

# Safeguarding and MHWB Newsletter

I'm excited to announce that we will combining our updates on safeguarding and MHWB into one lovely magazine. I hope to get this out to you once a term. The last newsletter focussed on Christmas and keeping yourself and your children safe.

Included within this term's newsletter is;

1. Details of a recent NSPCC course to keep yourself aware of how to address concerns about a child
2. An invitation to our first ever safeguarding and MHWB parent/carer event on the 20<sup>th</sup> April
3. A wealth of information about online safety for your children
4. A useful infographic on how to start a conversation about online safety
5. An infographic on combating online bullying

We hope you all find this magazine useful

Miss Schulze and the Safeguarding Team



**Be Safe**



**Be Respectful**



**Be Responsible**

## Volume 1, Issue 2

# Part One – NSPCC Listen up, Speak up campaign

When a child needs support,  
connect the...



To start the year the NSPCC unveiled their new ‘Listen Up, Speak Up’ campaign, aimed at giving adults practical advice, about how to address concerns about a child.

Although a core duty of safeguarding staff, the reporting of concerning signs among children in education is a key part of anyone charged with looking after children and young people. And the disheartening news is that at the moment the world of under-18s is in the midst of a spike in concern flagging.

From April 2021 to March 2022 the NSPCC Helpline spoke 8,347 times with adults, compared to 7,338 in the same period for the previous year. Unavoidably when a child begins to show concerning signs indicative of abuse whilst on the school premises, a reoccurring question of ‘what do I do’ will spring to mind. You may know the child well, or know the family well and it will almost certainly put you in a difficult position. Even for safeguarding staff, it is not uncommon for these feelings to dominate, at least initially.

The new NSPCC campaign, is designed for these situations, and I hope you’ll find it useful. If interested please follow the link below:

<https://www.nspcc.org.uk/about-us/news-opinion/2023/listen-up-speak-up-campaign-provides-training-to-spot-and-report-abuse/>

Further information about the campaign

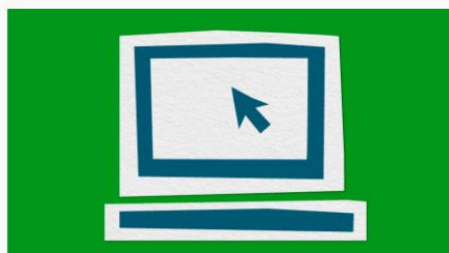
<https://www.youtube.com/watch?v=iSmyYOlsycA&t=45s>

## How to take part



### 1. Sign up

[Sign up to take the training](#) with our simple online form.



### 2. Take the training

Take our free 10-minute digital training. We'll show you where to go if you need support, and how to speak up for children who need it.



### 3. Learn more

We'll email you more information and resources so you can continue learning in your own time.

## Part Two – OAN safeguarding and MHWB event

# SAFEGUARDING & MENTAL HEALTH & WELLBEING



Looking after MY mental health - Support  
for students (NHS - Karen Lawson)

Parent to parent support - Build sound  
mind application

Yvonne Wright - Green Button  
project

Remedi - Restorative  
approaches to victims of  
crime

Space4U - Action for children

Snap-it - Support for mental,  
emotional, physical sexual and  
spiritual health and wellbeing of young  
people

SV2 Stall (Supporting  
victims of sexual  
violence)

WORTH - Domestic abuse  
Charity

You're never alone - Support for parents  
dealing with their child's mental health

## AN EVENING FOR PARENTS/CARERS

20th April

4:30pm -

6:30pm

Main Hall

# Safeguarding & Wellbeing event

The Evening will be set up with stall about a variety of topics to support wellbeing and safeguarding. If you would like to attend please complete this google form [GOOGLE FORM](#) or email [c.schulze@newbold.outwood.com](mailto:c.schulze@newbold.outwood.com)

Providers confirmed (so far) for the evening.

