

Mossley Hollins High School

Our Newsflash (11)

Thursday 24th November



OUR TOP STORIES THIS WEEK

Spotlight on: Technology Clubs

With so many co-curricular activities on offer, we would like to share some photos of our students working hard to make a wooden plane in our Year 8 Design and Make Club:



Students are also working hard in the Graphics Club to create spectacular digital designs using professional software.



Meanwhile, students in our Cookery Club have been learning new recipes and baking some delicious dishes for us to enjoy.



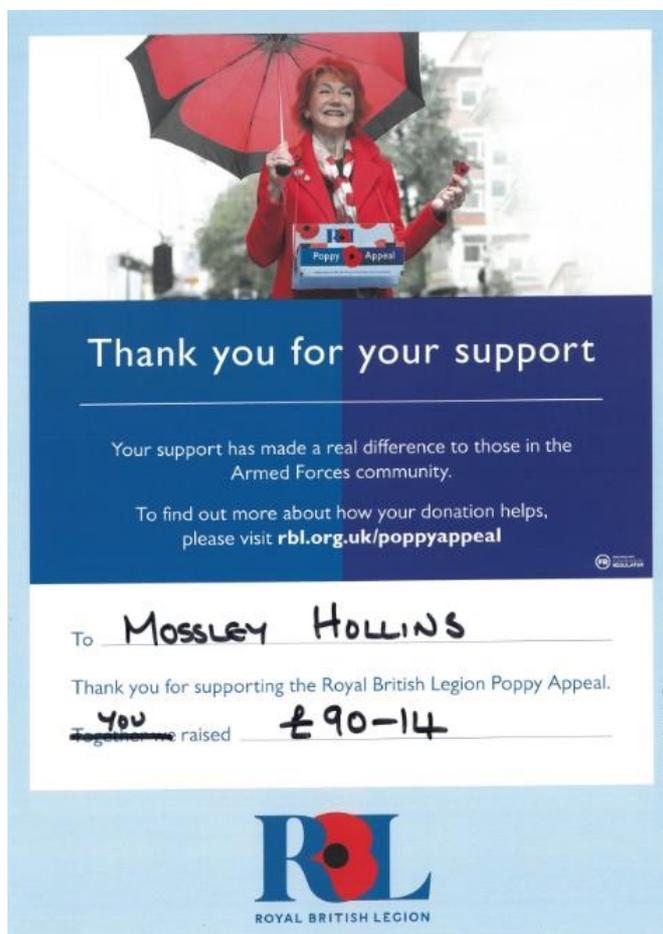
Manners + Hard work + Honesty = Success



Year 9 Vaccinations

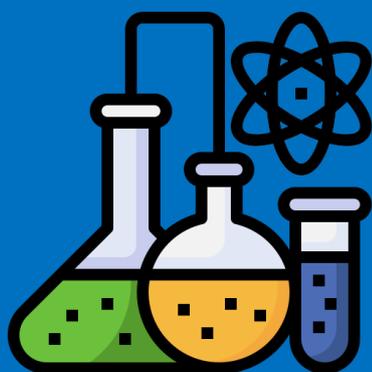
The NHS immunisation team will be in school between **the 12th – 15th December** to administer the Tetanus/Diphtheria/Polio and Meningitis vaccine to all Year 9 students.

An NHS consent form has been sent home for you to complete, please can you ensure it is returned to the school office as soon as possible. If students do not have a completed form providing consent, they will not receive the vaccine, however the nursing team may contact parents to check for consent.



Poppy Appeal

A huge thank you to all our staff and students who donated to the Royal British Legion to purchase a poppy. Together, we have raised £90.14 to help support those in the armed forces community.



Scientist of the week

Ashley Johnson (Year 9)

Mr Choudhury nominated Ashley because she has worked hard in science and is proactively looking for new ways to enhance her learning. Ashley carefully considers her answers, making sure that she is thinking and communicating scientifically.

Keep up the fantastic work Ashley!



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Spanish Christmas Card Competition

The MFL department are inviting you to design a card which shows the Christmas traditions of another country, for a chance to win a £5 voucher!

