

Welcome to Marshland
Parent and Carer
Support and Information evening

The Purpose of this evening

An overview of the PSHCE Curriculum

Online Safety including internet safety

Mental Health and Wellbeing

Support for you and your child

Introduction to statutory guidance and PSHE curriculum

We have had a PSHE curriculum in place for many years.

New guidance launched for first teaching in 2020.

We were covering most of this already

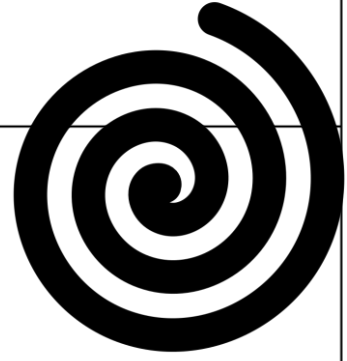
Split into two main themes:

- Relationship and Sex Education

- Health and Wellbeing

Area:	Where MHS will be covering:
Families	Covered within PSHCE and Religious Education
Respectful Relationships (including friendships)	Covered within PSHCE, Safer Schools assemblies, Religious Education and Tutor Time
Online Media	Covered within PSHCE and IT/Computer Science
Being Safe	Covered within PSHCE
Intimate and Sexual Relationships, including Sexual Health	Covered within PSHCE
Mental Wellbeing	Covered within PSHCE and on Super Learning Days
Internet Safety and Harms	Covered within PSHCE, Safer Schools assemblies, and within IT/Computer Science
Physical Health and Fitness	Covered within PSHCE and PE
Healthy Eating	Covered within PSHCE and Food Technology
Drugs, alcohol and tobacco	Covered within PSHCE and Science
Health and Prevention	Covered within PSHCE and Science
Basic First Aid	Covered within Super Learning Days
Changing Adolescent Body	Covered within PSHCE and Science

	Year 7		Year 8		Year 9		Year 10		Year 11
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	Lesson 3 – Bullying		Lesson 3 – Addictions		Lesson 3 – Alcohol and Tobacco		Lesson 3 – Other systems of government		Lesson 3 – PSHE - Gambling – the Law and addictions
	Lesson 4 – How do we treat others with respect?		Lesson 4 – Gangs		Lesson 4 – Body image		Lesson 4 – Powers within Britain and with the wider world.		Lesson 4 - PSHE - Adult Health
	Lesson 5 – How do I make good choices with my money?		Lesson 5 – Media and Relationships		Lesson 5 – Gender Identity		Lesson 5 – Human Rights and International Law		Lesson 5 – PSHE - At the Party
	Lesson 6 – What impact does the media have on me?		Lesson 6 - Consent		Lesson 6 – Financial Safety		Lesson 6 –Power to the People		Lesson 6 – PSHE - Harassment
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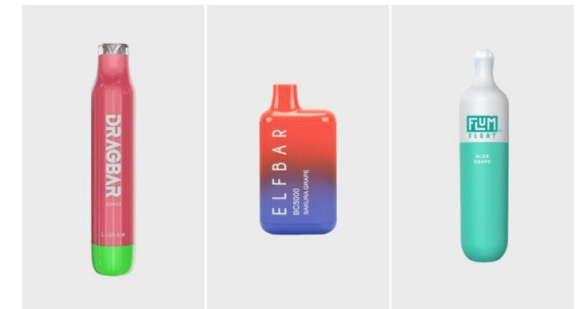
Vapes

Vaping can help smokers quit smoking, but it isn't harmless and is not recommended for young people under 18. In the UK there is a minimum age of sale for vaping products. **It is illegal to sell nicotine vaping products to anyone under 18 or for adults to buy them on behalf of under-18s.**

A large majority of 11-17 year olds have never tried or are unaware of e-cigarettes (83.8%).

- In 2022, 15.8% of 11-17 year olds had tried vaping, compared to 11.2% in 2021 and 13.9% in 2020.
- In 2022, 7.0% of 11-17 year olds were current users, compared to 3.3% in 2021 and 4.1% in 2020.
- Children under 16 are least likely to try e-cigarettes. 10.4% of 11-15 year olds have tried vaping, compared to 29.1% of 16-17 year olds. Among 18 year olds 40.8% report having tried an e-cigarette.
- Use among 11-17 year olds who have never smoked remains low and largely experimental, while 7.5% of never smokers have tried an e-cigarette in 2022 only 1.7% report at least monthly use.

We still don't know what the potential harm of vapes may be, as they are such a new product. While they may be useful as a way of quitting smoking, this is because they contain 'fewer' chemicals than smoking, not because they are risk free.



The appeal of vapes to young people

They are in many different flavours which appeal to young people

They are cheap (elf bars can be bought for around £5 for 600 puffs which is around the same as 40 cigarettes).

They come in lots of different colours which they can co-ordinate to their outfits.

