



DEAN TRUST Rose Bridge



# NEWSLETTER

## Headteacher Message

With everything going on this year it has proven quite tricky to put on the normal Festive activities that we usually do, however, today DTRB took part in the nationwide 'Christmas Jumper Day' which spread a little Christmas cheer.

Our Christmas dinner will still be taking place as normal too, this will be on Wednesday 16<sup>th</sup> December and pupils will pay as normal via School gateway. We also have a few events lined up for next week, including hot chocolate for the pupils at break time and a virtual talent showcase.

You will hopefully also be aware by now that following the guidance from the Department For Education school will close to pupils on Thursday 17<sup>th</sup> December with Friday 18<sup>th</sup> now being a remote learning day instead.

I am pleased to report that all Year 11 this week took part in our college application workshops to ensure that they have a place secured for next September.

It is so important that your child revises over Christmas if they have an exam in January 2021, all pupils who this affects have been provided with their exam timetable. Please also encourage your child to attend all break, lunch and after school revision sessions that are put on for them too.



Lucy Cropper  
Head of School



James Haseldine  
Executive Headteacher

## Employees of the week



Kate Peake always helpful, supportive and has a smile on her face



Steph MacFaul for her huge support in Food Technology, Design Technology and continued support in Science

## Word of the Week:

**Ambition** *noun*

a strong desire to do or achieve something.

**Challenge 1:** What is your ambition?

**Challenge 2:** Write a short story about a person who has a secret ambition.



## Book of the week

### Book of the Week

Good news! The free books for Year 7 from BookBuzz have arrived in school in time for Christmas, and I'll be bringing them around to classrooms as soon as I can sort out which book belongs to which pupil!

I'm going to recommend one of the books from this selection this week. (Pupils not lucky enough to be in Y7 can borrow one of the library copies). The book is 'Little Bad Man and the Invasion of the Killer Aunties' by Humza Arshad and Henry White.



This is a humorous story about what happens when the pupils at Little Meadows School find that their teachers are disappearing and being replaced by a suspicious group of Aunties who appear to be trying to feed everybody to death!

This is the first book by a popular rapper and Youtuber, so hopefully it will give him a whole new career!

## Are your details correct?

Do we have your correct details? It is very important, especially in the current situation that the school has your correct details such as phone numbers, email addresses and postal address. Please contact school with any updates. Please also ensure if your child is absent that you contact school.

**01942 510712**

[office@deantrustrosebridge.co.uk](mailto:office@deantrustrosebridge.co.uk)



**We are now a cashless school download our App!!**

<https://login.schoolgateway.com/0/auth/login>

# Faculty of the week: Physical Education

**KS3 Curriculum**  
**Intent: HT2**

**Challenging and Creative Activities**

*Pupils are learning how to employ tactics and strategies for a variety of problem solving activities.*

## KS3 PE lessons:

The PE department have been putting our younger pupils through their paces over the last few weeks through completing several orienteering challenges – even despite some extreme weather at times!

The orienteering sessions were planned to combat losing the sports halls to the recent mock exam period, and have provided some unique experiences for our pupils away from their usual learning environment.

The field and wider school grounds have been the hiding places for a variety of challenges and clues, which required pupils to really use their problem solving and team work skills.

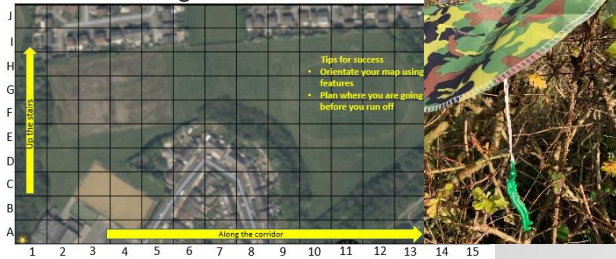
We would like to say a big well done to pupils who took the challenges in their stride, and also thanks to parents and carers for their continued support with PE kit despite the muddy conditions!

Follow us...  
 @DTRB\_PE



## Never Leave a Man Behind!

4 Digit Grid Reference



Tips for success  
• Orientate your map using features  
• Plan where you are going before you run off

Pupils worked out the co-ordinates of a set of 4 digit grid references in order to locate the hidden paratroopers around the school field!

## Cluedo Orienteering:

Pupils used their knowledge of map orientation and skills of deduction to solve a mystery, involving a teacher, a weapon and a venue!



# Department of the week: Physical Education

## KS4 Curriculum Intent: HT2

**Sports Studies:** *understand the issues which affect participation in sport.*

**GCSE PE:** *understand the socio-cultural influences in physical activity and sport.*

Our Y10 and Y11 pupils have demonstrated excellent commitment and motivation levels towards their recent mock examinations within their respective sport based courses. KS4 Sports Studies pupils in Y10 and Y11 have their actual examination for the unit R051 on **Monday 11<sup>th</sup> January 2021**. The result of this examination contributes to the overall grade pupils will receive for this course.

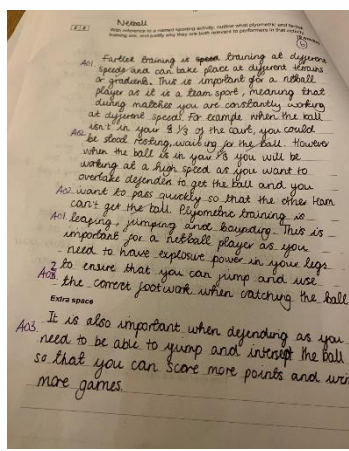
We really appreciate the effort pupils have shown so far, with attendance at our several booster session being really high. Pupils will be encouraged to keep attending right up to the exam in the new year.



