



Vivekanand School

F-Block, Preet Vihar, Delhi - 110092

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Safeguarding Our Children from Social Media Risks

Dear Parent,

Namaste!

We hope you and your family are doing well. In our previous communication, we shared our concerns about the growing influence of social media on young children. Today, we wish to emphasize, with renewed urgency, the importance of your role in protecting your child from its harmful effects.

Recent developments and research have further highlighted the dangers of early social media exposure:

- The Australian government recently introduced a nationwide ban on social media usage for children under 16 years, recognizing the significant risks to their mental health and emotional well-being.
- A study published in the International Journal of Indian Psychology found a positive correlation between social media addiction and mental health issues among adolescents, indicating that higher usage is associated with increased anxiety and depression levels.
- A study by The Journal of Adolescent Health found that children who frequently use social media before age 13 have a 50% higher risk of developing anxiety and depressive symptoms.
- According to The American Academy of Pediatrics, excessive screen time can disrupt healthy sleep cycles, stunt emotional development, and diminish academic focus.

These findings and policy decisions are a reminder of why it is critical for parents to take a firm, non-negotiable stand against social media use for children under the age of 13. While children may seek access due to peer influence or curiosity, your consistent refusal can safeguard their emotional and mental well-being.

Our Appeal to You:

Firmly Say No to Social Media: We strongly urge you to ensure that your child is not active on any social media platform. If they already have an account, we request you to deactivate it immediately and make it clear that this is non-negotiable.

Monitor and Guide: Stay engaged with your child's online habits and encourage offline activities that build healthy relationships and confidence.

As educators, we have witnessed how social media can become a silent disruptor in a child's growth. Your partnership in this effort is indispensable, and we trust that you will stand firm in your resolve to shield your child from this digital burden until they are mature enough to navigate it responsibly.

Let us work together to create a safe and balanced childhood experience for our children. Thank you for your continued support and dedication.

Warm regards,

Bhavna Anand
Principal (Officiating)