



משרד החינוך
המינהל הפדגוגי



הנהגת ההורים
הארצית

אגף בכיר השירות הפסיכולוגי ייעוצי

Dear Parents,

Recently, we have received numerous reports regarding students' exposure to a disturbing and harmful phenomenon on social media platforms. This includes the circulation of offensive videos and images, instances of shaming, as well as criminal and sexual content.

As is well known, social media has become an integral part of our children's daily lives. While it serves as a source of interest and enjoyment, it also poses various challenges and potential risks.

Throughout the school year, we hold class discussions on responsible digital behavior. These conversations emphasize key values such as friendship, mutual responsibility, empathy, strategies for preventing and coping with harm, and the importance of seeking help.

We encourage you to talk with your child and inquire whether they are aware of this harmful phenomenon, whether they have been exposed to it or affected by it, and whether they know of peers who may have been harmed.

To help prevent exposure to harmful content, it is important to explain the following to your child:

1. Be cautious of invitations to view or follow harmful content, and do not engage with such content
2. Take responsibility for using social media in a respectful and thoughtful way, and to avoid harmful behaviors such as spreading rumors or engaging in shaming.
3. Stand by those who are harmed online by acting as active social gatekeepers.
4. Help stop online harm- report offensive pages and content whenever you see them.



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Exposure to online harm can have significant emotional and social consequences. If your child has been affected by or exposed to such content, we recommend taking the following steps:

1. Listen attentively to your child without judgment or anger. Try to understand the nature of the incident and offer your support.
2. Encourage your child to continue acting responsibly and to confide in you: "We're glad you told us. We're here for you, and together we'll do everything we can to stop this."
3. Discuss and decide together how best to respond and who to involve in the process.
4. Help your child regain a sense of control by encouraging action, such as reporting the offensive page directly through the platform's reporting system. [Guidance is available online](#) regarding how to report and remove harmful content.
5. It is advisable to contact the school's educational staff for consultation, support, and to ensure they are informed.
6. You may also reach out to the national 105 hotline, available 24/7. This professional support service can provide immediate emotional assistance when needed.

In your conversations with your children, it is vital to convey a message of trust and confidence in their judgment. Help them identify responsible decisions and encourage them to act with increased awareness and caution in the digital space.

[Voir le guide de signalement ici](#)