**PE EXAMINATIONS 2020-21**  
**Y11 SPORTS STUDIES - MON 11TH JANUARY 2021**  
**Y10 SPORTS STUDIES - MON 11TH JANUARY 2021**  
**Y11 GCSE PE - PAPER 1 MON 7TH JUNE 2021**  
**Y11 GCSE PE - PAPER 2 FRI 25TH JUNE 2021**

### Y10 & Y11 Booster Sessions for PE:

Day	Time	Course	Teacher
Monday	Break time	Y10 Sports Studies	Mr Shepherd
Tuesday	After school	Y11 Sports Studies	Mr Volante
Thursday	Break time	Y10 Sports Studies	Mr Shepherd
Thursday	After school	Y10 Sports Studies	Miss Warren
Friday	After school	Y11 Sports Studies	Miss Warren
Friday	After school	Y11 GCSE PE	Miss Reilly



## Meet the Team



Miss Reilly  
Head of PE



Mr Shepherd  
Teacher of PE/  
Head of Y10



Miss Warren  
Teacher of PE



Mr Volante  
Teacher of PE/  
Head of Y11



Miss Green  
Teacher of PE

Mrs Cundle  
Teacher of PE/  
Deputy Head

# PE in Pyjamas

## PE in Pyjamas

Dear Parent/Carer,

Dean Trust Rose Bridge PE are organising a 'Pyjamas in PE' day; this will take place in your child's last lesson before we finish for Christmas (see table below). You will be aware of the sad news of the passing of Mrs Denise Halliwell who was a long serving member of staff and a pillar of our school community - all proceeds raised will go a charity nominated by her family (The Samaritans-Wigan)

Money raised for the event will be collected via School Gateway only – the attached form does not need to be returned to school but is to be used to record any pledged sponsor money.

If pupils do not wish to wear Pyjamas they must partake in full Dean Trust Rose Bridge PE kit. All pupils are required to take part in the lesson, even if they choose not to enter in fancy dress. We are asking for a suggested donation of £1 per child. A prize will be given to pupils deemed to have the best fancy dress in each year group and also a prize for the pupil who raises the most money.

If you have any questions in relation to the above please do not hesitate to contact me on the DTRB telephone number (01942 510712)

	Monday	Tuesday	Wednesday
Period 1	PE1- 7Y	PE1- 8Y	PE1- 9Y
Period 2	PE1- 7Y	PE1- 8Y	PE1- 9Y
Break			
Period 3		PE1- 8X	PE1- 7X
Period 4		PE1- 8X	PE1- 7X
Dinner			
Period 5	Year 10 Core		
Period 6	Year 10 Core		

Yours sincerely,



Mr. R Shepherd  
Teacher of Physical Education/Head of Year 10

# Christmas at Dean Trust Rose Bridge

Day	Challenge
Dec 3rd	12 cracker challenge (quickest time)
Dec 4 <sup>th</sup>	11 press ups (quickest time)
Dec 7 <sup>th</sup>	10 sit ups (quickest time)
Dec 8 <sup>th</sup>	9 chemical symbols (quickest time)
Dec 9 <sup>th</sup>	8 after 8 mints (pairs, quickest time)
Dec 10 <sup>th</sup>	7 kick ups (quickest time)
Dec 11th	6 book cover challenge
Dec 14 <sup>th</sup>	5 bottle flips (quickest time)
Dec 15 <sup>th</sup>	4 headers in pairs (quickest time)
Dec 16 <sup>th</sup>	3 juggling balls (longest time)
Dec 17th	2 – say the alphabet forwards and then backwards (quickest time) 1 wall sit (longest time)

PE in Pajama's

Christmas Lunch

Hot Chocolate with Marshmallows



Quiz

Christmas Carols

Virtual Christmas Showcase

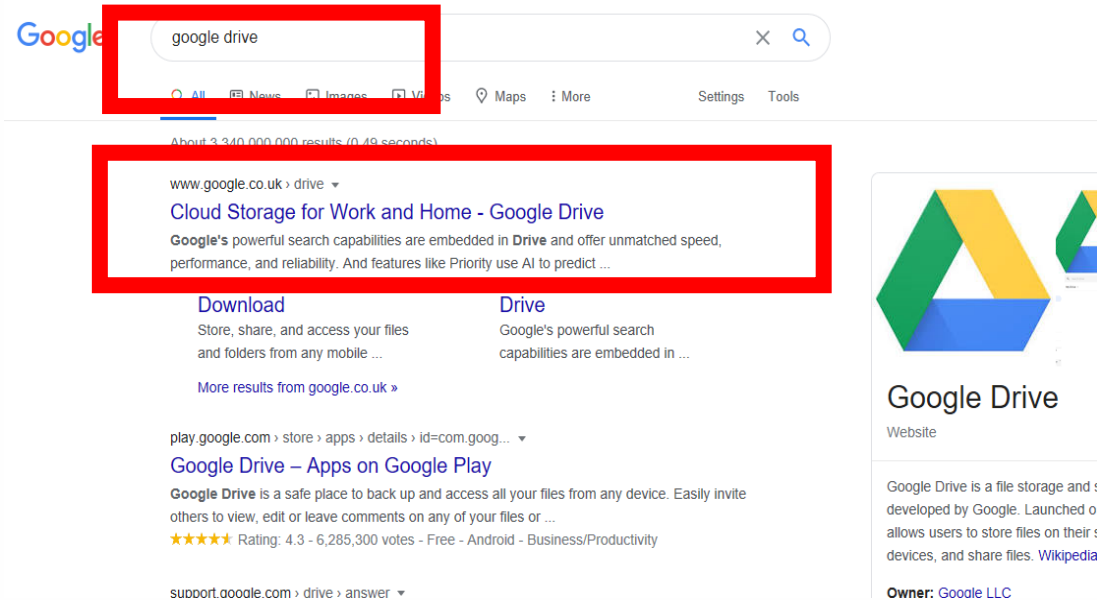
Christmas Jumper Day

Prizes

# Logging on to Google Drive

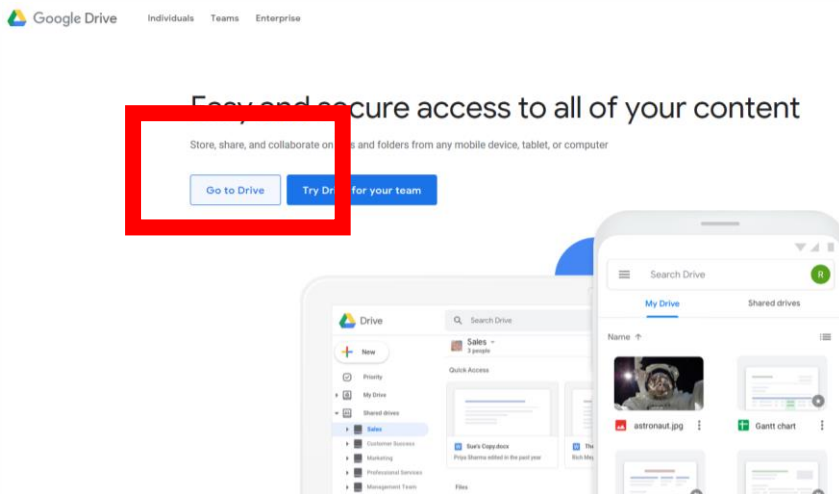
If you are using a laptop or desktop PC please ensure you are logged in to Google Drive before you access Google Classroom.

