



26 February 2026

Dear Parent/Guardian

BRIYM Parent Workshop: Social Media, Screen Time and Mental Health

We are delighted to have secured the excellent team from BRIYM to deliver a series of parent information evenings throughout this academic year. This half term, they will be offering a session on social media, screen time and mental health and we would like to open this opportunity out to all parents. Future sessions may be directed at specific year groups.

The event will take place on **Tuesday 17 March 2026, from 6.00–7.00pm**, in the Main Hall at **Maiden Erlegh School**.

About the session:

Navigating social media can feel overwhelming for any parent. This session will help you understand the digital pressures young people face, why certain platforms feel addictive, and how the teenage brain responds to constant online influence. We will discuss realistic ways to keep children safe, emotionally healthy, and confident in a digital world.

If you would like to attend, please complete the form [here](#) so that we know to expect you. Please note that the event is capped at **300 attendees** and places will be allocated on a first-come, first-served basis. If you successfully complete the form, please consider that your space/s are booked.

We would like to thank the BRIYM team for their continued support with this important work, and we hope that you will find the session valuable in supporting your young people.

Yours sincerely

Mrs J Bhadye
Assistant Headteacher