Choose your Flavour ×

Blue Razz Lemonade

Blueberry Sour Raspberry

Cotton Candy Ice

Pink Lemonade



Nitrous Oxide

Nitrous oxide is a colourless gas that is most commonly found in pressurised metal canisters. You may have seen these metal canisters lying around in streets particularly outside bars and nightclubs, but also in places like parks and verges.

It is becoming increasingly popular with young people in the UK and is readily available to buy online. Laughing gas is often categorised as a 'legal high' but is considerably less risky than others, such as synthetic cannabis and stimulant mixtures.

However, if someone takes too much nitrous oxide, they risk falling unconscious and/or suffocating from the lack of oxygen.

- It is illegal to sell nitrous oxide to anyone under the age of 18.
- It is illegal to supply for human consumption (penalty is 7 years in prison or unlimited fine)
- The law regarding possession changed on the 8th November 2023 - <https://www.gov.uk/government/news/nitrous-oxide-to-be-illegal-from-november>



Snus (nicotine pouches)



- Snus is an alternative form of tobacco which users place under their top lip rather than smoking. It originates from Sweden and Norway and has been used as a way of encouraging people to stop smoking. In the UK this version of snus is illegal but an alternative seems to be becoming more popular – known as nicotine pouches, they do not contain tobacco. They are used in similar ways.
- Nicotine pouches contain nicotine which is the addictive part in cigarettes. Use can result in stinging sensations in the mouth, and excessive use can result in headaches, nausea, dizziness and an elevated heart rate. They are sold in varying levels of nicotine so users may experience these side effects if they take one with a level of nicotine they are not used to. There are also varying levels of chemicals contained within nicotine pouches which are harmful to your body.
- You have to be 18 to buy them.

Online Safety

The world is changing

Online Safety is getting more complicated.

Not intended to scare, but to make aware.

With new devices and apps being launched daily, knowledge of what students are doing online is essential.

Please talk to your child.

In class we tell students to discuss online use with parents. (Be open)

What is online safety in lessons?

- It is about being aware of the possible risks that online activity can bring and how to deal with them.
- It also looks at students 'digital footprint' which can have negative consequences to their future.
- Open discussion about how students use technology

4C's

- Content – Access to inappropriate or unreliable content may put children at risk
- Contact – interaction with unsuitable, unpleasant or dangerous people may put children at risk
- Conduct - Children's behaviour may put themselves at risk
- Commercialism – Children's use of platforms with hidden costs may put themselves at risk

Loot Boxes

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to have an informed conversation about online safety with their children. Should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. @www.nos.org.uk/nationalonlinesafety.com for further guides, tips and tips for kids.

What Parents & Carers Need to Know about LOOT BOXES

Marketed as increasing a player's enjoyment of a game, loot boxes are usually purchased or given as rewards. When opened, they unlock items for use in the game, such as better weapons or new characters to play as. Loot boxes feature in many games and are therefore available to various age groups. They have often been criticised for emulating gambling: the odds of unlocking certain items can seem astronomical, while the money being spent is often high compared to the potential reward. It's imperative that trusted adults understand the risks that loot boxes can pose.

WHAT ARE THE RISKS?

MOUNTING COSTS

Loot boxes can be bought with in-game currency or earned as rewards for completing tasks – but many of them are paid for with real money. Prices vary from game to game, and purchases can stack up quickly. It's easy for children to overspend on loot boxes, especially if they really want the item on offer – a recent study found that 31% of young gamers were unaware loot boxes actually had a cost at all.

POTENTIAL ADDICTION

The sense of anticipation and the feeling of joy when unearthing a rare or desired item can make opening loot boxes very addictive. As the boxes give out semi-random items which vary in usefulness or rarity, players often end up spending for the best common items – as well as chasing the buzz of finding one. Loot boxes can be compared to scratch cards, delivering similar highs and lows.

NORMALISING GAMBLING

Because loot boxes cost money for the chance – but no guarantee – of receiving a big reward, it's easy to see the link to gambling. Players spend an amount of money, with no idea of what they'll get in return once the loot box is opened. It could be the best item in the game, or the worst. Many games are beginning to phase out loot boxes completely to avoid breaking local gambling laws.

ADVANCED SCAMS

Most games don't let players trade the items they get in loot boxes, but a few still do allow exchanges with other players. This could lead to young gamers being tricked or harassed into trading items they paid for or won fairly. Rare items from some games can be quite valuable and are bought and sold on the grey market using external sites – leaving children vulnerable to being scammed.

Advice for Parents & Carers

CONSIDER THE ODDS

It's a smart move to check the odds on the items in the loot boxes. To see how hard it is to find a particular reward, show your child and explain to them whether it's likely (or not) that they'll find the item they want inside the box. Of course, there's a sizeable element of chance – but if an item says it's likely to drop once out of every 10,000 boxes, it's wise to adjust your child's expectations.

