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Headteacher: Mr G Green

October 2025

Safeguarding Notice: Increased Use of the Telegram App Among Young People

Dear Parents and Carers,

We are writing to inform you of growing safeguarding concerns around the increased use of the Telegram messaging app by children and young people.

Telegram is a cloud-based messaging platform that allows users to send text messages, images, videos, voice notes, and files. While it offers features similar to other social media and messaging apps, it also includes elements that make it particularly risky for young users, especially those aged 11–18.

Key Concerns Around Telegram:

1. Anonymous and Encrypted Communication

Telegram allows users to create and join public or private groups and channels, often with minimal or no identity verification. Messages can be encrypted or set to disappear, making it difficult to monitor conversations.

2. Access to Inappropriate Content

Some Telegram channels and groups have been found to share explicit, extremist, or illegal content, which may not be effectively filtered or moderated.

3. Contact with Strangers

Telegram allows users to find others by username without needing a phone number, increasing the risk of contact from unknown individuals and potential grooming.

4. Lack of Parental Controls

Unlike some more mainstream platforms, Telegram does not offer robust parental controls or safety features tailored for younger users.

What You Can Do as a Parent or Carer:

- **Talk to Your Child**

Have open and honest conversations about their app use and online activity. Encourage them to share any concerns they may have.

- **Check Device Settings**

Review app permissions and consider restricting access to Telegram if appropriate.



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- **Monitor Their Online Interactions**

Stay engaged with your child's digital life. Know who they are talking to and what platforms they are using.

- **Report and Block**

Show your child how to report inappropriate behaviour or block unknown contacts within apps they use.

Age Restriction Reminder:

Telegram's minimum age requirement is 16, which is in line with the UK GDPR and safer internet guidelines. If your child is under 16 and using the app, we strongly recommend you review their access immediately.

Support & Resources:

If you or your child have any concerns or would like advice on safe internet use, please don't hesitate to contact our Safeguarding Team at Fakenham Academy, Mr S Gray, Designated Safeguarding Lead, Assistant Headteacher via e-mail s.gray@fakenhamacademy.org or Mrs J Holland, Deputy Designated Safeguarding Lead via e-mail j.holland@fakenhamacademy.org

You can also find useful guidance at:

- www.thinkuknow.co.uk
- www.nspcc.org.uk
- www.internetmatters.org

We appreciate your continued support in keeping our students safe both in and out of school. If you have any questions or would like further advice on this matter, please do not hesitate to get in touch.

Yours sincerely

S Gray

Mr S Gray
Designated Safeguarding Lead
Assistant Headteacher