

Information on the left, on advice to empower parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, including how to respond. This guide is one of many resources available on our website for parents and carers to access and download. It should be used in conjunction with other resources that would be most relevant to your child's age and stage.

What Parents & Carers Need to Know about TIKTOK

AGE RESTRICTION: 13+

Hazardous Visibility
Connecting with others is simple on TikTok – just commenting and replying to posts or stories. However, the nature of these interactions is harmless, but – as with many other social media platforms, TikTok has experienced problems with users being exposed to inappropriate content from third-party content outside the app.

ADDICTIVE NATURE
Like all social media, TikTok is designed to be addictive. It's designed to keep you coming back – but that also makes it hard to put down. As a result, the app's daily usage can become a problem. The app's goal is to keep users on the platform for as long as possible, so even a 1-minute visit can turn into a 45-minute stay.

IN-APP SPENDING
There's an in-app option to purchase 'TikTok coins', which are then converted into virtual currency that can be used to buy creator's that a user likes. Prices range from 100 coins (£1) to 10,000 coins (£100). TikTok is also connected with Shopify, which allows users to buy products from the app.

EXPLICIT SONGS
TikTok primarily revolves around videos of users lip-syncing and dancing to music. Inappropriate lyrics are common, especially in songs that have sexual connotations. There is a risk that children may copy what they hear, and parents should be inclined to imitate any explicit language or suggestive actions.

TIKTOK FAME
The app is created to gain popularity. A lot of users will try to gain as much fame as possible. For example, New X, for example, was catapulted to fame after posting a video of her dancing to a song that she had created. This can lead to users going 'viral' and becoming 'TikTok famous'. While this can be a great way to gain fame, the most big thing will find it difficult, websites may not be able to keep up with the sheer volume of posts, so it may be even more drastic lengths to get noticed.

Advice for Parents & Carers

TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age restriction, ask them why they think their opinion. You've given them the chance to express themselves, so they shouldn't give out personal details about themselves. If they're worried about their privacy, let them know that they can change their profile picture to their school or home address. In the long run, this will help them to feel more comfortable with what they see on TikTok because it could help them to feel more secure in their online environment.

ENABLE FAMILY PAIRING

'Family Pairing' lets parents and carers limit their child's access to certain features on the app. You can control your child's safety settings, restrict them from sending messages (and who they can send them to), and block them from using certain features. This is a great way for parents and carers to support online safety among families. These resources can be found here.

Meet Our Expert
Parents' Voice is a social media expert and digital media content creator who is passionate about improving digital literacy for parents and carers. She has written numerous articles on the social media landscape and is the founder of [NOS](#) – a great resource that helps parents one-on-one through live Q&A sessions.

National Online Safety #WakeUpWednesday

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What Parents & Carers Need to Know About WHATSAPP

**16+ IN THE UK
12+ REST OF WORLD**

Disappearing Messages
By enabling 'Disappearing Messages', users can set messages to disappear after a certain amount of time. This allows them to send photos and videos that disappear after the recipient has viewed them. A common scam involves a threat that something will happen if the user doesn't delete the message, making monitoring what children are talking about problematic. To prevent this, parents should encourage them to turn off disappearing messages. Other apps include messaging services such as Signal, which is often used by journalists to prove any wrongdoing. However, these can take a long time to respond to messages.

Only Admins' and Cyberbullying
Group chats and video calls are great for connecting with friends and family. However, they also pose potential for someone's feelings to be hurt or undermined. If a user becomes an 'admin' of a group, they can send messages. WhatsApp does its best to prevent its users from becoming admins of groups that are used for cyberbullying. This is particularly important during the early weeks of the Covid-19 pandemic.

Live Location Sharing
The 'live location' feature lets users share their current whereabouts with their contacts. WhatsApp describes it as "simple and secure to open". It's a great way for parents to keep track of where their child is located. If they're worried about their child's whereabouts, it means they will be exposing their location to them, too.

Advice for Parents & Carers

Report Potential Scams
If your child receives spam or offensive messages, or a file from a contact, they should report it. They can do this by clicking on the three dots next to the message, then they will be given the option to report the message as spam. They can also report a contact if they receive multiple messages from them. To report a contact, click on their name, then use the three dots to open their profile and sending down to report a contact.

Create a Safe Profile
Even though someone would need your child's phone number to add them as a contact, they can still see their photo and status. The option is safe, my contacts and hobby. Checking one of the latter two makes their profile a protected.

Use Location Features Sparingly
If your child needs to use 'live location' to show you their friends where they are, make sure they only use it for as long as they need to. WhatsApp gives the location settings off by default. However, your child can manually choose to stop sharing their position at any time.

Fact-Check Messages
You can now fact-check messages that have been forwarded at least five times in WhatsApp. By double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a quick search and decide whether the message was accurate or not. It's a good way to encourage young people to question things they see online.

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All of these guides are available on our website under 'News & Events' then 'Handouts/Information'. Please take the time to download and read through these if your child uses them.