RESTRICT SPENDING

Even if you're happy for your child to purchase loot boxes, it's safest to restrict how much they can spend. Options include adding a temporary payment method, or making sure they ask permission first. If a credit or debit card is linked to the gaming account, excited young players could soon run up an eye-watering bill. Ensure your child recognises how much each box costs and understands that they're using real money.

USE PARENTAL CONTROLS

Most video gaming consoles, as well as the individual games, allow parents and carers to place purchasing restrictions on the child's account. This is an effective way to avoid overspending or prevent children from buying any loot boxes in the first place. Not all games offer this feature, so it's best to investigate your options on each new game before your child starts playing it.

DISCUSS THE RISKS

Be open with your child about how much loot boxes (and individual item purchases) cost and how the system works, in terms of probability. If a child realises it's unlikely they'll get that rare reward, they may prefer to spend their money on a guaranteed item – like a skin in the online store – instead of gambling on a loot box. Outline how other people might try to exploit online trading systems to steal their valuable items.

Meet Our Expert

Daniel Upcombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 17 publications for children covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and IGN, he has reviewed more than 50 games and products over the past year.

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- Purchasing of avatars or items to use in games.
- Often lucky pick if you get a particular item.
- Often needed to progress in a game.
- Has become more restricted in games due to some European laws.

Deep Fakes

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they wish to reveal. This guide focuses on one issue of many which we believe treated adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, resources and tips for adults.

What Parents & Carers Need to Know about DEEP FAKES

A deepfake is an extremely convincing piece of media that is created using artificial intelligence (AI), based on pictures and recordings of the subject. The name comes from the deep learning approach to AI needed to generate them and the fact that they're used to create fake content. Deepfakes can be made as videos, static images and audio – where a person's voice is accurately mimicked to make it seem as though they have said something which, in reality, they have not.

Fake News

The most obvious use to date has been to spread false news: a politician or well-known figure can be undermined by someone putting damaging words into their mouths. For example, in 2018, a video of Donald Trump advising the people of Belgium on climate change was revealed to be a deepfake. While in 2021 a convincing parody account supposedly belonging to Tom Cruise went viral on TikTok.

Fraudulent Use

Deepfakes are mostly associated with video clips, but audio versions do exist and are in fact much simpler to create. They carry obvious criminal potential to commit financial fraud, for instance. It is possible for someone to be fooled that a trusted person gave specific instructions or authorisation during a phone call, while a fake voice could be generated to bypass phone authentication at some banks.

Potential for Extortion

A sophisticated deepfake video could be used for extortion, even if someone has not done anything to be blackmailed over. A deepfake could believably show a person in a compromising position, and – even if that individual was never actually present – the mere threat of the video being circulated on the internet could be enough to coerce them into paying a ransom.

Pornography

A 2019 study by research company Sensity AI found that 95% of deepfake videos online look the form of pornography. This involves realistically superimposing the faces of other people (usually celebrities or public figures, but members of the public have been victims, too) onto the bodies of actors in porn movies. Not only could this be used as a type of extortion, but it is also an appalling invasion of privacy.

Advice for Parents & Carers

Keep Profiles Private

Ensure that you and your family maintain a relatively limited public presence on social media. By enabling privacy restrictions, you can help to prevent scammers from having access to images, video and audio clips from which they could easily copy your voice and facial likeness.

Search for Other Evidence

If the video is supposedly of a prominent public figure, then it is probable that whatever they said on the clip would have also been recorded by someone else (especially if it was a political speech). Google the person or name, with the words of whatever they said in quotation marks. If no matching search results come up – and the video has not been covered by any news outlets – then it is likely you are looking at a deepfake.

Trust Your Instincts

Ask yourself whether the content of a video seems plausible. If the person in the clip is acting out of character (for example, using unacceptably sensational or divisive language) it could be a sign of a deepfake. Investigate the source: newly created accounts or websites are of less respect. Check if any previous posts from that account display an ideology that would want to either glorify or discredit the speaker.

Look at Details

The process that creates deepfakes sometimes leaves obvious traces. Look out for blurry edges and flickering or 'boos' – especially on features that are difficult to replicate, such as hair strands. Oddly rendered teeth or a lack of blinking may also be clues. Pay close attention to whether the person's mouth movements directly correspond to the words spoken: many amateur deepfake trials at this hurdle.

Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of technology and culture website *Now News*. He has contributed articles to publications including *The New Statesman*, *CNET*, *The Evening Standard*, *Wired*, *Rock Paper Shotgun*, *Vice*, *Radio*, *Pocket Gamer*, *Stuff*, *T3*, *PC Pro*, *Microsoft Technic* and *Trusted Reviews*.

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- Impossible to detect
- Influencing young (all people)
- Only getting more accurate and easier to create
- Students are being influenced by the content.
- Used as propaganda during conflicts
- 'Fake News' or claims of 'Fake News'

To be aware of...