Entries are to be submitted in Spanish.

Each card should be no larger than a sheet of A4 paper and must be completed by hand, but any form of materials can be used – felt tips, paint, fabric etc.

Judges will be looking for originality of illustration as well as accuracy of language and content.

Each entry must be clearly marked on the back with your name, tutor group and Spanish teacher's name. You must hand them in to your Spanish teacher in the MFL building **by 12th December**.

Please note: entries containing English language will not be accepted.



OUTSTANDING SPORTS NEWS



Tyler Scott Muay Thai Boxer

Tyler Scott, in Year 8, is a very dedicated and talented Muay Thai boxer outside of school.

He trains 4 times a week and he has competed in some of the biggest events of the year including Yokkao, SuperShow, and SuperShowDown.

Last week, he fought in a WBC contender fight and we look forward to hearing about his future achievements this year.

Year 9 Boys Football Team

The Year 9 Football team played in their third game of the season on Wednesday, against Laurus Rycroft. They put in an outstanding performance with Ace Norton scoring a hat trick! Unfortunately, they lost the game 4-3 but we remain hopeful for a win, next time.

Well done to; Lucas Mason, Sam Jones, Declan Mainwaring, Jonathon Vincent, Archie Moreland, Harry Wadsworth, Oliver Loughman, Henry Wood, Tom Pritchard, Harrison Mayall, Ace Norton and Corey Walker.



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OUR GCSE COUNTDOWN

EXAMINATION COUNTDOWN

18 **WEEKS**

WHY USE GCSEPOD?

What is it?

- One website, 3 apps and over 6000 Pods.
- Content produced specifically for mobile devices, tablets and PCs.
- Designed to squeeze exactly the right knowledge needed for exam success into short 3-5 minute chunks.
- Helps with learning, homework and revision.
- For years 10 and 11 only.

It will help your child get organised. Your child can create personal playlists to listen to in the run-up to an exam, to help with homework or on the go to help consolidate learning. The viewing history feature enables your child to return to Pods they found useful. There's also a 'Favourites' playlist, which enables them to easily return to Pods on areas they may be finding difficult. Premade exam specific playlists, available in the 'My Courses' area are neatly organised meaning your child can manage revision quickly and easily whilst prioritising their time.

SUPPORT YOUR CHILD ON THE PATH TO SUCCESS



Your child's school has invested in the award winning resource, GCSEPod, to help your child reach their goals!

Join the thousands of parents/carers encouraging their children to use GCSEPod to support learning, homework and revision.

- ▶ Proven to increase results
- ▶ 28+ exam mapped subjects
- ▶ Available online and offline
- ▶ Audio visual content
- ▶ Builds confidence
- ▶ Independently accessible assessments

Want to find out how you can support your child more with GCSEPod? Then join one of our free webinars by registering here: <https://www.gcsepod.com/podup-presents-webinars/>

"The correlation between success and failure was made almost 100% clear by the use of GCSEPod."

Head of MFL
at Yateley School

"I found GCSEPod especially useful to compliment my knowledge and I'm certain it helped me secure the grades that I have been so happy to receive."

Student

"My daughter used GCSEPod for her GCSEs and was very successful with her results, she absolutely loved your Pods and this style of revising."

Parent

Student Activation

Please follow these instructions if your child has not yet activated their GCSEPod account

1. Go to GCSEPod.com and click 'LOG IN'
2. Click 'New to GCSEPod? Get Started'
3. Enter your child's details and confirm the name of the school they attend
2. Create a username and password

For more information please visit www.gcsepod.com/parents



DATES FOR YOUR DIARY

(Please see our website for further details)

Friday 25 th November	School Closed
Week of 28 th November	Year 7 Test 1s in class
Week of 5 th December	Year 8 Test 1s in class
Thursday 8 th December	Year 11 Parents Evening (6pm-9pm)
Week of 12 th December	Year 9 Tests 1s in class
Wednesday 14 th December	School Christmas Lunch
Friday 16 th December	Christmas Carol Service and End of Term, school will close at midday for students

UPDATED TERM DATES 2022-23

In light of the announcement of His Majesty's coronation on Saturday 6 May 2023, an additional bank holiday has been announced on Monday 8 May. School will therefore be closed on this day. The HPV 2 Vaccinations which were scheduled for this date will be rearranged. The new date for these will be communicated when they have been confirmed.