## 1. **Looking after MY mental health**

Karen Lawson & Cath Jones

Information about a course to support students. Support and advice for parents/carers about how to support their child's mental health

## 2. **SV2**

Hannah Rose and David Crowther

We can have a stall with SV2 leaflets and information about our services, there will also be a presentation for parents/carers with ideas and thoughts about discussions that they could have with their young people following on from the consent workshops students received in school last year. The aim is to provide parents/carers with advice so that they can explore the area in more detail with them. Other topics will be around males reporting Sexual Violence, Violence against women and girls and how to encourage their young person to be an active upstander in their school and community.

## 3. **DCC - The Green Button project**

Yvonne Wright

Parent information about a Derbyshire wide project called the green button. The aim of it to provide parents/carers and students with information and signposting to support mental health and wellbeing as well as a variety of mental illnesses

## 4. **WORTH**

Kerri Rockey

WORTH are a domestic abuse charity that focuses on the rebuilding of lives and families rather than crisis support. There will be information and a talk about domestic abuse awareness, trauma responses and alike.

## 5. **Snappit Project**

The snappit project is a local organisation run by parents to support the mental, emotional, physical, sexual and spiritual health and wellbeing of our young people, based upon the multi-award winning community self-harm & suicide prevention adult project Men-Talk. Myself & Hayley are partnered with DCC Public Health and have been awarded a commission to deliver into 50 schools & colleges across Derbyshire. Since delivery began in December, we have now delivered into 30 schools / colleges equating to some 10k pupils

## 6. **Space 4U -Emma Kemp**

Supporting children who are seriously affected by someone else's substance misuse.

## 7. **Remedi**

Keely Grainger

Restorative Domestic Abuse Manager

## 8. **Relate Chesterfield & North Derbyshire**

Elizabeth Wilson

We can offer counselling therapies to adults, families, young people, and children, covering relationship issues, depression, anxiety, sex therapy & autism

## 9. **Sharon Bull**

Sharon has been working in the mental health and wellbeing sector since 2012 as a speaker and workshop facilitator. She is also the founder of a not for profit communities interest company called Compassionate Voices CIC. The focus of the charitable organisation is to help and empower women and young girls through our workshops and events.

There will also be school based stalls on our wellbeing and safeguarding strategies. Staff will also be available to discuss your child's mental health.



# Part Three – Online safety

A child's online activity is always a concern for parents and carers. The following information posters hope to support you by offering you some information about social media platforms and games currently being used by young people. This information has been taken from the National College.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many devices which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about iPADS

Apple debuted the first iPad in 2010, kickstarting the tablet market, and it remains the best-selling tablet to this day. Although Apple doesn't offer a child-specific version, iPads are hugely popular with youngsters due to their ease of use and endless choice of apps. There's a selection of models, with different-sized screens and distinct features – including the standard iPad; the iPad Air; the iPad Pro; and the iPad mini. Thankfully, they all offer parental controls so you can regulate how your child uses the device ... and how long they spend on it.

### WHAT ARE THE RISKS?

#### PHYSICAL DAMAGE

While some tablets (such as the Amazon Fire Kids editions) come with rugged shock-proof cases, iPads aren't built for rough and tumble. They're also more expensive than most other tablets, and any damage your child's iPad suffers could be costly to repair. Buying a child-friendly case and screen protector for the device could be a wise move, especially if it's being used by younger ones.

#### SCREEN ADDICTION

Like most digital devices, tablets have the potential to become quite addictive. You might find your child spending too long staring at their iPad, which could lead to irritability, mood swings and a loss of interest in more important tasks. If this happens, be sure to visit the built-in screen time settings and ensure you limit how long they're able to spend on the device each day.

#### INAPPROPRIATE CONTENT

18 CENSORED

Even if it would never occur to your child to go searching online for age-inappropriate sites, apps or information, there's always a possibility that something unexpected – perhaps a video that auto-plays or content incorrectly suggested by an algorithm – could appear on their tablet and upset them. You can help prevent this by adjusting the content settings (see our 'top tips' section below).

