal to create or share AI-generated intimate images of someone without their consent, and online companies are required to act more quickly to remove harmful content and protect young people.

Australia has introduced strong online safety laws, including restricting social media use for under-16s. The UK Government is now considering a similar ban. This shows that countries around the world are taking children’s online safety seriously.

What the College Is Doing:

This term, the college will lead sessions in tutor time for students on:

- Social media and mental health
- Artificial Intelligence – how to use it safely and responsibly

These sessions will give practical advice, help young people spot fake or harmful content, and provide space for questions.

The college will also maintain our mobile phone policy of students locking their phones in individual pouches and banning meta glasses. Meta (Ray-Ban) smart glasses present significant safeguarding and privacy concerns in college environments due to their ability to discreetly record audio, take photos, and stream video, potentially breaching GDPR, data protection laws, and student privacy. The glasses, which look like conventional spectacles, feature a small, often unnoticeable LED light to indicate recording, leading to fears of covert, non-consensual filming in classrooms, washrooms/toilets and around College or on journeys to and from College increasing the risk of bullying.

Our Safeguarding Approach:

Safeguarding is at the heart of everything we do. In line with Ofsted expectations, we ensure that:

- Students are taught how to stay safe, including online and in the digital world
- Staff are trained to recognise and respond to safeguarding concerns
- Systems are in place for reporting, recording and acting on concerns quickly
- A strong culture of vigilance is maintained so that your daughter feels safe to speak up
- We work closely with families and external agencies to provide the right support at the right time

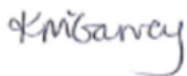
How Parents/Carers Can Help at Home:

You can make a big difference by:

- Talking regularly with your daughter about what they do online
- Reminding them that not everything they see online is real
- Setting clear by supportive boundaries around screen time, especially around sleep time
- Checking apps and privacy settings together – TikTok alone should not be used for revision
- Encouraging kindness and respect online
- Letting your daughter know they can always come to you or the College if something worries them

If you have a concern, no matter how small, please contact the College. Early communication helps us work together to keep our young people safe.

Best wishes,



Mrs Karen McGarvey
Deputy Headteacher & Designated Safeguarding Lead