OUR REMINDERS AND MESSAGES

In the event of extreme weather

In the event that school opening is impacted by extreme weather, updates will be provided via School Gateway. This is the quickest and most cost-effective way in which to communicate with families. Whilst we are not expecting any extreme weather in the coming weeks, it would be really beneficial for families to download the School Gateway app if you have not already done so and turn on notifications, to ensure effective communication.

Our Uniform

Thank you for presenting a high standard of personal appearance (see student planner for details of the uniform and PE uniform required, shoes, bag-type, hairstyles, no make-up, no jewellery and no nail-varnish). There are no exceptions. We are counting on full parental and carer support. Our uniform can be sourced from *Simply Schoolwear* or *Top Marks*. We wear formal black footwear, only. We do not wear trainers or sports' manufactured shoes, canvas pumps, and our shoes must be below the ankle. That way, we all look very smart and begin to represent our family and community-school so well. Students who arrive to school without the correct footwear will be provided with a pair of shoes from our school stock.

Your Equipment

School Planner; Pencil Case (with at least the 2Ps – pen/pencil – and 2Rs – ruler/rubber); DEAR-reading book; Lesson Books, Folders and Equipment for the day; PE-kit on PE day). It really is the minimum expectation of good or great learners and members of our Team.

Pastoral Check-ins

Over the next few weeks our pastoral team and senior leaders will be conducting checks and searches for any banned items that have been brought into school. Please ensure that you speak to your son/daughter about such items and make it clear that they should just have their planner, books, other essential equipment for school, lunch and a drink with them.



Redgrave college NUHOPEs

Please be aware that if a year 7 student receives a NUHOPE on Friday Period 6 or Monday, it will be sat on Tuesday.

Students that have Nurture after school on Tuesday will sit Wednesday and any received on Thursday sat on Friday.

Life Skills in form Time

Life skills is now taught in the curriculum in Religion and World Views, Drama and Computing lessons. However we feel that students will benefit even more having a second opportunity to cover the content of our life skills curriculum by

re-introducing it to form time as well. Therefore, we will be teaching life skills in form time, alongside its place in the curriculum, to ensure our students continue to remain safe, healthy and prepared for life's opportunities. These are the revised days that each year group will deliver the session in Form Time:

Redgrave (year 7)	Faraday (year 8)	Bronte (year 9)	Nightingale (year 10)	Turing (year 11)
Tuesday	Friday	Thursday	Friday	Wednesday

The timetable below shows the theme for Autumn 2 and the topic for next week (week 2):

Year Group	Theme	Week Five Topic
Year 7	Step into the NHS	Job Description Entry continued
Year 8	Online Safety	Trolling*
Year 9	Gangs and anti-social behaviour	County Lines Gangs
Year 10	Reflecting on Life Skills Day	Evaluating Life Skills Day Learning*
Year 11	Planning for Life after Mossley Hollins	Behaviours in the Workplace

*Carried over from last week due to the planned school closure on Friday 25th November

If you currently have a child in year 11, you may find this website useful for discussing options going forward:

<https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-16>

If you have any queries regarding our Life Skills curriculum or our Pastoral Programme please contact Ms M O'Donnell at m.o'donnell@mossleyhollins.com



Rehearsals for the school production of *We Will Rock You* continue to take place on Mondays and Thursdays, 3pm-5pm, in the Arts Theatre.

Two-week timetable

The week commencing **Monday 28th November** will be **red week (Week 2)**. Please ensure you bring in the correct equipment and homework for your **red week (week 2)** lessons.



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Homework

We would like to remind parents that students use their homework planners to record their homework. Please support your child at home by reminding your child about completing their homework for the due date.