#### SIRI SUGGESTIONS

The parental controls built into iOS (the fundamental operating system of Apple devices) enable you to block access to most age-inappropriate content – but your child could potentially still bypass these restrictions (either accidentally or deliberately) by using Siri, Apple's voice-activated digital assistant. To avoid this, toggle the 'Ask Siri' functions to 'off' in the iPad's settings menu.

### Advice for Parents & Carers

#### ENABLE FAMILY SHARING

Before letting little ones loose on an iPad, it's a good idea to set up Family Sharing, as this lets you utilise the parental controls to manage exactly how your child is able to use the device. You can do this fairly easily by going into the iPad's settings; once there, you'll be able to add an existing Apple account (if your child already has one) or set one up from scratch.

#### APPLY SOME LIMITS

The 'Downtime' function allows you to tell the iPad to lock itself at certain periods (at mealtimes or before bed, for instance), while 'App Limits' removes access to certain apps once they've been used for a specified length of time each day. The iPad can display a reminder when these limits have nearly been reached, letting your child mentally prepare for the end of their gaming or viewing time.

#### STOP ACCIDENTAL SPENDING

To empower your child with an increased sense of freedom on their device (without giving yourself something else to worry about in the process) you could enable the iPad's 'Ask to Buy' feature. Whenever your child tries to download or buy an app, game or product, the iPad sends you a request to approve (or deny!) it. This option only becomes available if you've set up Family Sharing.

#### SET CONTENT AND PRIVACY RESTRICTIONS

The parental controls can stop the iPad from displaying explicit or age-inappropriate content (in apps like iTunes and Safari, for instance) when your child is signed into their account. You'll also be able to restrict the capacity to download and install apps, and you can specify permissions which prevent children from changing the iPad's privacy settings once you've selected them.

#### TRACK IT DOWN

Just like the iPhone, Apple's iPads have 'Find My' software to help you locate your child's iPad – or indeed, any linked Apple devices that have gone AWOL, including phones, watches and AirPods. If you enable 'Find My' in the settings menu, it will display the last known location of an iPad that's been mislaid, as well as giving you the option to lock a missing iPad that you suspect has been stolen.

#### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry, previously the editor of tech tabloid The Inquirer. Carly is now a freelance technology journalist, editor and consultant.



#### National Online Safety

#WakeUpWednesday



@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.03.2023



# What Parents & Carers Need to Know about CALL OF DUTY: MODERN WARFARE II

The Call of Duty (CoD) series is a worldwide gaming phenomenon, with millions of copies sold every year. While 2021's release, Vanguard, wasn't quite as well received, this latest entry – Modern Warfare II – has so far proved a massive commercial success. A sequel to the recent Modern Warfare reboot (and not to be confused with the original Modern Warfare 2, from back in 2009), the game is an online shooter which features – unsurprisingly – extreme violence, rendered in realistic graphics. Amid the explosions and political nature of the plot, there's much for parents to be aware of.



## WHAT ARE THE RISKS?

### VIRTUAL VIOLENCE

Like most of its predecessors in the franchise, Modern Warfare II carries an 18 age rating from PEGI (the Pan-European Gaming Information system, which assesses games' content for suitability). This means players will encounter – according to PEGI's wording – depictions of "gross violence, apparently motiveless killing, or violence towards defenceless characters".

### OFFENSIVE CHAT & MESSAGING

Most CoD players are likely to spend the majority of their time on Modern Warfare II in online multiplayer mode. This entails competing against – or cooperating with – strangers on the online battlefield. The fast-paced, cut-throat world of CoD means that communication through the game's voice chat and direct messages often turns heated and aggressive, which may upset younger players.

### IN-GAME PURCHASES

Modern Warfare II follows the 'battle pass' model of games like Fortnite. For a fee – usually around £10 – each 'season' (every three months or so), players will be invited to complete extra challenges to earn new weapons and equipment. Different tiers of battle pass (costing more money) enable them to achieve this more quickly, while items can also be purchased from the in-game store.

