



# Millbrook Junior School

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Dear Parents/Carers,

We have been made aware of a real and particularly nasty viral post circulating on TikTok and other social media outlets. Whilst we are aware that Instagram, Facebook, Snapchat, and TikTok all set their terms and conditions to a minimum of 13-years-old, many young pupils have accounts. Therefore, we offer the following advice:

- Remain calm and non-judgemental when talking to your child.
- Encourage your child to be open and honest about what APPs they have and use at home
- If your child has seen something that has upset them, then encourage them to share where have they seen this content? Talk with them about what they did when they saw it and what they can do in the future. Consider whether that channel/account should be blocked?
- Don't treat 'online' life different to real life. For a lot of children, their online is real life. In the same way that we would talk about their day at school, their friends etc. we should have regular discussions about what they are doing online and what to do if something is concerning or upsetting.
- Consider 'digital-free' zones, i.e. bedrooms, bathrooms, etc. where your child is not allowed to use their online devices.

I have also attached more detailed advice for parent/carers on Social Media and Online Safety Within The Home produced by NCCcybersafe. If you have further concerns, please feel free to contact me via the school office. Alternatively there is lots of advice and resources available from: [thinkuknow.co.uk](http://thinkuknow.co.uk), [internetmatters.org](http://internetmatters.org), [parentzone.org.uk](http://parentzone.org.uk), [NSPCC.org.uk](http://NSPCC.org.uk), [net-aware.org.uk](http://net-aware.org.uk), [childnet.com](http://childnet.com). You can also report inappropriate content to CEOP (link provided on the homepage of school's website).

It is not always possible to see what children are looking at online, but teaching children to think critically about what they see, hear or watch online enables them to assess for themselves how to deal with any situation and who, if necessary, to report it to.

Yours sincerely

Andrew Wood  
Online Safety DSL