

Cotham School

Online Safety Newsletter

Academic Year:
2025/2026

Term: 2
Date: 03/11/2025



Newsletter Topic:

1. What is: Digital Anxiety (**Part 1 of 2**) - What impact does it have?
2. Social Media Focus: What is view once media?

Managing Digital Parenting Anxiety: A Guide for Modern Parents

Technology is an integral part of our kids' lives—but it can also be a source of stress for parents. From screen time battles to online safety concerns, digital parenting can feel overwhelming.

What Is Digital Parenting Anxiety?

Digital parenting anxiety isn't just typical tech-related concerns—it's an intense, sometimes sleepless worry over whether you're guiding your child correctly in their digital life. While a little anxiety can be normal and even useful, excessive fear may push parents to make decisions based on panic rather than reason.

This anxiety often intensifies around major milestones, such as when they get their first phone, start using social media, gain more online independence, require gaming boundaries, or face online safety concerns.

Why is this important?

Research shows that when parents make digital decisions from a place of high anxiety, children may face unintended consequences. They can become overly fearful of technology, hiding their online activities to avoid parental stress. This, in turn, may prevent them from developing crucial digital resilience and hinder their ability to make confident, independent choices about technology.

What Causes Digital Parenting Anxiety?

Understanding the roots of your digital worries is key to managing them. Many parents feel their anxiety spike due to the relentless pace of technological change, concerns over online safety amid alarming headlines, or the struggle to enforce healthy boundaries. Add in the challenges of balancing screen time, homework, family life, and even societal pressure around tech use, and it's no wonder digital parenting can feel overwhelming.

Common Reactions to Digital Parenting Anxiety:

- Over-restricting technology without teaching critical thinking skills
- Excessive monitoring that damages parent-child trust
- Avoiding important online safety conversations due to discomfort
- Making fear-based decisions influenced by alarming headlines
- Maintaining rigid rules that don't adapt to children's growing independence

Impact on Children at Different Ages

Tweens (10-12): Tweens explore online social spaces, shaping their self-image and opinions while navigating peer influence. Anxiety-driven parental reactions may lead to secrecy and conflicts. Support them with open conversations, shared tech rules, critical thinking skills, and balanced supervision.

Teens (13-15): Teens deepen online connections, explore identity, and seek independence, often facing self-comparison. Parental anxiety can hinder trust and digital skills. Support them by respecting privacy, fostering positive expression, teaching digital citizenship, and problem-solving together.

How to manage Digital Anxiety:

1. Learn platform basics - Understand enough about your child's apps/games to guide them (no expertise needed).
2. Use safety tools - Set up privacy controls and parental features to balance safety and independence.
3. Create flexible family rules - Involve kids in setting guidelines that adapt as they grow.
4. Take it step by step - Start with one priority, master it, then address the next to avoid overwhelm.



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Social Media: WhatsApp

WhatsApp is a popular messaging application used worldwide. It enables users to send text messages, make voice and video calls, share multimedia content such as photos and videos, and use group chat features, all through an internet connection

 Meta



Age Requirements:

13+ (reduced from 16+ in April 2024)

Key Features:

- Messaging and Group Chats
- Voice and Video Calls
- Media Sharing
- End-to-End Encryption

Safety and Privacy Features:

- Last Seen and Online Status
- Profile Photo and Info
- Block Unknown Calls
- Block/Report Contacts
- Group Invites
- Two-Step Verification
- Read Receipts

How to: Use view once media and voice messages

WhatsApp's View Once feature lets you send photos, videos, and voice messages that disappear after being opened once. These messages are designed for added privacy and can't be saved, forwarded, or shared.




Sending view once media and voice messages

To send a View Once photo, video, or voice message, you must select the View Once option each time. Once sent, you won't be able to view it again. Recipients need to have read receipts enabled for you to see if they've opened the message. The media won't be saved to their device, and screenshots are blocked—though it's still possible for someone to record the content using another device or screen recorder. Encrypted media may be stored temporarily on WhatsApp's servers, and reported messages may be shared with WhatsApp for review. It's best to use this feature only with people you trust.




Receiving View Once Messages

When you receive a View Once message, you must open it within 14 days or it will expire. Once opened, it can't be saved, forwarded, copied, starred, or included in backups. If unopened at the time of backup, it may be restored later. Screenshots of View Once media are also blocked, adding an extra layer of privacy. View Once photos and videos aren't saved to the recipient's device and can't be forwarded, shared, or copied. Screenshots and screen recordings are blocked, though someone could still capture the content using another device before it disappears.

Send view once media


1. Open an individual or group chat.
2. Tap , then tap:
 - a. Camera to take a new photo or video with your camera.
 - b. Gallery to select an existing photo or video from your device.
3. Tap :
 - a. When this turns green, you're in view once mode.
4. Tap .

Send view once voice messages

1. Open an individual or group chat.
2. Tap Microphone  and swipe up to lock / start the recording.
3. Tap :
 - a. When this turns green, you're in view once mode.
4. Tap .

If the recipient has read receipts enabled, you'll see an *Opened* receipt in the chat when they've opened your view once media or voice message.

Open view once media and voice messages

1. Tap the view once message.
2. View the photo, video, or listen to the voice message.
3. Tap Back  to exit the viewer.

Once you exit the media viewer, you can't view the media again.