

25 September 2025

Impacts of Social Media on Children's Wellbeing

To Our School Communities

There has been recent media coverage about a mother speaking at the UN General Assembly about the impact of social media bullying had on her daughter.

Catholic Education Diocese of Bathurst would like to reaffirm our commitment to fostering safe, supportive, and inclusive environments in all our schools.

Our Catholic schools have always been committed to the wellbeing of students and in 2023 we formalised this commitment into our **Wellbeing Framework** (linked [HERE](#)). Wellbeing is at the heart of our Catholic mission and is the foundation for learning, we acknowledge it takes a caring community for children to achieve at their best.

Our Social Media [Policy](#), implemented in 2012, is continually reviewed and updated to suit current legislation as well as educational and business context to facilitate inclusive relationships, contemporary communities and multi-directional interactive exchange of information, conversation or activity. We encourage our school community to read through this policy.

We support Emma Mason in her push for tighter social media controls; we invite you to listen to her interview on the ABC Radio yesterday, linked [here](#)

Should this topic cause any distress or if you need help dealing with distressing online content, we have included several support organisations below and encourage students, staff and parents to reach out and seek support.

Guided by Catholic values, we work together to uphold the dignity of every individual, nurturing a culture of compassion and kindness.

Recommended Resources:

Council of Catholic School Parents NSW/ACT – [Resources for Families](#)

The eSafety Commissioner site is an independent regulator for online safety and contains useful resources – view [Here](#)

Headspace Schools and Communities - Support For Young People [Here](#)

Kids Helpline [Here](#)