- Every student in my Y11 class has been on Omegle. (Talk to Strangers)

What Parents & Carers Need to Know about DISCORD

Age Rating 13+

Discord is a free app which allows users to communicate in real time via text, video or voice chat. Available on desktop and mobile devices, it was originally designed to help gamers cooperate – but has evolved into a more general messaging platform for a range of online communities, discussing topics like TV series, music, video and more. Discord is organised around interest groups, referred to as 'servers'. To join a server, users must be invited or provided with a unique link. It's a space for users to interact with friends, meet others with shared interests and collaborate primarily online – but it does a place where young people can be exposed to risks if the right precautions aren't taken.

WHAT ARE THE RISKS?

- CYBERBULLYING**
Discord is a social media platform, which means it has the potential for cyberbullying to occur. Cyberbullying is the use of digital technology to harass, threaten or humiliate someone. It can be done through text, video or voice chat, and can be particularly harmful as it can be done anonymously and can be done at any time.
- DIFFICULT TO MONITOR**
Discord is a free app, which means it is not subject to the same level of regulation as paid-for apps. This means it can be difficult to monitor, and it can be used to communicate with people who are not known to you.
- INAPPROPRIATE CONTENT**
Discord is a social media platform, which means it can be used to share inappropriate content. This can include images, videos, text and voice chat that is offensive, abusive or illegal.

Advice for Parents & Carers

- REVIEW SAFETY SETTINGS**
Discord has a range of safety settings that you can adjust to help protect your child. These include settings for who can add friends, who can message them, and who can voice chat with them.
- EXPLAIN AGE FILTERING**
Discord has an age filter that can be set to restrict who your child can interact with. This can help to reduce the risk of your child being contacted by someone who is not appropriate for their age.
- SCREEN OUT EXPLICIT CONTENT**
Discord has a feature that can be used to filter out explicit content. This can help to reduce the risk of your child seeing inappropriate images or videos.
- MONITOR ONLINE ACTIVITY**
Discord has a feature that can be used to monitor your child's online activity. This can help you to see who your child is talking to and what they are saying.
- DISCUSS GOOD ONLINE BEHAVIOUR**
It's important to talk to your child about good online behaviour. This includes not sharing personal information, not talking to strangers, and not accepting friend requests from people you don't know.
- HAVE CIVIL CONVERSATIONS**
It's important to teach your child how to have civil conversations online. This includes not using abusive language, not bullying others, and not sharing inappropriate content.

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What Parents & Carers Need to Know about CHATROULETTE

Age Rating 18

In the words of its creator, Chatroulette "pairs random users for webcam-based conversations". Reporting more than two million monthly users, it claims to be the largest random video chat website worldwide. Users are matched arbitrarily (hence 'roulette') and can end a video chat whenever they like – at which point, they are connected (again, at random) to someone new. Once moderated outated, Chatroulette unexpectedly flourished in the early months of lockdown, with the number of daily users doubling to above 100,000.

Adult Content
Chatroulette is strongly associated with adult content. Following its launch in 2009, inappropriate – usually 'nudist' – content was reported to have rapidly become rampant on the site. A survey conducted in 2014 found that 80% of Chatroulettians involved in a sexual chat, reporting themselves as engaging in sexual acts. Our research found that this risk is now closer to seven out of eight.

Anonymous Chat Partners
The site doesn't require users to disclose any personal details (not even their age). It is also possible for someone to use 'fake webcam' software to hide their identity with face-swapping tools. The relative anonymity can embolden users to do or say something on the platform. In our research, when a person ends a chat, they do not know – and cannot control – who they are going to interact with next.

Blackmail Scams
It's not especially difficult for one of the Chatroulettians to record the feed from your webcam. Scammers have used this to lure people into committing an occupational neglect during a video chat (often by offering to help with a problem known as a 'money trap') and then threaten to release the footage to their friends and family in an attempt to blackmail them.

Damaging Self-Esteem
Many users purposely go on Chatroulette to mock, insult and berate the people they are connected to. This can be particularly harmful to young people who are still developing their self-esteem. We would advise that anyone who suffers from low self-esteem should avoid using Chatroulette.

Hacking Potential
Although Chatroulette does not collect information such as your name or email address, the site does let people discover your IP address if they know how to look. Armed with that information, a hacker can attempt to connect directly to your home network and begin probing for possible security weaknesses that they can then exploit.

Advice for Parents & Carers

- Choose the Correct Category**
Recent modifications have now divided chats into three categories: '18+', where no adult content is allowed; 'unfiltered', where participants are asked to adhere to safe content (this is not enforced and relies on user 'honour and honesty'); and 'Random', which comes with a clear warning that it may contain adult material. Under the age of 18, only the latter two types of chat are allowed.
- Block and Report**
If there are users who talk to the same individual within a five-minute period that person is temporarily banned from Chatroulette. Anyone using the site should familiarise themselves with the reporting process. As a general rule, first reporting specifically to the app, in order to ensure that your child receives help to report inappropriate or offensive behaviour in any app, game or site that they use.
- Disable the Camera and Mic**
Although Chatroulette does not collect information such as your name or email address, the site does let people discover your IP address if they know how to look. Armed with that information, a hacker can attempt to connect directly to your home network and begin probing for possible security weaknesses that they can then exploit.
- Explore Alternatives**
Despite its reputation, we would still strongly suggest that Chatroulette is not a site to be used by minors. Instead, we would recommend that even adults proceed with extreme caution. If using it, you should research and look at what sites are available – there are lots of child-friendly alternatives out there.