<https://www.stokemandeville.bucks.sch.uk/news-and-events/handouts/information>



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What Parents & Carers Need to Know about HORROR GAMES

AGE RESTRICTION: 13+

WHAT ARE THE RISKS?
Horror games are typically made with adults in mind, which means they are often violent, gory, and contain adult themes. Outlast, for instance, is a game that contains extreme gore and material such as nudity and extreme violence. It's a survival horror game. Five Nights at Freddy's and its sequels, however, are aimed at younger audiences and still appear on Steam but still hints of explicit content.

ADULT THEMES
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VIOLENT CONTENT
Not all horror games contain graphic violence (think like Five Nights of Freddys), but many do. Some games are extremely gory and realistic, while others are more stylized and less realistic. Until Dawn and the Huggy Wuggy Horror Game are examples of the latter. Franchises, for instance, feature incredibly gory and violent content. To ensure your child is safe when playing horror games, it's important to thoroughly research a game before playing it.

ONLINE INTERACTION
Some horror games contain online interaction, which can be a concern for parents, especially with online predators. Some horror titles in this category, and while it doesn't mean that predators are lurking in the shadows, it's important to be aware of the risks. Games like Five Nights at Freddy's allow players to communicate with other players via a chat feature. This can be a great way for players to interact with each other, but it's important to be aware of the risks involved.

BEWARE OF JUMP SCARES
Jump scares are designed to startle you more than they are to scare you. If a young person doesn't cope well with sudden surprises, it's important to be aware of the risks. Some horror games contain jump scares, which can be frightening for young children. Some games, however, don't contain jump scares, but they do contain other types of scary content, such as gore and gore.

EATURAGE BREAKS
It's easy to lose track of time when gaming, and horror games are no exception. It's important to take regular breaks and relaxes. Encourage your child to rest their eyes, stretch, and move around every hour. This will help them stay more alert and focused throughout the game. Encourage them to take breaks, however, and avoid spending too much time on the screen. This will help them stay more alert and focused throughout the game.

IF IN DOUBT, SNAP IT OUT
If your child finds a horror game to play, it's important to be aware of the risks. If they're scared, it's best to turn the game off and leave it alone. If they're still interested in playing it, encourage them to play it in a safe environment, such as a room with a door. If they're still interested in playing it, encourage them to play it in a safe environment, such as a room with a door.

RESEARCH THE GAME
It's important to look up reviews online, especially if your child expresses an interest in playing it. Many indie horror titles are downloaded and played without any research, which can lead to terrible horror games featuring jump scares. Some games, such as Five Nights at Freddy's, have reviews online that can help you decide if they're suitable for your child. If you're still unsure, consider buying the game and giving it a try before letting your child play it.

STAY RECEPTIVE
Maintaining good communication with your child is vital during the gaming process. If your child is playing a game that they don't understand, encourage them to ask questions and explain what they're seeing. If they're still interested in playing it, encourage them to play it in a safe environment, such as a room with a door. If they're still interested in playing it, encourage them to play it in a safe environment, such as a room with a door.

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What Parents & Carers Need to Know about SNITCHAT

AGE RESTRICTION: 13+

CONNECTING WITH STRANGERS
Even if your child only connects on Instagram, they may still receive friend requests from strangers. These can come from anyone, such as Wink and Snap. Accepting friend requests from strangers can be dangerous, especially if the person is a predator. Accepting friend requests from strangers can be dangerous, especially if the person is a predator. This could allow predators to stalk them and hurt them.

INAPPROPRIATE CONTENT
Some videos and posts on Snapchat are inappropriate. For example, if a user posts a video of themselves in an intimate setting, it could still yield results. Discover feature lets users swipe through a feed of posts from other users. It's important to remember that this feature can include adult content. There are ways to turn off this feature.

TURN OFF QUICK ADD
The Quick Add function helps people to quickly add friends to their account. This function works based on mutual friends. If your child wants to turn off this feature, they can do so in their settings. We recommend doing this to prevent predators from adding them to their account.

CHAT ABOUT CONTENT
Talk to your child about what is and isn't appropriate to post online. If they don't post explicit images or videos, or share inappropriate content (such as nude or semi-nude photos), they are visible to everyone they add, unless they have turned off the Quick Add feature. Remind them that once something is posted online, it can't be taken back. It's important to emphasize the importance of being careful with what they post online, particularly with the addition of My Places. If a child regularly visits and checks in on a location, others can see this information. This can be a concern for parents, as they are reporting that user (or someone else) is at that location.

KEEP ACCOUNTS PRIVATE
Profiles are private by default, but children may make them public to gain more followers. Your child's profile is visible to everyone they add, unless they have turned off the Quick Add feature. Remind them that once something is posted online, it can't be taken back. It's important to emphasize the importance of being careful with what they post online, particularly with the addition of My Places. If a child regularly visits and checks in on a location, others can see this information. This can be a concern for parents, as they are reporting that user (or someone else) is at that location.

MEET OUR EXPERT
Dr Diane Constance is a leading child protection and education consultant, and a former Ofsted inspector. She is the owner of [Lancashire Cleaning and Catering](#) and a leading government-appointed internet use and parenting behaviour specialist.

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