## Step 1



A screenshot of a Google search for "google drive". The search bar contains "google drive" and is highlighted with a red box. Below the search bar, the search results are displayed. The first result is "Cloud Storage for Work and Home - Google Drive", which is also highlighted with a red box. This result includes a "Download" button and a "Drive" button. To the right of the search results is a "Google Drive" website card with the Google Drive logo and the text "Google Drive is a file storage and s developed by Google. Launched or allows users to store files on their s devices, and share files. Wikipedia".

## Step 2

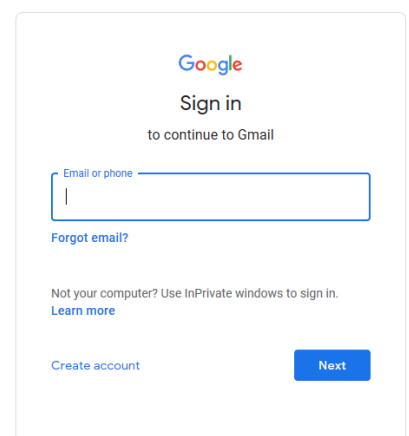


A screenshot of the Google Drive homepage. The header includes the Google Drive logo and navigation links for "Individuals", "Teams", and "Enterprise". The main heading is "Easy and secure access to all of your content". Below this heading, there is a red box highlighting the text "Store, share, and collaborate on files and folders from any mobile device, tablet, or computer". Underneath this text are two buttons: "Go to Drive" and "Try Drive for your team". The bottom of the screenshot shows a preview of the Google Drive interface on a laptop and a smartphone.

## Step 3

Username is the same one you log on to the **school computers** with  
e.g. DTRBEGO7@thedeantrustmoodle.org

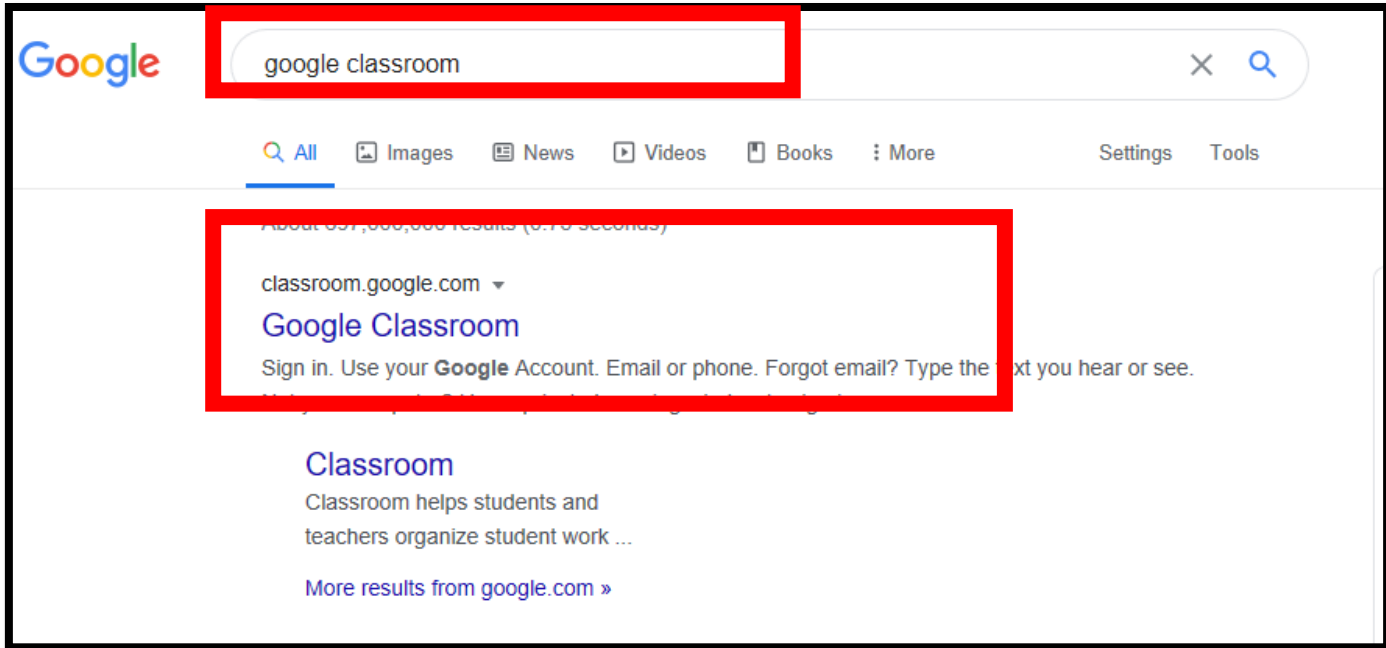
Password: School computer password



A screenshot of the Google sign-in page. The page features the Google logo at the top, followed by the text "Sign in to continue to Gmail". Below this is a text input field for "Email or phone". There is a link for "Forgot email?". At the bottom, there is a link for "Create account" and a blue "Next" button.