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What parents need to know about OMEGLE

Age Rating 18+

Omegle is a website that pairs random strangers for live text or video chats. It first launched in 2009 and its slogan is "talk to strangers". There is an option for adult (18+) content and a section for people aged 13+ with parental permission. Anyone can use the site. Users simply go to Omegle.com and then choose 'text' or 'video' chat and the page shows how many users are currently online. Depending on the time of day this can be hundreds of thousands. Omegle markets itself as a great way to meet new friends however has been known to feature pornography and inappropriate content within chats, so it's important parents are aware of the risks associated with the site.

NO AGE VERIFICATION MEASURES
Omegle is completely free to use and allows users to chat with other users without having to register, supply an email address or create a profile. This means users can create accounts and be hard to track when your child is using the site. Omegle does not have any age verification measures and does not require users to provide any personal details other than their name. This means that anyone can create an account and chat with other users without any age verification measures.

RISK OF CYBERBULLYING
The anonymity of Omegle can increase the risk of cyberbullying. As users are not required to provide any personal details, they can be difficult to track and identify. This means that users can be cyberbullied without any risk of being identified or held accountable for their actions.

UNMODERATED CHAT
Omegle encourages video chat as much as it can, prompting users during the text chat to click the video icon. While text chat has a degree of moderation, the content in Omegle's video chat is not moderated by moderators and is therefore not subject to the same level of oversight as text chat. This means that users can be exposed to inappropriate content without any risk of being identified or held accountable for their actions.

ADULT THEMED CONTENT
Omegle is a website that pairs random strangers for live text or video chats. It is not subject to the same level of regulation as paid-for apps. This means it can be difficult to monitor, and it can be used to communicate with people who are not known to you. Omegle has a feature that can be used to filter out explicit content. This can help to reduce the risk of your child seeing inappropriate images or videos.

Privacy Risk via Facebook
Omegle can be linked to a user's Facebook account to help find other users to chat with. This means that users can be tracked and identified by Facebook. This can be a risk for users who do not want their online activity to be linked to their real-world identity.

RISK OF EXPLOITATION
Omegle can be used to exploit users. This can include users who are vulnerable to exploitation, such as young people who are still developing their self-esteem. We would advise that anyone who suffers from low self-esteem should avoid using Omegle.

Safety Tips for Parents

- DISCUSS RISKS WITH YOUR CHILD**
It's important to talk to your child about the risks of using Omegle. This includes not sharing personal information, not talking to strangers, and not accepting friend requests from people you don't know.
- PROTECT PERSONAL INFORMATION**
Omegle is a website that pairs random strangers for live text or video chats. It is not subject to the same level of regulation as paid-for apps. This means it can be difficult to monitor, and it can be used to communicate with people who are not known to you. Omegle has a feature that can be used to filter out explicit content. This can help to reduce the risk of your child seeing inappropriate images or videos.
- REPORT CONCERNS**
If you have a concern about your child's online activity, you should report it to the appropriate authorities. This can help to ensure that your child is protected from any risks associated with their online activity.
- DISCOURAGE VIDEO CHAT**
Omegle encourages video chat as much as it can, prompting users during the text chat to click the video icon. While text chat has a degree of moderation, the content in Omegle's video chat is not moderated by moderators and is therefore not subject to the same level of oversight as text chat. This means that users can be exposed to inappropriate content without any risk of being identified or held accountable for their actions.
- TRY OMEGLE YOURSELF**
It's important to try Omegle yourself to see what it is like. This can help you to understand the risks associated with the site and to provide your child with the best advice possible.
- USE PARENTAL CONTROLS**
Omegle is a website that pairs random strangers for live text or video chats. It is not subject to the same level of regulation as paid-for apps. This means it can be difficult to monitor, and it can be used to communicate with people who are not known to you. Omegle has a feature that can be used to filter out explicit content. This can help to reduce the risk of your child seeing inappropriate images or videos.

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TikTok

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to help an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on an app of which you will have heard a great deal. Please visit www.nationonline.com for further guides, tips and sign up advice.

What Parents & Carers Need to Know about TIKTOK

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-synching and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around 4 billion users worldwide.

AGE RESTRICTION 13+

AGE-INAPPROPRIATE CONTENT
 Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for including drug use, sexual abuse, themes of self-harm and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since TikTok Jump's introduction in mid-2021, users can view third-party content outside the app.