### POLITICAL SENSITIVITY

Previous CoD games have been accused of attempting to "rewrite history": failing to correctly attribute alleged war crimes to the US military, for example. The semi-fictional version of history presented on screen can cause players to misunderstand past conflicts and the real reasons they took place. This could lead to young people developing a distorted, inaccurate view of world politics.

### AN ADDICTIVE EXPERIENCE

Multplayer mode in Call of Duty titles revolves around levelling up your character to unlock new weapons, abilities and equipment. The process is designed so that it doesn't take too long to see an improvement, and the feeling of making meaningful progress can keep players hooked for hours. It's easy for gamers of any age to lose track of time, but younger ones are especially susceptible.

## Advice for Parents & Carers

### RESPECT THE AGE RATING

Based on accurately recreating combat situations, Call of Duty games are unflinching in their portrayal of war. Limbs are shot off and explosions send gore flying, while the previous Modern Warfare featured a lengthy interrogation and torture sequence. With Modern Warfare II offering the same style of brutal realism, it's worth reiterating that the PEGI 18 age rating is there for a reason.

### SET SPENDING LIMITS

If your child is likely to be tempted by buying that 'must-have' weapon or item, consider removing your bank details from the console or computer to prevent indiscriminate spending – and an unwelcome bill. Pre-paid cards could be an option for in-game purchases, allowing you to control how much your child can spend in advance – and helping them learn the basics of budgeting.

### CLOSE OFF COMMUNICATION

Unless they're playing with their real-life friends, it may be worth closing communication channels if your child plays Modern Warfare II. There's less of a team focus than in many other online combat games and therefore no real need to interact with strangers. Call of Duty fans can be intensely competitive, so even a single action by your child could provoke a barrage of abuse from strangers.

### TRY OTHER MODES

If it seems that your child only ever plays Modern Warfare II in multiplayer, you could try out the Spec Ops mode with them – formulating strategies while enjoying each other's company. You could also play multiplayer together, taking it in turns to ensure regular breaks. Another alternative is the game's campaign mode, featuring bespoke missions and scenarios which follow an overarching plot.

### Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Dexerto and has been working in the gaming media for three years. A long-time gaming enthusiast, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and TechRadar, among others.





# What Parents & Carers Need to Know about

# HiPAL

**AGE RESTRICTION**  
**12+**  
(with reduced functionality for under-12s)

HiPal is a trending social media app which turns phones into walkie-talkies, allowing people to have voice conversations with friends or strangers. There are two account options: one for users aged under 12 and one for those aged 12 or above. The former has fewer features and limits interaction with strangers, enabling use of the walkie-talkie feature or photo sharing with friends and family only. The 12+ accounts offer more options, including adding strangers as friends, sharing photos and videos publicly, sending private messages and holding voice chats with strangers as well as friends.

## WHAT ARE THE RISKS?

### CONNECTING WITH STRANGERS

HiPal's under-12 accounts don't allow direct connections with strangers (although children seeking more friends can share their 'Friend Code' on other platforms), but for older users, chatting with strangers seems to be the app's main appeal. The 'Public Square' shows nine online users (hitting 'refresh' replaces these with another nine), and clicking on someone's profile starts a conversation.

### SEXTING AND SUGGESTIVE PICS

Almost immediately after our expert downloaded the app, strangers began to message privately – asking for provocative images or sharing explicit photos of themselves. Likewise, in the 'Explore' feed, many of the pictures and videos are innocent – but some are far more scilacious. There is always the risk of other users secretly saving a revealing photo and re-sharing it elsewhere.

### NEED FOR VALIDATION

Some users – particularly girls – post photos on apps of this type hoping for positive reactions and comments to boost their self-esteem. Suggestive images tend to attract more flattering feedback, encouraging the user to post more frequently and with more explicit content. Conversely, receiving unkind comments about their picture can impact a young user's confidence and sense of self-worth.