Setting routines are recommended to help children adopt these strategies for themselves and so does not stop the development of independence but instead helps it. Support at all levels can be helpful in the beginning:

- Creating a homework schedule to be displayed somewhere obvious (e.g. on the fridge) and added to as tasks are set.
- Sitting together and discussing the tasks that have been set and how your child will complete them.
- Reminding your child about presentation skills.
- Encouraging your child to ask questions to their teacher if they are finding the work challenging.

We will also be offering homework clubs in different faculty areas to provide support for your child.

Mental Health and Wellbeing

The safety and wellbeing of our students is our highest priority. We offer a number of support streams for our students to reach out to if they ever feel anxious, overwhelmed, stressed, worried or lonely. All the details of our Mental Health and Wellbeing support streams can be found under the student tab of our website:

www.mossleyhollins.com/students/mental-health-and-well-being/

We have also signposted other support services, which are available to young people outside of school, at the end of this edition of the newsflash.

NATIONAL ONLINE SAFETY

At Mossley Hollins High School, we are fully committed to the safeguarding of the young people in our care and believe it is important everyone takes an active role in ensuring students are safe online.

We would like to welcome parents to join National Online Safety by following the link below:

<https://nationalonlinesafety.com/enrol/mossley-hollins-high-school>

Once you have registered, you will have access to a multitude of resources to help keep your child safe online

We would especially like to recommend the Online Safety Course for Parents and Carers, which can be accessed by following the links below:



<https://nationalonlinesafety.com/hub/view/course/os-for-parents-carers-of-children-aged-11-14>

<https://nationalonlinesafety.com/hub/view/course/os-for-parents-carers-of-children-aged-14-18>



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E-Safety: Protect yourself on the Internet: remember the GOLDen rules.

Ground rules

1. Keep information private – think, would I tell this to a stranger?
2. Agree rules about meeting online 'friends' in real life
3. If it's not acceptable in real life it shouldn't be acceptable online

Online safety

1. Use anti-virus and monitoring systems
2. Know where to get advice – see below
3. Activate security and privacy settings

Location

1. Internet access should be in a family room, rather than a bedroom
2. Know that Internet access can be gained by the use of other devices; such as gaming consoles, mobile phones or the neighbour's wireless

Dialogue

1. Talk to your parents about your internet use
2. Talk to your parents if you have a problem or feel uncomfortable

Our serious concerns about Vaping

We have serious concerns regarding students vaping (using electronic cigarettes). Students have been observed in school uniform smoking/vaping near to our school grounds or on public transport.

Vaping is prohibited at all public transport stops and stations in Tameside and on transport to and from school. Any student found vaping will be in serious trouble at school and their parents/carers will be notified.



Health risks associated with Electronic cigarettes (E-cigarettes)

- Can contain high levels of nicotine. Adolescence is a critical period for brain development and exposure to nicotine can have long-term health consequences, impacting memory, attention and learning.
- E-cigarettes (Vapes) are often available in different flavours which can be appealing to young people and may expose them to chemicals and toxins such as formaldehyde, heavy metals, particulate matter and flavouring chemicals, at levels that have the potential to cause adverse health effects.
- Sometimes vapes are disguised as USB's, pens and cosmetics.



- Second-hand smoke exposure can cause disease and premature death in children and adults who do not smoke. Specifically, children exposed to second-hand smoke experience a range of upper and lower respiratory illnesses and symptoms such as colds and flu, cough, phlegm production, wheezing and pneumonia.

Your support

There are ways you can help protect your children and support our school community. These include:

- Talking to students about why smoking/vaping are harmful for them.
- Learning about the different types of e-cigarettes available and the risks associated with using these products. We recommend that you have a look at images of vapes above and online to familiarize yourself on what they can look like.
- Report anyone you see vaping or anyone that has an e-cigarette with them in school. Please contact the child's Head of Year or a senior member of staff immediately.

Ensure notifications are on for School Gateway app

As a school we are looking at ways to reduce costs, one area highlighted is the amount we are spending on text messages.