EXPLICIT SONGS
 TikTok primarily revolves around videos of users lip-synching and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children from older users' videos and that be inclined to imitate any explicit language or suggestive actions.

TIKTOK FAME
 The app has created its own celebrities: Charli D'Amelio and Li Hua X, for example, were catapulted to fame by exposure on TikTok – leading to more money, more opportunities to go viral and become 'TikTok famous'. While most aspiring stars hoping to be the next big thing will find it difficult, services may in turn prompt them to go to even more drastic lengths to get noticed.

HAZARDOUS VISIBILITY
 Connecting with others is simple on TikTok – including commenting and reacting to users' videos, following their profile and subscribing to their content. The majority of these interactions are harmless, but TikTok has experienced problems with predators contacting young people.

ADDICTIVE NATURE
 Like all social media, TikTok is designed to be addictive. It can be highly entertaining – and that side makes it hard to stop. As well as the punchy nature of the short video format, the app's ability to keep you intrigued about what's coming next means it's easy for a 5-minute visit to turn into a 45-minute stay.

IN-APP SPENDING
 There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 8p to an eye-watering £88 bundle. TikTok is also connected with Spotify, which allows users to buy products through the app.

Advice for Parents & Carers

TALK ABOUT ONLINE CONTENT
 Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what is appropriate and don't be afraid why they shouldn't give out personal details like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social media savvy.

ENABLE FAMILY PAIRING
 'Family Pairing' lets parents and carers link their own TikTok accounts to their child's. Through your account, you can control your child's account remotely – including limiting screen time, managing their ability to watch mature content, and blocking a list of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on our website.

USE RESTRICTED MODE
 In the app's 'Digital Wellbeing' section, you can limit your child's access to inappropriate content (specific content creators or hashtags, for instance) using an onscreen user ID. This can then be locked with a PIN. You should note, though, that the algorithm recommending content isn't totally dependable – so it's wise to stay aware of what your child is watching.

MODERATE SCREEN TIME
 As entertaining as TikTok is, you can help your child to manage their time on it in the app's 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in hours, this can range from 30 minutes to two hours). This preference can also be locked behind a PIN. This way, your child can get their regular dose of TikTok without watching the whole day.

LEARN ABOUT REPORTING AND BLOCKING
 With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to report it and repeat to you about anything upsetting that they've seen. TikTok allows users to report accounts breaching its guidelines, while you can also block individual users through the profile.

MAINTAIN PRIVACY SETTINGS
 The default setting for all under-18s accounts to 'private'. Keeping it that way is the safest solution. It means only users who your child approves can view their videos. The app's 'Family Pairing' also allows you to lock down your child's account by recording your own video alongside their original features and then only enabling it over 18. This might clear with your child's ambitions of social media stardom, but it will fortify their account against predators.

MEET OUR EXPERT
 Parvyn Khan is a social media expert and digital media consultant with a passion for protecting digital privacy for parents and children. She has extensive experience in the social media arena and is the founder of SafeClick, a web resource that helps parents and children thrive in a digital world.

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SOURCES: TikTok.com

www.nationonline.com @nationlinesafety NationalOnlineSafety nationonline.com

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.11.2021

- Can lose hours scrolling through videos
- Inappropriate content
- Uses an algorithm to show videos of what you have watched before
- Explicit songs – become popular including dancing
- Students influenced by some people on Tiktok
- Tiktok removes and then they use other formats (gain popularity)
- Copying dangerous activities (trends)

To be aware of...

What Parents & Carers Need to Know about NFTs (NON-FUNGIBLE TOKENS)

A non-fungible token, or NFT, is a unique digital record of a particular file – such as an image, audio track or video (non-fungible meaning it can't be replaced by an identical item). NFTs let digital content producers like artists and designers control how their work is distributed and monetised. The online equivalent would be owning a limited-edition art print, signed by the artist, with a certificate of authentication. The value of the tokens is incredibly volatile, unregulated and very much based on hype, publicity and marketing. These digital assets – typically collectibles, avatars for social media profiles or character add-ons for online games – are traded in specialised marketplaces using cryptocurrency.

WHAT ARE THE RISKS?

FAKE COLLECTIONS

When searching for a particular collection of NFTs, it is common for fake versions to appear alongside the original, which can be easily lost in an unregulated buyer. Larger projects will be verified, but smaller ones may not. Check the creator's website, verify the artist's check the activity to verify authenticity – take collectors will have almost no trading history.

LACK OF CLARITY

Buying an unbranded print of a painting isn't the same as buying the original. Likewise, when someone buys an NFT, they are not necessarily buying the original. The original NFTs are publicly on view – purchasing one doesn't stop anyone else from viewing their own copies of your NFT (by saving a screenshot for example). However, some creators may privately advertise what the purchase is investing in, and they are unregulated. There isn't a procedure for refunds and returns.

