



Welcome to this week's SMRT safeguarding update...

WAKE UP WEDNESDAY

Mental Health Awareness Week

Mental Health Awareness Week takes place from Monday 12 to Sunday 18 May in the UK this year. This annual event aims to raise awareness and promote open conversations about mental health.

Next week in tutor time we are going to be getting students to reflect on the impact that social media can have on their mental health, particularly thinking about the ways it can contribute to "FOMO" (fear of missing out). For some young people there are many positive elements to social media. It is also important to recognise that social media can contribute to stress and anxiety and amplify feelings of FOMO.

Teenagers are particularly vulnerable to FOMO, because their brains are wired for social approval and are still under construction when it comes to rational thought, impulse control and decision-making. Peer acceptance and social inclusion are usually incredibly important to teenagers and social media conditions them to seek out validation from peers via 'likes' and engagement with posts. The dopamine releases this instant gratification provides can be addictive and it can be easy to become caught in a loop of constant checking for notifications. When teenagers see posts from peers about social events or conversations, they have not been part of they can experience this as rejection. Over time, FOMO can lead to anxiety, low mood, stress and low self-esteem.

Preventing FOMO begins with awareness. This website [FOMO in Teenagers: Causes, Effects & How Parents Can Help](#) has some really helpful tips on managing FOMO, as well as further information about it and the role social media plays.

From the website:

Some effective ways to help teens manage FOMO include:

- **Encouraging Digital Mindfulness** – Helping teenagers understand that social media is a curated reality, not real life. Practicing conscious social media usage reduces impulsive scrolling and comparison.
- **Setting Healthy Screen Time Limits** – Implementing "no-phone zones" during meals, bedtime, and social gatherings promotes real-life interactions and reduces dependency on digital validation.
- **Promoting Emotional Resilience** – Teaching teens how to build self-confidence, embrace imperfection, and prioritize personal growth over social approval can help them develop a healthier self-image.

- **Encouraging Offline Activities** – Engaging in sports, hobbies, volunteering, or face-to-face socializing helps shift the focus from digital validation to real-world fulfilment.
- **Parental Involvement & Open Conversations** – Parents should foster open discussions about the realities of social media, guiding teens on how to differentiate between curated content and real life. Teaching them critical thinking skills when consuming digital content helps in reducing FOMO-driven stress.

By implementing these strategies, teenagers can regain control over their digital experiences, develop healthier online habits, and strengthen their mental well-being. Instead of chasing constant validation and comparison, they can focus on self-growth, personal achievements, and authentic connections, leading to greater confidence, happiness, and emotional stability in their daily lives.

The accompanying guidance to the graphic can be found here: [Practical strategies for managing exam stress | Exam stress and teenagers](#) Just be aware that this is an Australian website, so the reference near the end to university courses will be specific to that country – all of the rest of the advice still applies!

For further information, please visit this page on our school website, which also includes some additional external links that you might find helpful:

[Managing-Exam-Stress.pdf](#)

As always, if you have any immediate concerns about safeguarding issues, students, or the school site, please get in touch via:

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