Even if you have the School Gateway app you must ensure that you are logged in all the time and have push notifications manually turned on for this app within your phone settings. Every device will have other settings that can affect push notifications (for example, battery optimisation, which prevents some devices from receiving push notifications when the battery is below a certain percentage).

Please also ensure that you are running on the latest version of the app, which can be confirmed in the Play Store or App Store. If you are still not receiving notifications and have followed the guidance below, you would need to refer to the help guide for your specific device and/or contact your device manufacturer:

If both parents\carers are registered on Gateway please ensure that each registered user is using the School Gateway app.

Guidance for switching on notifications:

Apple

1. On your phone, go to settings
2. In here, scroll down to the 'Notification Centre'
3. Select School Gateway
4. In here, ensure that under the heading 'Notification Centre' is switched on
5. Close the screen; you will now receive notifications when new app messages come through



Huawei

1. Tap the Apps icon on your home screen
2. Tap settings
3. Tap Apps or App Manager
4. Scroll down and tap School Gateway
5. Tap Notifications
6. Confirm 'Block all' is toggled OFF (Samsung / other devices - toggle 'Allow Notifications' ON)
7. Restart your device



Android

1. On your phone go to Settings > Applications Manager
2. Scroll down the list of apps until you find School Gateway and select it
3. In here there will be a tick box that says 'Show Notifications'. Ensure this is selected
4. Close the screen; you will now receive notifications when new app messages come through.



Samsung

1. On your phone got to Settings > Notifications and Status Bar > Notifications Centre
2. Scroll down your list of apps until you find 'School Gateway' and select it
3. Activate 'allow notifications' and also 'priority display'
4. Restart your device
5. You will now receive notifications when new app messages come through.



CONTACTING SCHOOL

If you phone or write to a member of our staff and you do not get an acknowledgement or reply within 48 hours, we ask that you contact the Head Teacher's PA, directly, letting him know who you contacted and what your concern or question was. Mr Oliver, the Head Teachers PA will ensure you get a reply within the next 24 hours. Please write by email to <mailto:heads.pa@mossleyhollins.com> giving details of which member of staff you have contacted and what your question, concern or request is.

This facility can only be used if you have first followed the correct channels and not received an acknowledgement and reply by the end of 2 working days. Mr Oliver will not be able to help before that stage.

OUR VACANCIES AND OUR TRAIN TO TEACH OFFER

Job Vacancies – Mossley Hollins High School

Role: Classroom Teacher of English

Pay Scale: MPR/UPR

Hours: Full time

Contract: Permanent

Closing Date: Monday 21st November 2022 – 12 noon

Start Date: As soon as possible

Role: Level 3 Teaching Assistant (Literacy+) – Mossley Hollins High School

Pay Scale: Grade E (Point 11-16)

Actual starting salary at Point 11 (12 hours: £6,830.87) (14 hours: £7,969.35)

Hours: 12 - 14 hours per week (term time only)

There may be an opportunity for some flexibility in the hours of the role

Contract: Permanent

Closing Date: Monday 28th November 2022 – 12 noon

Start Date: As soon as possible

Role: Administration Officer/Co-curricular and Electives Co-ordinator

Pay Scale: Grade D (Point 7-10)

Actual starting salary at Grade D Point 7: £19,057.09

Hours: 36 hours per week, term time only

Contract: Permanent

Closing Date: Monday 5th December 2022 (12 noon)

Start Date: As soon as possible

Role: Curriculum Tutor Level 3 (Literacy+) – Mossley Hollins High School

Pay Scale: Grade E (Point 11-16)

Actual starting salary at Grade E Point 11: £19,354.14

Hours: 34 hours per week (term time only)

Contract: Permanent

Closing Date: Monday 5th December 2022 – 12 noon

Start Date: As soon as possible

Further details are available on the school website at www.mossleyhollins.com



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Train to Teach

Train to Teach with us here at **The Tame River Teaching & Curriculum Institute** through School Direct in partnership with **everyonelearning@ Hawthorns Kingfisher**.

We are currently recruiting for **Biology, Chemistry, Physics, English, Geography, History, Maths, PE with Ebacc, Art, RE, Design & technology, Computer Science and MFL**. We lead and host training and placements in strong schools at secondary and primary level. Bursaries may be available.