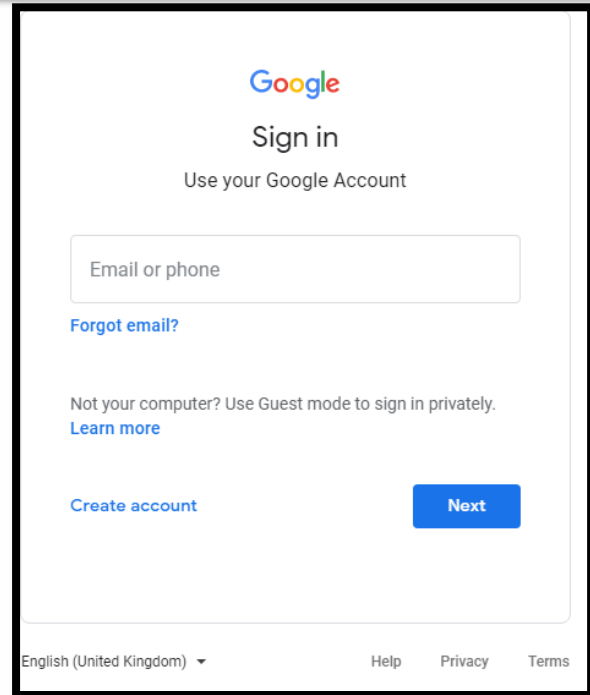
# Remote Learning Support

## Step 1



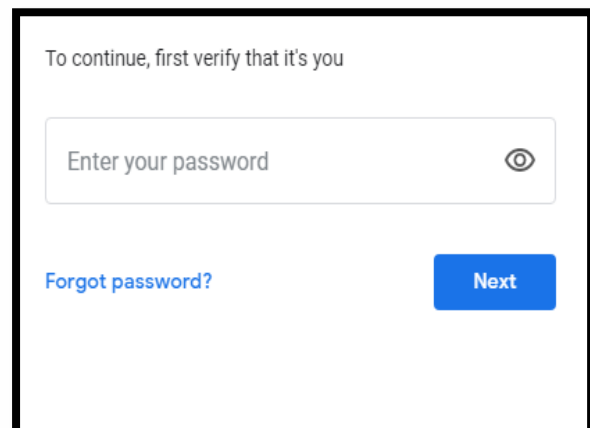
## Step 2

Username is the same one you log on to the **school computers** with e.g. DTRBEGO7@thedeantrustmoodle.org



## Step 3

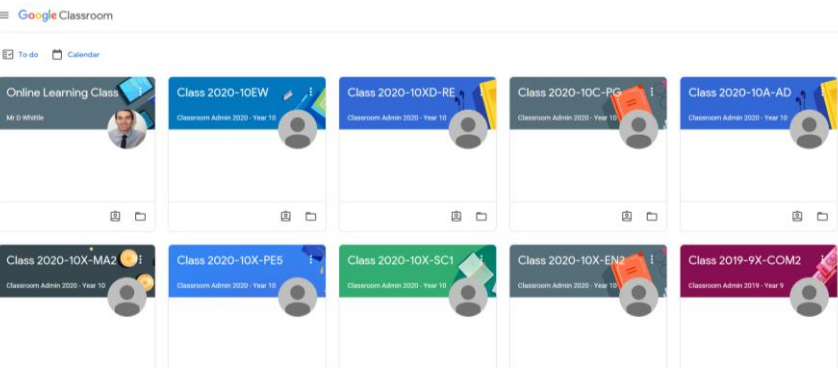
Your password is the same one you log on to the **school computers** with e.g. Smile1





## Step 4

You should now be able to see your Dashboard with all of your classes on. If you click on the 'to do' tab you will see the assignments you have to complete.



