

# 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.

### 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-16s (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 birthday.

### ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive: figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

### 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-16s 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.



**NOS**  
National Online Safety  
#WakeUpWednesday

# The Anchor News

Serving the local community in the name of Christ since 1859

20th January 2023

## #LearningforLifeAnchoredInChrist

Our values focus this half term **Service**

Hello to all the families at St. Clement's

I'm Miss Garrow, I am a TA and have been working at St. Clement's since September. I am currently working with Year 4 at the moment and thoroughly enjoying it. It's lovely to see all the children coming into class ready to learn.

The children are really starting to show progress in their work. We are particularly enjoying our book in reading at the moment "Zombierella". It is a good read, and we have had fun during enrichment and literacy creating artwork and writeups based on the story for our corridor display. Some examples of which can be seen below.

Working with children does have its challenges but at the same time it is very rewarding. Helping children learn is a true passion of mine and as a TA I strive to help as many children as possible in their learning journey.

I hope you all have a lovely weekend and stay warm.

Miss Garrow - SEN TA



### Zombierella

Zombierella wears a stunning, autumn dress with a eerie skull necklace containing her mother's ashes. She has gorgeous, curly hair that dangles down her back. Although she may look scary, she is kind hearted and is desperate for company. She has been prosed by her FAKE sisters and mother who killed her beloved pet's.

Aminah



**SERVING GOD IS THE GREATEST ADVENTURE IN THE WORLD.**



# UNICEF Rights of the Child



## Article 9:

Keeping families together

Children should not be separated from their parents unless they are not being properly looked after – for example, if a parent hurts or does not take care of a child. Children whose parents don't live together should stay in contact with both parents unless this might harm the child.



## Article 20:

Children without families

Every child who cannot be looked after by their own family has the right to be looked after properly by people who respect the child's religion, culture, language and other aspects of their life.

## Attendance

Attendance for all classes should be greater than 97%. Which classes can get higher than the target!

EYFS - 90%  
Year 1 - 90%  
Year 2 - 94%  
Year 3 - 94%  
Year 4 - 92%  
Year 5 - 97%  
Year 6 - 93%

## Punctuality

Punctuality is also very important. Below you can see how many children have been late in each class this week.

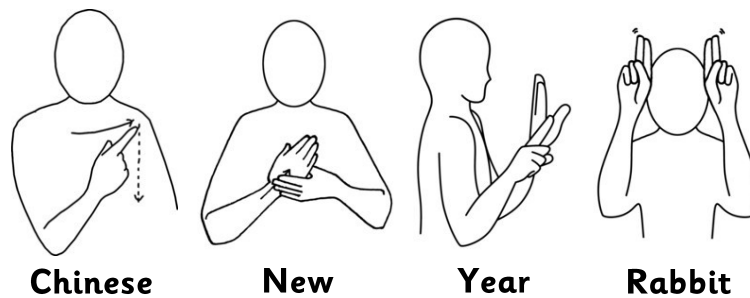
EYFS - 4  
Year 1 - 11  
Year 2 - 15  
Year 3 - 6  
Year 4 - 11  
Year 5 - 13  
Year 6 - 8



I am Sim, your new wellbeing buddy. You will see me in your classroom, around school and I will be joining you for your Circle Time and Personal Development Sessions. I can help you calm down, you can talk to me and share your problems - I am a great listener. After all, my name does mean 'to be heard or to hear.'



It is important to say the words while doing the sign.



## 恭喜發財 Gung Hei Fat Choy

### Chinese New Year Word Search

Can you find the 12 hidden words in the grid below?

r	f	o	t	m	o	n	j	p
a	o	a	d	o	g	f	g	i
t	x	v	r	n	o	i	r	g
p	v	s	t	k	a	h	a	d
s	n	a	k	e	t	n	b	r
c	s	e	m	y	t	b	b	a
h	o	r	s	e	g	f	i	g
e	u	t	i	g	e	r	t	o
r	o	o	s	t	e	r	k	n

Rat  
Ox  
Tiger  
Rabbit

Dragon  
Snake  
Horse  
Goat

Monkey  
Rooster  
Dog  
Pig



Sunday January 22nd is Chinese New Year when we move from the Year of the Tiger to the Year of the Rabbit.