IP THEFT & "WASHTRADING"

Many online thieves steal NFTs to sell, while another common scam is "washtrading", where an unscrupulous trader uses an account to buy the same NFT multiple times at increasing prices (like a seller to a buyer, who sells to a buyer, who then sells to the same person). The goal is to lure on a naive investor who sees the stock as a juicy opportunity.

WALLET SECURITY

Wallet security can be the difference between keeping NFTs secure and being scammed. It's important to use a secure wallet, and to keep your private keys safe. If you lose your private keys, you lose your NFTs. It's also important to use a secure wallet, and to keep your private keys safe.

SPOT THE SCAMS

Learn what type of message a hacker will leave. They'll often try to create the illusion that you're one of the winners. They'll often try to create the illusion that you're one of the winners. They'll often try to create the illusion that you're one of the winners.

RESEARCH THE SPACE

If you're interested in NFTs and you've learned the basics of cryptocurrency, it's time to do some research. A business that converts your money into cryptocurrency. They can act as a safe haven for your money. They can act as a safe haven for your money.

CHECK CREDENTIALS

Buying cryptocurrency for the first time involves writing funds from your bank account to a cryptocurrency wallet. It's important to check the credentials of the wallet provider. It's important to check the credentials of the wallet provider.

MEET OUR EXPERT

Dr Virginia is an educator and associate professor at University College London. She has been involved in research on technology and education for many years. She has been involved in research on technology and education for many years.

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What Parents & Carers Need to Know about CRYPTOCURRENCY

What is cryptocurrency?

Cryptocurrency is software enabling the exchange and storage of digital tokens representing financial value. To monitor who owns which coins, platforms save an online record of every transaction, called a 'ledger' or 'blockchain'. This is secured by cryptography, a set of methods for protecting sensitive information. Bitcoin, released in 2009, was the first cryptocurrency; other platforms have since launched such as Ethereum, Tezos and Filecoin. As cryptocurrency becomes a more established part of digital life, young people are bound to encounter it – so it's vital that trusted adults understand its risks, and how it can be explored and used safely.

COMPLEX TECHNOLOGY

Like any new software, cryptocurrency comes with bugs, flaws and vulnerabilities. It hasn't yet proved itself as a safe, reliable, or user-friendly way of spending time, something about the complicated technology it uses. We would strongly suggest anyone considering getting involved in cryptocurrency should consult a professional. It is not the same as a personal server, it must be permanently secure and backed up. The NFT contains a link that points to the image data. It is not the same as a personal server, it must be permanently secure and backed up.

WIDESPREAD EXAMPLES

Cryptocurrency software for smartphones is often free to download from app stores. Emails with links to cryptocurrency services. Cryptocurrency is also advertised on social media. It can be purchased easily without a credit card or bank account, and young people will still be using it in various settings.

RISKY INVESTMENT

Prices can be very volatile, so cryptocurrency is considered a high-risk investment. If you might want your savings soon, don't put them in cryptocurrency. If you're looking for a long-term investment, you could drop suddenly and then recover. Cryptocurrency may be a profitable investment – but make them big gains or losses. We may even lose to pay for when we buy it. Cryptocurrency may be a profitable investment – but make them big gains or losses.

CHANCE OF SCAMS

Cryptocurrency provides another opportunity for scammers to extract personal data and money from unsuspecting users. Scammers use transactions or other techniques to make it difficult to track. They can't reverse cryptocurrency. They can't reverse cryptocurrency. They can't reverse cryptocurrency.

AVOID IF UNSURE

In the UK, cryptocurrency is considered risky, because users aren't protected by banking laws. Most cryptocurrency uses software developed by academic-led communities. As there's no customer service to support it, your funds are at risk. If you're unsure, don't invest. If you're unsure, don't invest.

EXPECT EXPOSURE

If your child plays online games that involve some form of virtual currency, they may be in a position to buy and use cryptocurrency. They may be in a position to buy and use cryptocurrency. They may be in a position to buy and use cryptocurrency.

STAY CAUTIOUS, STAY INFORMED

Approach cryptocurrency with caution as well as curiosity. Don't click on links in unsolicited emails or social media posts. Be aware of promotions promising high cryptocurrency returns. Be aware of promotions promising high cryptocurrency returns.

MEET OUR EXPERT

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10 Top Tips for SAFER ONLINE SHOPPING