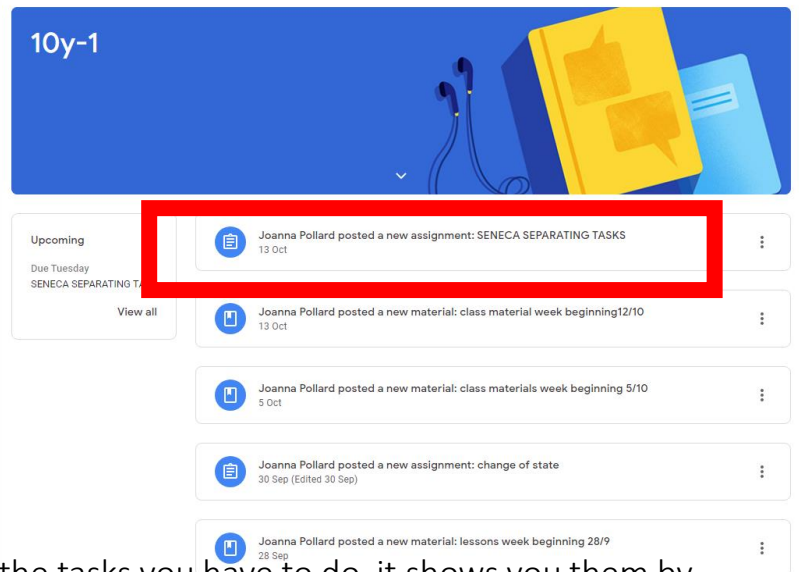
Google Classroom

To do Calendar

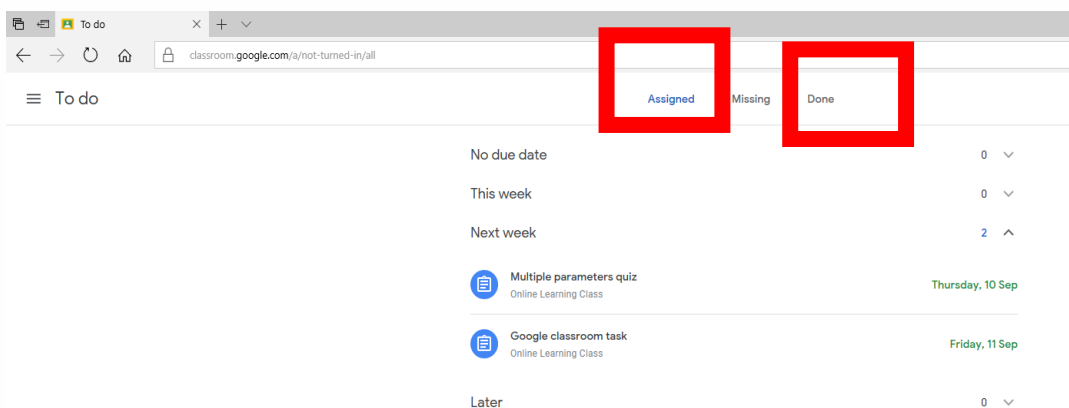
10Y/EN1  
English

## Step 5

Click onto an assignment in the list

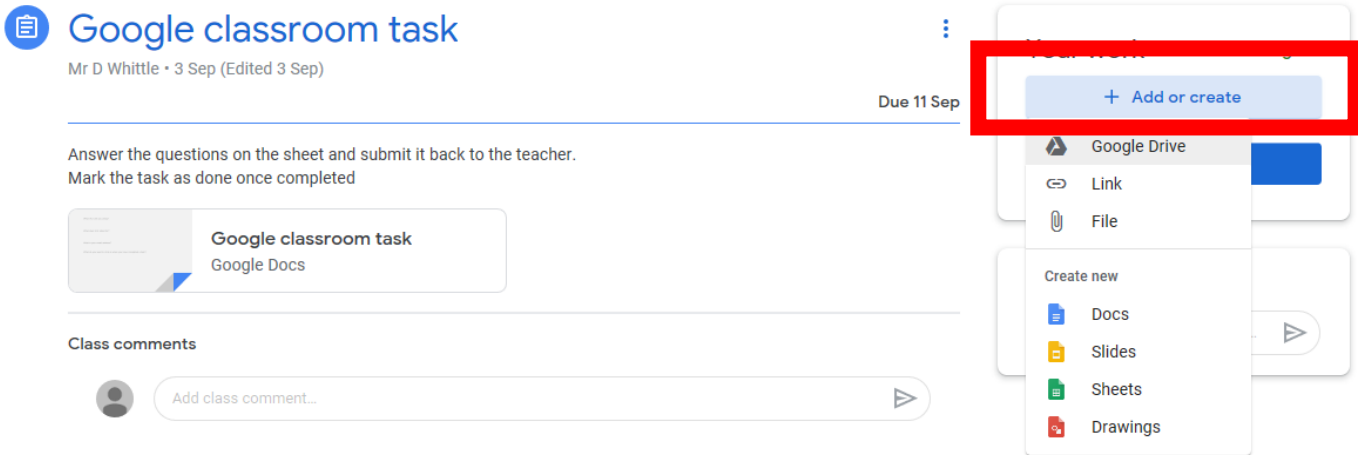


You can filter the list so it shows only the tasks you have to do, it shows you them by dates to you can prioritise. You can also filter the list so it shows you the tasks you have completed



## Step 6

To add your work, click +add or create, then google drive, select the file you want to send.



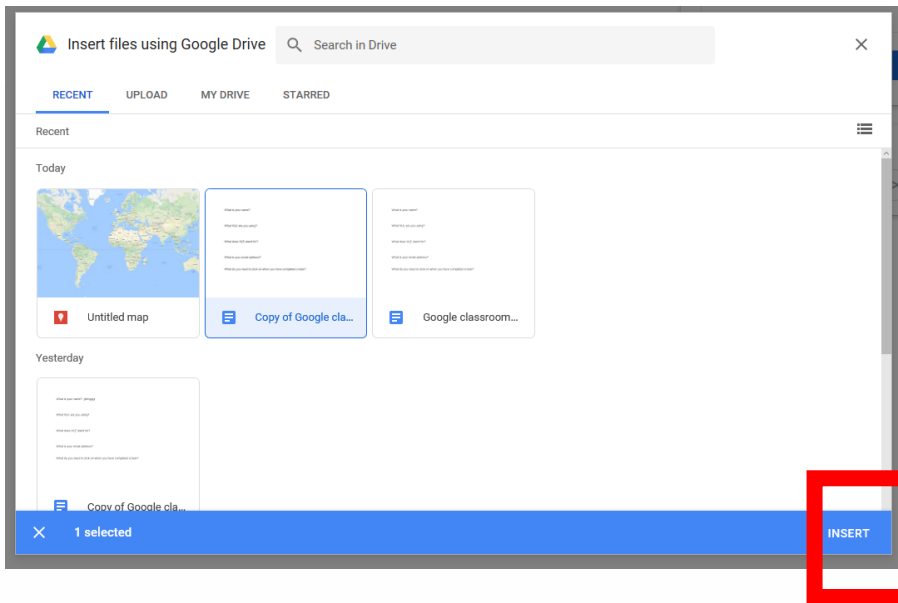
**Google classroom task**  
Mr D Whittle · 3 Sep (Edited 3 Sep) Due 11 Sep

Answer the questions on the sheet and submit it back to the teacher.  
Mark the task as done once completed

**Google classroom task**  
Google Docs

**Class comments**  
Add class comment...

**+ Add or create**  
Google Drive  
Link  
File  
Create new  
Docs  
Slides  
Sheets  
Drawings



Insert files using Google Drive

RECENT | UPLOAD | MY DRIVE | STARRED

Recent

Today

- Untitled map
- Copy of Google cla...
- Google classroom...

Yesterday

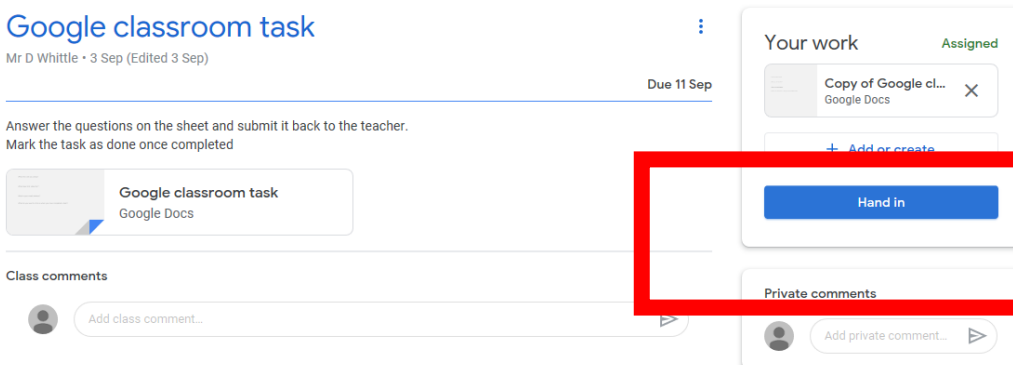
- Copy of Google cla...

1 selected

**INSERT**

Select the file and click insert.

If you are happy that the task is complete – click ‘Hand In’



**Google classroom task**  
Mr D Whittle · 3 Sep (Edited 3 Sep) Due 11 Sep

Answer the questions on the sheet and submit it back to the teacher.  
Mark the task as done once completed

**Google classroom task**  
Google Docs

**Class comments**  
Add class comment...

**Your work** Assigned

- Copy of Google cl...  
Google Docs

**+ Add or create**

**Hand In**

**Private comments**  
Add private comment...

If you are working from an I-pad, are using your phone or an android tablet we recommend you download the apps: **google classroom, google drive, google docs, sheets and slides** as this will keep you signed in.

If you are using a school provided Chromebook, once you are signed in – you wont need to sign in to google classroom separately as you will already be signed in to your moodle account.

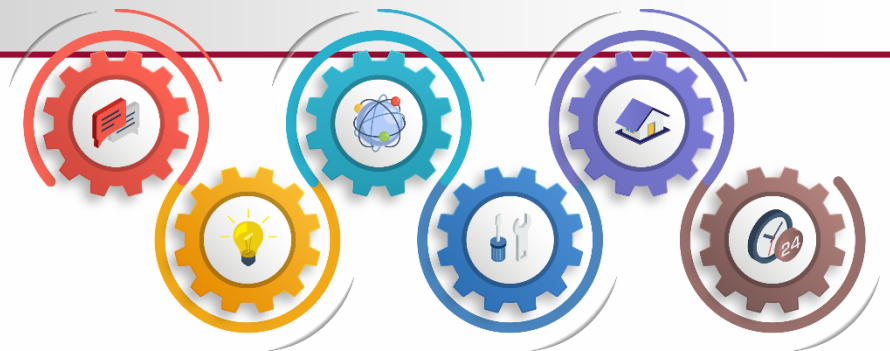
### Support:

If your child is struggling to access their Google Classrooms or is experiencing any IT or internet issues at home please get in touch with their HOY or PSM who will be happy to provide extra help and support.