### NO AGE GATES OR MODERATION

Although users are given an initial choice of the under- or over-12 profile, there is no verification method to confirm someone's age; it is quite clear that the 'older' option offers a more complete experience on the app, but there seems to be no content moderation in place. Likewise, there is a reporting button for users to make a complaint but these reports do not appear to be followed up.

### INTRUSIVE FEATURES

HiPal's walkie-talkie gimmick is no different from a normal phone call and seems rarely used; although it allows conversations to still be heard while a phone is locked, which could have awkward results. HiPal also offers 'boom' messages: unmissable large-text notifications which are highly distracting and briefly take over the phone – users can't access other apps until the message fades.

### LARGE GROUP CHATS

The app offers group chats with up to 100 people – both friends and unknown users. This not only means excessive 'boom' messages taking over your child's device, but near-constant notification alerts and – most worryingly – the potential for walkie-talkie chatting and sharing photos with strangers outside parental supervision and apparently with no moderation from the platform itself.

## Advice for Parents & Carers

### EMPHASISE CAUTION

Remind your child of the dangers of connecting with strangers online. Some may be using the app innocently; others may have more sinister intentions. Encourage your child to consider what information they disclose in private messages and emphasise that they should inform a trusted adult if someone on the internet ever attempts to persuade them to meet in person.

### TALK ABOUT SEXTING

It can be an awkward conversation (which young people are often reluctant to have), but it's vital to talk openly and non-judgementally about sexting. Discuss the legal implications of sharing explicit images, as well as the emotional impact. Make it clear your child should never feel pressured into sexting – and that they should tell a trusted adult if they receive any unwanted explicit images.

### BUILD RESILIENCE

With HiPal's lack of moderation, it's imperative that children are prepared for comments they might receive after uploading an image. You can build their resilience and equip them to manage these situations by having them show you any comments they've received. Together, discuss how the nice ones made them feel – and what they could do if someone posted a comment that upset them.

### AVOID OVER-SHARING

Young people should think carefully about what they share in their profile, bio and posts. Talk to your child about not disclosing personal details such as phone numbers, other social media accounts or images which could reveal where they live or go to school. It's essential for children to recognise that strangers can assemble a detailed profile of someone based on things they can find online.

### CONSIDER MENTAL WELLBEING

Many users on HiPal publicly share photos that are intended to be alluring in the hope of gaining more likes, friends and positive feedback – boosting their self-esteem and making them feel more self-assured. When young people regularly engage with social media platforms, it's important that parents and carers keep in mind the potential impact such platforms can have on mental wellbeing.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



<https://hipal.app/about/privacy.html>

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# What Parents & Carers Need to Know about

# SENDIT

Sendit is an add-on to Snapchat, not a standalone app: it requires users to have an active Snapchat account, which they then connect to Sendit. It's important that trusted adults realise, therefore, that any risks associated with Snapchat also affect children using Sendit. Within the app, people play question games like 'Truth or Dare' and 'Never Have I Ever': users select a question to share on their Snapchat story for their friends to reply to. All responses are anonymous, although – for paying subscribers – Sendit reveals hints about who sent which messages.

Age rating:



## WHAT ARE THE RISKS?

### ANONYMOUS RESPONSES

Anonymity online encourages people to say things and act in ways that they normally wouldn't. They're less accountable, and it's harder to track who sent a message. Research has highlighted that children perceive anonymous messages as being more severe than if the same message had come from a friend. Any app that lets children communicate anonymously should be treated with caution.

### MENTAL HEALTH IMPACT

Categories of questions such as "Ask me anything" or "Rate me" – coupled with the app's anonymity – mean there is a likelihood of some friends or strangers (if the account is set to "public") responding in a negative manner. These critical comments (especially if there are several) could ruin a young person's self-esteem – heightening their insecurities and affecting their mental health.

### MEMBERSHIP COSTS

Currently costing £8.49 per week, Sendit's diamond Membership offers clues about who sent a particular message, such as their approximate location, the type of phone used and any mutual friends. Membership also provides exclusive games and an ad-free experience. Young people may well be curious to find out who certain messages are from and therefore sign up for membership.

