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Holy Trinity CE Primary School, Rothwell

Online Safety Update

In partnership to **Educate, Nurture, Empower**



Online Safety Update

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What parents need to know about online abuse and trolling.

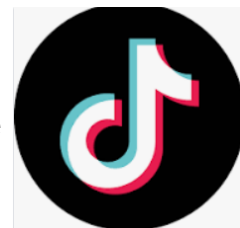
Is your child ready for social media? If you are thinking about setting up a social media account with your child, please check whether it is appropriate for their age. Click [here](#) for advice or help finding an appropriate media.

Are you worried about online sexual abuse or the way someone has been communicating with you or someone you know under the age of 18 online? Click here to report.



TikTok Family Safety Mode

TikTok is a video-sharing social media app which lets people create, view and download 15-60 second clips. Originally designed for lip-synching and dancing to popular songs, it has developed exponentially to include marketing strategies for businesses, comedy-style clips, pranks, physical challenges and lifestyle clips.



Also available are a range of filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and lingers at the top of download charts still. It now has around 800 million active users worldwide.

Early in February 2020 TikTok introduced a new feature, Family Safety Mode, which it refers to as 'digital wellbeing' features. Family Safety Mode allows a parent to link their TikTok account to their child's account. Once enabled parents will be able to manage the digital wellbeing features, which are:

- Screen -me management - control how long your child can spend on TikTok each day.
- Direct messages - limit who can send messages to the connected account or turn DM's off completely.
- Restricted mode - restrict the appearance of content that may not be appropriate for all audiences

Please see some handy advice and tips for parents and carers below.

National Online Safety
#WakeUpWednesday

Advice for Parents & Carers

TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

MAINTAIN PRIVACY SETTINGS

In early 2021, TikTok changed the default setting for all under 16s' accounts to 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 16s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

ENABLE FAMILY SAFETY MODE

'Family Safety Mode' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely - including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content.

USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable - so it's wise to stay aware of what your child is watching.

MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

Part of our Online Bullying Series

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Online Bullying

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What you need to know about... TROLLING & ONLINE ABUSE

What is it?

'Trolling & Online Abuse'

Trolling is a form of cyberaggression. It involves the sending of malicious, abusive or derogatory messages by one user (a 'troll') to another user online with the intention of upsetting or harassing them or damaging their reputation. It is often anonymous and does not meet the definition of bullying yet might develop into online bullying. Trolls will often goad others until they react. They enjoy putting people down and causing discord, starting arguments or being inflammatory - stirring things up for their own entertainment. Trolling may take the form of a one-off offensive comment, hate speech or even threats made online.

Know the Risks

May cause distress

Children can be particularly vulnerable to online trolling and online abuse. Receiving offensive comments for no reason can cause young people distress and increase feelings of anxiety and worry.

Impact on wellbeing

Trolling which is targeted and persistent can have a huge impact on children's mental health and wellbeing. It can lead to low self-esteem and create feelings of worthlessness and dissatisfaction, potentially affecting how children see and feel about themselves.

Could damage reputation

Online trolling can be humiliating for the victim as it can negatively impact on how they are perceived online or on social media. Trolls might goad children into reacting or saying something they might regret and then sharing those comments widely to purposely point them in a negative light.

May affect home and school life

Children who constantly receive hateful and spiteful messages online can become isolated and withdrawn from daily life. They may become depressed, angry or unable to sleep at night. Their school performance may suffer and it may impact on their behaviour at home.

Safety Tips

Have open dialogue

It is vital to have conversations with young people about the hate speech, anger and prejudice that are all around them and explore what resilience they may have. Keep the dialogue always open so that young people have trusted adults to turn to.

Discuss online behaviour

Discuss what is acceptable behaviour online and what is inappropriate, unacceptable or against the law. Warn against reacting even more aggressively towards online trolls, reminding them that their digital footprint will outlast the current problem.

Implement privacy settings

Make sure that children are only using age-appropriate apps. Make their profiles private so that only friends and family can interact with them online and turn off comments if you're concerned about what other people might say.

Teach critical thinking

Help young people to spot trolls or when people are stirring up on social media. Talk to them about people who might dare them to do silly things or encourage them to post negative comments online so that they recognise them and don't become an online troll themselves.

Further Support

Report to platform

Understand the tools available on the platform where trolling is taking place and whether or not it is moderated. Check out the community guidelines to see if the behaviour contravenes them and then if it report it, block, unfriend or unfollow the sender where possible.

Collect evidence

Always try to screenshot or take a photo of the negative posts or comments made online. Report the incident to your child's school, police or local authority who will be able to investigate further.

Seek professional advice

If your child has experienced negative effects on their mental health and wellbeing due to trolling online, ask for additional support from your school's social safeguarding officer or seek professional help from charities who will be able to offer further advice and guidance.

Seek support from friends

Friends can be supportive to one another and can be encouraged to block to post positive messages when someone is targeted. Ask your child's friends for support - like-minded people can act together positively and they may help to build their confidence and self-esteem.

Our Expert

Adrienne Katz

Adrienne Katz is an award-winning cyberbullying expert with extensive experience of working with schools and education providers to deliver training in online safety. She is the Founder and leader of the annual national Cybersurvey, providing one of the richest databases of young people's views on digital life in the UK and has previously worked on government level projects funded by the Home Office and The Princess Diana Memorial Fund.

THINK UP KNOW

Online safety at home
SIMPLE 15 MINUTE ACTIVITIES TO DO AS A FAMILY

Family Activity Sheet – Social media

This activity sheet has been created to help you to learn more about social media and how to help your child be safer when chatting and sharing online.

Conversation starters

Here some questions you can ask to start a conversation:

If they use social media:

- Ask about their favourite app or site. What do they like about it?
- What are the positive and negatives of social media? What advice would they give to one of their friends if they were experiencing something negative on social media?

If they don't use social media:

- Ask what social media sites they have heard of.
- Ask about what it means to be a good friend online. How would they deal with disagreements or what they would do if one of their friends was mean to them.?