Alternatively you can leave a message at:

**01942 510712**

[office@deantrustrosebridge.co.uk](mailto:office@deantrustrosebridge.co.uk)



# Useful contacts and online resources

## Revision Skills- Revision Hacks.

<https://gmhigher.ac.uk/resources/revision-skills-revision-hacks/>

## Pomodoro Technique:

<https://gmhigher.ac.uk/resources/revision-skills-pomodoro/>

## Worksheet:

## Traffic Light Technique:

<https://gmhigher.ac.uk/resources/revision-skills-traffic-light-technique/>

## Revision Timetable:

<https://gmhigher.ac.uk/resources/revision-skills-revision-timetable-handout/>



## Choices- HE What and Why?

<https://gmhigher.ac.uk/resources/choices-he-what-and-why/>

## Choices- Post-16 options

<https://gmhigher.ac.uk/resources/choices-post-16-options/>

## Student Life – HE options

<https://gmhigher.ac.uk/resources/student-life-he-options/>

## Student Life – Support at university

<https://gmhigher.ac.uk/resources/student-life-support-at-uni/>

## Worksheet:

<https://gmhigher.ac.uk/resources/choices-post-16-options-true-or-false/>

## Student Life – Path Finder

<https://gmhigher.ac.uk/resources/student-life-path-finder/>



## TOPIC: INTERVIEW SKILLS

### Interview Skills – How to get through your interview

<https://gmhigher.ac.uk/resources/interview-skills-your-interview/>

### Interview Skills – First Impressions

<https://gmhigher.ac.uk/resources/interview-skills-first-impressions/>

### WORKSHEETS:

### Interview Skills – Who got the job?

<https://gmhigher.ac.uk/resources/interview-skills-who-got-the-job/>

### Interview Skills – What makes you stand out?

<https://gmhigher.ac.uk/resources/interview-skills-stand-out/>

## TOPIC: BUDGETING SKILLS

### Budgeting Skills – Prudent Student Game

<https://gmhigher.ac.uk/resources/budgeting-skills-prudent-student/>

### Budgeting Skills – Mythbusting

<https://gmhigher.ac.uk/resources/budgeting-skills-mythbusting/>

### Budgeting Skills – What students spend their money on

<https://gmhigher.ac.uk/resources/budgeting-skills-spending/>

### WORKSHEETS:

### Budgeting Skills – Budgeting activity Instagram

<https://gmhigher.ac.uk/resources/budgeting-skills-instagram/>

## FIFTEEN APPS PARENTS SHOULD KNOW ABOUT

<b>MEETME</b>  MEETME IS A DATING SOCIAL MEDIA APP THAT ALLOWS USERS TO CONNECT WITH PEOPLE BASED ON GEOGRAPHIC PROXIMITY. AS THE APP'S NAME SUGGESTS, USERS ARE ENCOURAGED TO MEET EACH OTHER IN PERSON.	<b>GRINDR</b>  GRINDR IS A DATING APP GEARED TOWARDS GAY, BI AND TRANSGENDER PEOPLE. THE APP GIVES USERS OPTIONS TO CHAT, SHARE PHOTOS AND MEET UP BASED ON A SMART PHONE'S GPS LOCATION.	<b>SKOUT</b>  SKOUT IS A LOCATION-BASED DATING APP AND WEBSITE. WHILE USERS UNDER 17-YEARS-OLD ARE UNABLE TO SHARE PRIVATE PHOTOS, KIDS CAN EASILY CREATE AN ACCOUNT USING A DIFFERENT AGE.
<b>WHATSAPP</b>  WHATSAPP IS A POPULAR MESSAGING APP THAT ALLOWS USERS TO SEND TEXTS, PHOTOS, MAKE CALLS AND VIDEO CHATS WORLDWIDE. WHATSAPP USES AN INTERNET CONNECTION ON SMART PHONES AND COMPUTERS.	<b>TIKTOK</b>  TIKTOK IS A NEW MOBILE DEVICE APP POPULAR WITH KIDS USED FOR CREATING AND SHARING SHORT VIDEOS. WITH VERY LIMITED PRIVACY CONTROLS, USERS ARE VULNERABLE TO BULLYING AND EXPLICIT CONTENT.	<b>BADOO</b>  BADOO IS A DATING AND SOCIAL NETWORKING APP WHERE USERS CAN CHAT, SHARE PHOTOS AND VIDEOS AND CONNECT BASED ON LOCATION. WHILE THE APP IS INTENDED FOR ADULTS ONLY, TEENS ARE KNOWN TO CREATE PROFILES.
<b>BUMBLE</b>  BUMBLE IS SIMILAR TO THE POPULAR DATING APP 'TINDER' HOWEVER, IT REQUIRES WOMEN TO MAKE THE FIRST CONTACT. KIDS HAVE BEEN KNOWN TO USE BUMBLE TO CREATE FAKE ACCOUNTS AND FALSIFY THEIR AGE.	<b>SNAPCHAT</b>  SNAPCHAT IS ONE OF THE MOST POPULAR APPS IN RECENT YEARS. WHILE THE APP PROMISES USERS CAN TAKE A PHOTO/VIDEO AND IT WILL DISAPPEAR, NEW FEATURES INCLUDING 'STORIES' ALLOW USERS TO VIEW CONTENT FOR UP TO 24	<b>KIK</b>  KIK ALLOWS ANYONE TO CONTACT AND DIRECT MESSAGE YOUR CHILD. KIDS CAN BYPASS TRADITIONAL TEXT MESSAGING FEATURES. KIK GIVES USERS UNLIMITED ACCESS TO ANYONE, ANYWHERE, ANYTIME.
<b>LIVE.ME</b>  LIVE ME IS A LIVE-STREAMING VIDEO APP THAT USES GEOLOCATION TO SHARE VIDEOS SO USERS CAN FIND OUT A BROADCASTER'S EXACT LOCATION. USERS CAN EARN 'COINS' AS A WAY TO 'PAY' MINORS FOR PHOTOS.	<b>HOLLA</b>  HOLLA IS A SELF-PROCLAIMED 'ADICTING' VIDEO CHAT APP THAT ALLOWS USERS TO MEET PEOPLE ALL OVER THE WORLD IN JUST SECONDS. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT AND MORE.	<b>WHISPER</b>  WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT PROMOTES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.
<b>ASK.FM</b>  ASK.FM IS KNOWN FOR CYBER BULLYING. THE APP ENCOURAGES USER TO ALLOW ANONYMOUS PEOPLE TO ASK THEM QUESTIONS.	<b>CALCULATOR%</b>  CALCULATOR% IS ONLY ONE OF SEVERAL SECRET APPS USED TO HIDE PHOTOS, VIDEOS, FILES AND BROWSER HISTORY.	<b>HOT OR NOT</b>  HOT OR NOT ENCOURAGES USERS TO RATE YOUR PROFILE, CHECK OUT PEOPLE IN THEIR AREA, AND CHAT WITH STRANGERS. THE GOAL OF THIS APP IS TO HOOK UP.