We held a special assembly in school to learn about the importance of Chinese New Year and how it is celebrated. We heard the traditional story behind the naming of the years with Worship Council re-enacting the race. It is believed that the year of your birth gives you characteristics of that animal.

Why not use the Chinese zodiac chart to find out what animal you are?

### Which Chinese zodiac are you?

RAT	OX	TIGER	RABBIT	DRAGON	SNAKE	HORSE	GOAT	MONKEY	ROOSTER	DOG	PIG
2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995
1972	1973	1974	1975	1976	1977	1978	1979	1980	1981	1982	1983

## Potential Snow Day Closure

This week we sent letters home with information about what we will do if school has to close due to adverse weather conditions, e.g. snow. A copy of this letter and the time timetables for learning can be found on our school website in the 'News' section or via the following link:

<https://bit.ly/SnowLetter2023>

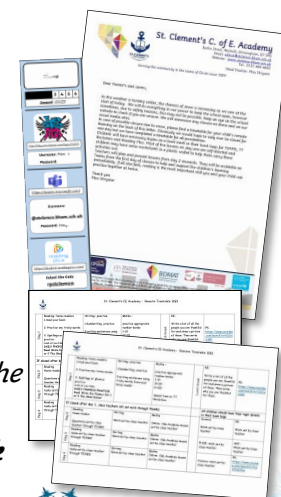
We will do everything in our power to keep the school open, however sometimes, due to safety reasons, this may not be possible.

We will notify parents of school closure in the following ways:

- \* Message on the website homepage
- \* Social Media Posts

If your child has any issues with logging into their accounts please contact Miss Greene who will do her best to sort this out for you, via the below email:

[socialmedia@stclemce.bham.sch.uk](mailto:socialmedia@stclemce.bham.sch.uk)



## Friday Snack

On a Friday children will be able to purchase sweets, crisps, and other refreshments from the 'Tuck Shop'.

Each item will be 50p. We ask that children bring no more than £1 to spend.



If your child is bringing a snack from home, please ensure it is appropriate - no family share size bags of crisps, extra-large chocolate bars and/or large, sharer bags of sweets.

## Safeguarding: Children's Needs and Behaviours



Children's needs and behaviours change as they get older, and understanding these needs will help you better understand your child. A lot has been written about the needs of children and advice for parents.

### School Age Children

School-age children are constantly learning and exploring their world. They may have lots of questions as they start to form their own views on issues. As they move towards being more independent, they may seem to push boundaries and become more challenging. This is a necessary part of growing up.

All children need love, guidance and to have rules and boundaries. Rules and boundaries help families to understand how to behave towards each other, and what's OK and not OK. But the best way to go about this will vary based on your child's age and stage of development. All children are different and develop and reach milestones at different rates.

- Keep guidance simple and consistent.
- If your child is behaving in a way you don't want them to, clearly explain what you want them to do instead.
- Be available and make time for your child, so they will come to you when they feel something is wrong or they are upset.
- Keep talking and listening to your child even if at times it feels like a challenge. Start listening from a very early age and set a pattern for life.
- Review family rules as your child gets older and recognise the different needs of children living at home. For example, you shouldn't expect the same from your 12-year-old as you would from your four-year-old.
- Get support from friends and try any good ideas they have found helpful.
- If you are struggling and feel things are getting out of hand, get advice from your child's teacher.

### School age Children and Teenagers

- Be willing and give your child opportunities to show they can be trusted.
- Avoid criticism wherever possible. If your child has done something wrong, explain that it is the action and not them that you're unhappy with.
- Try to avoid getting trapped in petty arguments. There are rarely any winners!
- Consider ways to negotiate or offer choices as your child gets older.

For more information on positive parenting, you can visit the NSPCC Website - information for parents.

If you would like to speak to someone at the academy, please arrange an appointment with Miss Akers.