



31 March 2025

Dear Parent/Carer

Many of you may be aware of a new Netflix drama, *Adolescence*, which highlights some of the challenges young people face today - challenges that can have a significant impact on their mental health in complex ways.

It is important to recognise that, like real-life communities, online spaces can be incredibly supportive. These communities can provide a sense of connection, safety and purpose, allowing individuals to share experiences and interests, even beyond their local area. For some, online spaces offer a more comfortable environment to express their feelings openly.

However, not all online communities are positive or healthy. A reality that *Adolescence* portrays powerfully. Some online spaces foster bullying, toxicity and an 'always-on' culture, leaving young people feeling trapped. While the most harmful websites may only attract a small number of users, their influence has spread widely, normalising behaviours that can negatively affect young people's mental health and well-being.

Many parents may find the show's depiction of teenagers' online experiences unsettling. If you are concerned about your child's online interactions, we recommend the advice below.

Advice from the Mental Health Foundation

Stay informed: While we do not suggest seeking out harmful content, organisations like the [Centre for Countering Digital Hate](#) provide valuable insights into online terminology and behaviours. Understanding these can help you navigate conversations with your child.

Engage in Open Conversations: Ask your child about the online spaces they visit and how these communities make them feel. Encourage them to reflect on whether these environments are supportive or if they contribute to stress or pressure. By staying informed and fostering open discussions, we can help young people make healthier choices about their online interactions.

The College would advise that you also read the advice from the Wellbeing Hub below. You will need an account to do so. It is free to join and you should **sign up for a parent account:** <https://club.teentips.co.uk/register/parents/?ca=f32d418dd4057878b809d2d95de2e8c3>

Advice from the Wellbeing Hub can be found via the following link once you have signed up: <https://club.teentips.co.uk/resources/netflixs-adolescence-what-can-we-as-parents-and-educators-learn-from-the-series-and-how-do-we-better-support-our-young-people/>

Yours sincerely

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