## Stay safe online

Remember the 5 SMART rules when using the internet and mobile phones.









- S SAFE:** Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.
- M MEET:** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.
- A ACCEPTING:** Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!
- R RELIABLE:** Information you find on the internet may not be true, or someone online may be lying about who they are. Make sure you check information before you believe it.
- T TELL:** Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

Find out more at [Childnet's website](http://Childnet.org.uk) ...

# Useful contacts and online resources

## **Websites and information to support young peoples and families during the Covid-19 pandemic**

### **Children's society**

Description – information and support on different aspects of mental health and wellbeing

Website - [www.childrenssociety.org.uk/coronavirus-information-and-support](http://www.childrenssociety.org.uk/coronavirus-information-and-support)

### **Kooth**

Description - Online support for young people up to the age of 19 including chat rooms and advice.

Website – [www.kooth.com](http://www.kooth.com)

### **MindEd**

Description – Support for a range of mental health and wellbeing

Website - [www.minded.org.uk](http://www.minded.org.uk)

### **Rise Above**

Description - videos with tips on gaining confidence, dealing with anxiety and coping strategies from other young people.

Website - <https://riseabove.org.uk/topic/my-mind/>

### **BACP guidance around managing anxiety**

Description – How to manage anxiety

Website - <https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/>

### **The Child Bereavement Network**

Description – support for young people who have or are being affected by a death of a person close to them

Website - <http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx>

### **National Autistic Society**

Description - guidance and helpline for parents', young people and staff.

Website - [www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](http://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)

### **Young Minds**

Description - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing

Website – [www.youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/](http://www.youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/)

### **Covibook**

Description - an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic.

Website - <https://www.mindheart.co/descargables>

### **Amaze**

Description - information pack for parents about Covid-19

Website – [www.amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/](http://www.amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/)

**Public Health England** have produced an easy read version of their [Advice on the coronavirus for places of education](#). You can download it here:

<https://www.publichealth.hscni.net/sites/default/files/2020-03/V4%20Coronavirus%20advice%20for%20schools%20poster%20020302%20EDU15.0.4%20%282%29.pdf>

## Instagram Parent / Carer Advice



### What is Instagram?

Instagram is a social media platform which focuses on the creation and sharing of images, providing users with a range of filters and special effects popular among younger users.

Despite requiring users to be 13 or older, a study in January 2017 indicated that 43% of 8-11 year olds in Britain are using Instagram.

13

### Reasons for concern

**! Privacy settings**  
A key concern regarding children's use of Instagram is the fact that the default privacy setting for accounts is 'public'. As such, unless a child actively alters their privacy settings, all of the pictures they post to Instagram will be available to anybody. This could result in their images being seen by inappropriate individuals and might lead to receiving unwanted communication.

**! Follower lists**  
In a world where celebrity success is measured by numbers of social media followers, it is understandable that children might want to grow their own list of followers. A child's non-private account can quickly grow with followers, some of whom might not have entirely innocent motives.

**! Terms and conditions**  
Instagram's 5,000-word terms and conditions states that users agree that Instagram can use and sell their sell images for others to use (without paying or further consent). Instagram also retains the right to store, use and share the personal information and direct messages of their users.

**! Grooming**  
In 2019 the NSPCC reported that Instagram was involved in more online grooming cases than any other online platform. Where the police recorded the method of communication, Instagram was used in 32% of cases, in contrast to Facebook at 23% and Snapchat at 14%.

**! Mental health issues**  
A report by the Royal Society for Public Health found that Instagram rated as the worst social media platform when it comes to its impact on young people's mental health. Being image-centred the RSPH claimed that Instagram (along with Snapchat) appears to be driving feelings of inadequacy and anxiety in young people.

### Safety Tips

**!** As with all Internet activity, talk to your child about how they use Instagram, the importance of not 'oversharing, and any issues they have faced.

**!** It is safest to change the default privacy settings in your child's account from public to private. If your child is older and you agree for them to have a public account, you should discuss strategies for coping with negative feedback and for blocking users. You should also monitor messages they receive.

**!** Given Instagram's reported impact on young people's mental health, keep an eye out for early warning signs of such issues with your child. Seek professional support or consult online services



such as Shout at the earliest point of concern.

**!** Regularly spring-clean your child's Instagram account with them by removing any posts and images you agree are inappropriate and blocking any concerning contacts. If you have any concerns that somebody might be trying to groom your



child you should immediately contact CEOP.

# Snapchat

## Parent / Carer Advice








### What is Snapchat?




13


Snapchat is one of the image-based social media platforms which is incredibly popular with children. One of the key features of Snapchat is that, by default, messages sent through Snapchat disappear seconds after they are viewed by the recipient. The minimum age to use Snapchat is 13 but it is a popular and widely used platform among children younger than this.

### Safety Tips


-  As with all Internet activity, talk to your child about how they use Snapchat, the importance of not 'oversharing', and any issues they have faced.
-  The default privacy setting of 'My Friends' prevents children from sharing 'snaps' with users unknown to them. However, children may change this setting and make their posts public. Ensure your child is aware of the importance of maintaining strong privacy settings and check the settings your child has selected.
-  In the settings options, ensure your child has Snapmap set to 'ghost mode'. This will ensure that nobody can see their current location.
-  Ask your child if they know how to report or block a user who sends them anything that upsets them. This can be done by going to the friends list, selecting the person creating the issue and then selecting the gear icon.
-  Remind your child that although Snapchat automatically deletes images once seen, somebody can copy the image and share it with others.