### BULLYING AND HARASSMENT

Open-ended questions which relate personally to the sender are an opportunity for malicious people to make offensive remarks, which can lead to full-blown bullying and harassment. Additionally, bullies and trolls can hide behind the anonymity that Sendit offers, feeling more powerful and able to intimidate their target – who, by contrast, feels hurt, victimised and helpless.

### POSSIBLE GROOMING

If your child doesn't have their Snapchat account set to private, or they have previously added strangers as friends, there is a possibility of predators responding to their Sendit questions. They do this in an attempt to gather information about your child – or to initiate a conversation with them, seeking ultimately to form an online 'friendship' and gain the young person's trust.

### REPEATED ENGAGEMENT

On Sendit, users receive trophies for reaching a particular number of responses, for answering friends' questions and for posting their own. This sense of achievement could incentivise a young person to be active on Sendit more frequently – spending more time on their phone or tablet as they may naturally want to collect all of the trophies or might be competing with their peers.

## Advice for Parents & Carers

### ENCOURAGE EMPATHY

If your child has already downloaded Sendit, it might be wise to have a discussion with them about the impact that saying something anonymously online could have on others. Encourage them to think about how they would feel if they were on the receiving end of a particular comment. Reminding them to stop and re-read messages before sending could reduce the number of regrettable situations.

### TALK IT OVER

Before allowing a young person onto a social networking app, it's a good idea to chat with them about the possibility of receiving hurtful comments. Explain that not everyone online is nice; that people often say things they don't mean; and that posts get misinterpreted. Teach your child not to reply to any offensive users on Sendit and simply block instead them (via the three dots in the top right of the screen).

### BLOCK IN-APP PURCHASES

Even if you do allow your child to use Sendit, you might want to consider talking to them in advance about whether they really need a membership subscription. Either way, it's probably safest to make sure that in-app purchases are blocked in the settings, or that you have configured your child's device to ask for your approval before making a purchase online.

### ONLY PLAY WITH FRIENDS

Stress the importance of your child playing Sendit games only with their close friends and not having strangers on their contacts list. This should help to keep the nature of the questions light-hearted – and if the games are being played among a small group, it will be easier for the members to figure out who gave certain answers if someone's been left feeling hurt or uncomfortable by any responses.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Sources: <https://www.getsendit.com/privacy> | <https://www.getsendit.com/privacy> | <https://www.getsendit.com/terms> | <https://www.getsendit.com/terms> | <https://www.getsendit.com/terms>





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# What Parents & Carers Need to Know about OVERWATCH 2

A long-awaited sequel to 2016's massively successful Overwatch, this is a futuristic shooting game with a focus on teamwork and strategy which gives it an extra dimension to the majority of titles in the genre. Its cast of characters is diverse and memorable, while there's a definite (and rewarding) learning curve to players improving their skill. Created by established developers Blizzard Entertainment, Overwatch 2 is free to play, with an emphasis on competitive multiplayer action – meaning that children may want to play the game even more simply because their friends have it.

AGE RATING  
PEGI  
12

## WHAT ARE THE RISKS?

### MULTIPLE PASSWORDS

Overwatch 2 supports convenient cross-play across consoles and PC – as long as users link all their devices under a unifying account on the Blizzard battle.net platform. This has other benefits (preserving a player's original skins for use in the new game), but if your child does want to link their accounts, be warned: the process can be extremely tricky and requires multiple passwords.

### VOICE CHAT

As a shooting game which focuses on fast-paced, competitive play, teamwork is central to getting the most out of the Overwatch 2 experience. Many players use voice chat to coordinate with other users – often with friends, but sometimes also with strangers. In either case, this means your child is in contact with others, who may – for example – use offensive language in the heat of the moment.