For more details, please contact eduggan@tret.org.uk or look at the **Train to Teach** Section of the Trust Website: www.tret.org.uk.

Get Into Teaching Recruitment Event

If you are interested in a career in teaching, then why not come along to our **'Get Into Teaching Recruitment Event'** on **23rd November** between **5pm and 7pm**.

- Wednesday 23rd November
- 5-7pm
- Halcyon Way School, Chadderton, Ram Mill, Gordon St, Chadderton, Oldham OL9 9RH

Be an inspirational Teacher

Train to teach with **everyone learning**

with everyonelearning @ Hawthorns, Kingfisher, Mossley Hollins Teaching Partnership

Visit our website
www.everyonelearning.co.uk

Apply for Teacher Training
www.gov.uk/apply-for-teacher-training
Course code 2A1



General



Concerns in or out of school? Use the the Confide reporting tool to report any concerns.



Childline- general support for young people.
Call **0800 1111** or visit
<https://www.childline.org.uk/>

childline



Think you know: <https://www.thinkuknow.co.uk/>

Mental Health and Well-being

Off the Record: Suitable for children and young people aged 10-25 in Tameside who are experiencing mental health difficulties such as anxiety, worry, low mood, bereavement, bullying and stress etc. www.otr-tameside.org **0161 355 3553**



Samaritans
www.samaritans.org
Freephone: **116 123**
Text message: **07725 90 90 90**

Eating Disorders B-eat – Eating Disorder Charity
www.b-eat.co.uk
Tel: **0845 634 141**



Mind: Suitable for young people aged 8-18 years struggling with different issues such as anxiety, worry, low mood, stress, bullying etc.



Sexual Health and Well-being

YOUthink are a specialist team for sexual health intervention and prevention, which focus on improving young people's sexual health. The team is made up of youth workers who offer FREE one to one individual support to young people aged under 25 to access local contraception and sexual health services. The service also offers a variety of services including: pregnancy testing, condom distribution, advice and support.

The Service is confidential and designed to keep young people SAFE and not judge.

To contact YOUthink about any sexual health issue, or ask a question about services, Monday to Friday 9.30am to 4.30pm:

Tel: **0161 342 5600** or **0161 342 5671** or **0161 342 5672** and ask to speak to someone from the YOUthink team.



Or visit 31 Young People's Centre, Clarence Arcade, Ashton-under-Lyne, OL6 7PT. LGBT Foundation is a national charity delivering a wide range of services to lesbian, gay and bisexual and trans (LGBT) communities. <https://lgbt.foundation/> Advice Support & Information **0345 3 30 30 30**

SEXWISE – online honest advice about contraception, pregnancy, STIs and pleasure. <https://www.sexwise.fpa.org.uk/>

Sexual Assault: <https://www.sexwise.fpa.org.uk/where-to-get-help/sexual-assault-services>



Domestic Abuse



Refuge <https://www.nationaldahelpline.org.uk/>
0808 2000 247



Self Harm



Self-Harm Network <https://www.nshn.co.uk/>

SHARE

Self-Harm Awareness & Recovery - Support group in Manchester

Tel: **0161 226 5412 / 07876 166 625**

Papyrus

National suicide prevention charity. Tel: **0800 068 41 41**

Drugs and alcohol



Tobacco <https://www.nhs.uk/smokefree>



Young Minds: <https://youngminds.org.uk/find-help/-looking-after-yourself/drugs-and-alcohol/>



My Recovery Tameside:

<https://www.changegrowlive.org/my-recovery-tameside>

You can also phone or email: **0161 672 9420** or email tameside.referrals@cgl.org.uk

Or if you live in Manchester: **0161 839 2054** from 09:00 - 17:00 on weekdays or email eclipsemanchester@cgl.org.uk.



Talk to Frank: <https://www.talktofrank.com/>
0300 1236600



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-18 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

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-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.



NOS National Online Safety

#WakeUpWednesday

www.nationalonlinesafety.com

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)

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