### Reasons for concern


 **Abuse and bullying**  
As messages disappear shortly after being read, Snapchat has become a popular tool for abuse such as online bullying as abusers feel they will not be held to account for messages posted once they are deleted. This is supported by the fact that if somebody takes a screenshot of a message posted on Snapchat then the person who posted it is informed that this has happened, making it more uncomfortable for people to take evidence of abuse they have suffered or witnessed.

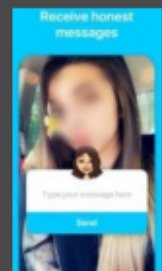
 **The Snap Map**  
The Snap Map allows users to see the live location of their friends on a map. Cartoon-style avatars are used to represent people in a move that was clearly designed to be popular with younger users. This feature can result in children sharing their location (including effectively their home address) with individuals.



 **Addiction-inducing features**  
Children are naturally more prone to addictive behaviour than adults. As such, the inclusion of features such as 'Snap Streaks' (where two users share pictures with each other on consecutive days) encourages addictive behaviour. Snapchat rewards longer streaks with special emojis. This can result in children increasing their daily usage of the app.



 **Risk of secondary apps**  
Snapchat allows users to link to secondary apps that can be used inside Snapchat. A recent concerning example is YOLO which allows users to offer people the opportunity to anonymously ask them questions. Such apps have led to online bullying and hate crime.





## WhatsApp Parent / Carer Advice



16

### What is WhatsApp?









WhatsApp is a free messaging app. It allows you to send text and multimedia messages (video, images and voice recordings) to people in the contact list on your phone. It also allows users to set up group chats where the administrators can invite up to 256 people to share messages and images publicly within the group. Although the age limit for WhatsApp was recently raised to 16 it is popular with primary age children and above. So what are the risks?

### Safety Tips

-  As with all internet activity, talk to your child about how they use WhatsApp and any issues they have encountered.
-  With your child, look through the groups they are members of and discuss any areas of concern you have. You may agree that it would be best to leave the group.
-  Go to the settings (by pressing the three dots in the top right of the screen) and ensure your child's profile is set to 'contacts only'.
-  To leave a group: Open the group in WhatsApp. Press the three dots in the top right of the screen and select 'Group Info'. Scroll down to 'Exit group'.
-  If an admin adds your child back into a group they have left, your child can ask them not to do this. If they keep adding them then you can prevent it by blocking the admin. To do this, WhatsApp provide the following guidance:

1. Go to the group in WhatsApp, then tap or click the subject of the group.
2. Tap or click the phone number of the admin you wish to block.
3. If prompted, tap or click **Message (phone number)** or **Send Message**.
4. A blank chat with the admin will open up. Tap or click the phone number at the top.
5. Tap or click **Block > Block**.

### Reasons for concern

-  Group administrators can invite people your child does not know into group chats. Some of these people may not have innocent intentions or may be older and post age-inappropriate messages.
  -  Some WhatsApp groups can contain images and messages which can cause distress to children. These might include violent images or videos, abusive messages and sexual content.
  -  Chain messages are often shared through WhatsApp. These pressure children to post them on to their contacts, e.g. by claiming that failure to do so can result in the child or a family member dying. Many children find such messages distressing but also feel they must share them with others due to fear of the threat.
- and killed him. A girl named Loran got this message. She laughed and deleted it. I later came to her house and killed her and buried her in a desert. A boy named
-  WhatsApp does not allow users to decide whether to join a group. Your child will be automatically added to any groups that their contacts add them to. If your child leaves the group the administrator can add them straight back in.
  -  Your child may be in WhatsApp groups in which huge numbers of posts are made. The alerts this generates can be an unnecessary distraction and can disrupt sleep.
  -  WhatsApp's default privacy settings are that anybody can see your child's profile photo and when they were last online.
  -  WhatsApp 'dare games' have become popular with children. These involve the child making a quiz about themselves to share with others and this can lead to oversharing of personal information which can be publicly available.
  -  Children can add and then remove other children from groups as a form of exclusion and bullying.



[www.onlinesafetyalliance.org](http://www.onlinesafetyalliance.org)

# TikTok

## Parent / Carer Advice



### What is TikTok?

TikTok is a social media app where users share short video clips of 15 seconds duration. It started out as an app named 'Musically' and was used to share videos of dancing and lip-syncing to music. Much of the content on TikTok still reflects these origins, but popular videos now also include pets, makeup, magic tricks, fashion, art, people reacting to situations, etc. According to OSA research, TikTok is now as widely used by 11-14 year olds as SnapChat and Instagram.



13

### Safety Tips

- ! As with all Internet activity, talk to your child about how they use TikTok and any issues they have encountered.
- ! Discuss whether it would be best to change your child's account to private to avoid interactions with non-friends. If you agree to keep the account public you should discuss strategies for coping with negative feedback and for blocking users.
- ! Help your child to spring clean their account from time to time by removing videos you agree to be inappropriate.
- ! Ensure your child knows not to post videos in their school uniform. Also discuss how recording videos at school might break school rules and what the consequences could be.
- ! The TikTok settings allow you to set a time limit for how long each day you want your child to be able to use the app. This can be password protected to ensure they stick to the limit.



### Reasons for concern

- ! TikTok has a minimum age rating of 13 and anybody under 18 should have parental permission to use the app. However, new users simply enter a date of birth to indicate their age and there are no verification steps. As such, children of any age can create an account by using a false date of birth.
- ! New users will be shown a range of video clips the app feels may be of interest. Many of these will quickly expose users to offensive language which will be inappropriate for children.
- ! The clothing worn and the type of dancing in some videos could be deemed sexualised and therefore something that might be inappropriate for younger users to be exposed to.
- ! The default privacy settings in the app are concerning. Although only friends can send users direct messages, the videos posted by users can be seen by anybody and anybody can like / comment on the videos. New users are also available for anybody to perform a musical duet with. Such default settings can leave children vulnerable to unwanted communication from others.
- ! Many children in the UK are posting videos to TikTok where they are wearing their school uniform, making it possible for strangers to identify their location.
- ! The nature of videos children are posting to TikTok (singing, dancing, etc) can leave them vulnerable to receiving negative comments which can have an impact on mental health.
- ! The company that owns TikTok is facing legal issues and stands accused of illegally collecting data on children (when it was Musically) and the app has been deemed a 'potential security risk by the FBI'.