- CHECK IT'S A LEGITIMATE SITE**
It's safest to stick with well-known, reputable retailers. If it doesn't look professional or has weird pop-up ads, it's best to steer clear – no matter how tempting their offer. If something seems too good to be true, probably is!
- MAKE SURE THE SITE IS SECURE**
When you're buying online, look for a padlock icon near the address bar – or check if the URL includes "https" or "http". The extra 's' in the padlock means you can rest easy: you're sending your card details and personal info via a secure channel.
- READ THE SMALL PRINT**
Take note of details like a seller's return policy. It's easy to skip immediately when you're online and then be stuck with unwanted items because of every small window for returning goods. Also check delivery estimates if you're buying for a specific date (like a birthday).
- CREATE SECURE PASSWORDS**
When shopping around online, you often need to set up an account when buying from one for the first time. Choose a different password for each. The longer, the better. It's best practice to mix upper- and lower-case letters, symbols and numbers.
- ACKNOWLEDGE THE ASTERISK**
When you register with them, online retailers need some essential info (name, address, payment details, etc), usually marketed as optional. Anything else is for marketing purposes or possibly to sell your data. So don't feel pressured into giving those details out.
- AVOID PUBLIC WI-FI**
When you're on the highest street, don't use public Wi-Fi to buy things online. It's not even super-efficient to shop on your phone while you're queuing or taking a break – but the Wi-Fi in shopping centres or cafes is hopelessly insecure. Using 3G or 4G will be slower, but it's safer.
- REINFORCE YOUR SECURITY**
Before you shop, check that your browser and any anti-virus software are up-to-date. Updates often contain improvements to your device's security. You could also consider using alternative services like PayPal, Apple Pay or Google Pay, which offer advanced protection.
- WATCH OUT FOR PHISHING**
Retailers regularly send out emails to publicise their latest deals. Hackers often try to use this traffic as camouflage, look out for emails with poor grammar, suspicious reply addresses and placeholder images – they're all designed to attempt to 'phish' your personal details.
- PLAN YOUR SHOPPING**
Before going online, make a list of what you're in the market for – and stick to it. Because you're not physically putting items in a bag that you then have to carry, it's easy to see how you can get carried away and end up with a massive over-order by the time you log off.
- READ THE REVIEWS**
We've all bought something which sounded amazing online, only for it to be less impressive when it actually arrived. Take time to read other buyers' views on a item – and think twice about ordering if you only have a small number of comments about it.

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Where to find more information



- National Online Safety
- School Website - Updates



Mental Health and Wellbeing

Why prioritise mental health?

- 50% of all mental health problems start before the age of 14.
- 39.2% of 6 to 16 year old's have experienced deterioration in mental health since 2017.
- 1 in 6 children aged 5 to 16 are likely to have a mental health problem.
- 17 to 22 year old women are the group most at risk of developing a mental health problem.



Key signs/ symptoms

- Feeling sad or down
 - Confused thinking or reduced ability to concentrate
 - Excessive fears or worries, or extreme feelings of guilt
 - Extreme mood changes of highs and lows
 - Withdrawal from friends and activities
 - Significant tiredness, low energy or problems sleeping
 - Inability to cope with daily problems or stress
 - Major changes in eating habits
 - Excessive anger, hostility or violence
- Suicidal thinking

Presenting issues

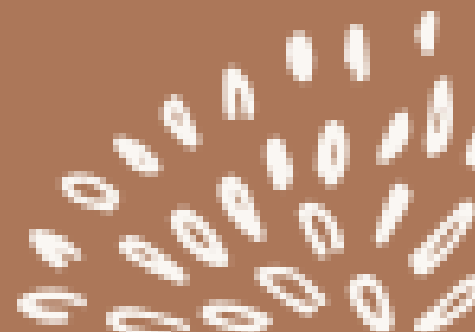


- Anxiety
- Low mood
- Bereavement
- Friendship issues
- Self-harm/suicidal thoughts
- Anger
- Low self-esteem
- Eating difficulties



- Offer counselling sessions and drop-ins
- Work with the pastoral team and SLT to develop strategies to help students in school
- Create resource packs for students/staff/parents which include techniques to support with specific presenting issues
- Support promoting Mental Health awareness in school (eg. Super Learning Day)

How Lucy helps...



Benefits of counselling



- ✓ Encouraging you to express your voice
- ✓ Empowering you to maximise your potential and reach meaningful goals
- ✓ Exploring your difficulties and increasing your understanding and ability to address these difficulties
- ✓ Promoting ways to cope with change
- ✓ Supporting the development of coping mechanisms

Increasing your resilience

Support for you and your child

What we have in place at school

This is not an exhaustive list!

A fully planned curriculum covering key content, which is complemented by tutor time and Super Learning Days

Designated Safeguarding team of 10 staff including 5 Pastoral Staff who are also Mental Health First Aiders

A full time Counsellor

Safe@marshlandhigh.co.uk email address for pupils to contact if they can't speak to someone.

Use of outside agencies such as Children's Services, early help plans, Family Support plans, sexual behaviours team, mental health services, school nursing service, Matthew Project, Jon Egging Trust, Safer Schools Partnership, Nelson's Journey.....

Other support available to you

Again, this is not an exhaustive list!

Kooth - <https://www.kooth.com/>

NSPCC - <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

Young Minds - <https://www.youngminds.org.uk/parent/>

Just One Norfolk - <https://www.justonenorfolk.nhs.uk/>

Norfolk LGBT+ Project - <https://norfolklgbtproject.org.uk/>