### IN-GAME PURCHASING

Like many free-to-play games, Overwatch 2 offers in-game purchases for unlocking its colourful skins. While new characters arrive as part of a free 'battle pass' each season (normally lasting around three months), players can unlock them much earlier by buying a premium version of the pass. There are also in-game bundles (with varying costs) themed around certain characters or events.

### VIOLENT GAMEPLAY

Overwatch 2 heavily features combat, although the on-screen shootouts are relatively sanitised. Most of its characters are of a fantastical nature (there's a gorilla scientist with a laser weapon, for instance, and a DJ on roller-blades who fires sound energy), but some – such as Reaper, an assassin in a wrath-like metal mask – are a little on the darker side and could unnerve younger players.

## Advice for Parents & Carers

### ASSIST WITH ACCOUNT LINKING

If your child is trying to link their accounts from different devices together, it might be wise for you to help them set it up. Not only should it enable the process to run more smoothly (and save you being asked for the passwords for each account), but you'll also be able to make sure that the website for linking is correct. We've put the right web address under the expert's bio at the bottom of this guide.

### MONITOR COMMUNICATIONS

Playing Overwatch 2 with friends is almost universally the most popular way to enjoy the game. If your child is playing with a new friend they only know online – or a stranger – you may want to monitor the chat to make sure they aren't being exposed to anything unsavoury. You might also decide to adjust the in-game voice chat settings so only confirmed friends can speak to your child.

### USE IT AS INSPIRATION

Overwatch characters represent many races, nationalities, gender identities and sexual orientations. This eclectic roster of heroes offers a superb jumping-off point for discussing racial, sexual or gender diversity with your child. Whether it's finding Nepal on a globe together or talking about non-traditional relationships, the game could be an excellent conversation starter.

### LIMIT IN-GAME SPENDING

The loot boxes featured in the first Overwatch have been replaced by a rotating storefront – so users only have a set time to purchase a skin or item before it becomes unavailable. Your child can still earn plenty of items, however, through the free battle pass. In any case, we'd advise removing any payment methods – or at least setting limits in advance – if you're worried about in-game spending.

### WATCH SOME GAMEPLAY

Overwatch players fight with an array of weapons and explosives, but the battles are presented in a way that forgoes blood, gore or dismemberment, regardless of the mode or characters selected. The game also usually avoids the word "kill" – referring to "eliminations" instead. Watching footage of Overwatch 2 on YouTube could help you decide whether it's suitable for your child before they play.

## Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Dexerto and has been working in the gaming media for three years. A long-time fan of gaming, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and TechRadar, among others.

Carson <https://twitter.com/lucyuppon/withclips>



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## What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

### WHAT ARE THE RISKS?

#### AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18  
CENSORED

#### DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

#### CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

#### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

#### ADDICTIVE NATURE

TikTok can be addictive, especially for young people; compulsive repeated use can interfere with sleep patterns and be a distraction from other activities. The platform recently introduced default usage time limits of 60 and 100 minutes for new members under 18 (in the UK, children with TikTok average 102 minutes per day on the app), but these restrictions can easily be removed in the settings.

#### TIKTOK NOW

Introduced in late 2022, the "TikTok Now" feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

## Advice for Parents & Carers

#### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

#### MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

#### LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

#### DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

#### READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs: increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

#### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



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# Part Four – Conversation starters to support online safety

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## SUPPORTING CHILDREN'S MENTAL HEALTH

### 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



#### 1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.



#### 2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



#### 6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

#### 7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



#### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



#### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



#### 4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

#### 9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



#### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



#### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



### Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education,



### Sources of Information and Support

Your GP  
Young Minds <https://youngminds.org.uk/v>  
<https://www.nhs.uk/conditions/stress-anxiety-depression/>  
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>  
<https://www.themix.org.uk/mental-health>



# Part Five – Combating online bullying

Don't forget to use our email address [upstander@newbold.outwood.com](mailto:upstander@newbold.outwood.com) to report any type of bullying

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

### 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

### 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

### 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

### 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

### 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

### FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 800 5000

### 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

### 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

### 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

### 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

### 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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