



GREENSHEET



No. 16/20

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29 January 2021
Week 'B'

**SCHOOL
CALENDAR
2020-2021**

**SCHOOL IS
CLOSED UNTIL
FURTHER
NOTICE**

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LOCKDOWN 3

January 2021 Issue 4

Headteacher's Message

Dear Parents, Carers and Students,

"Be the light in the darkness"

It's almost the end of January and it feels like Spring is some way off. But, gradually, we are seeing a little more sunlight each day. This week's theme, "Be the light in the darkness", is taken from Holocaust Memorial Day, which was on Wednesday. Rather than searching for light in the darkness, it is better to create the light ourselves or, as Mahatma Gandhi said "Be the change you want to see in the world". Many of the items below are examples of how we can illuminate the lives of others by serving our families, our community and the wider world.



The purpose of Holocaust Memorial Day is to remember the six million Jews murdered during the Holocaust, alongside the millions of other people killed under Nazi Persecution and in genocides that followed in Cambodia, Rwanda, Bosnia and Darfur. The 27th of January also marks the anniversary of the liberation of Auschwitz-Birkenau, the largest Nazi death

camp.

One of our GREEN values is Empathy. As a school community, we should bear witness to those who have endured genocide and commit to challenging prejudice and the language of hatred in all its forms. If you want to find out more, visit the HMDT website here:

[Holocaust Memorial Day Trust \(hmd.org.uk\)](http://hmd.org.uk)

Remote Learning, Resilience and Achievement

I hope that the recent adjustments we have made to our remote learning timetable have enabled your child to have a varied diet of live lessons and independent learning, with frequent breaks from screen time. Well done to all students who have continued to adapt to the circumstances and have demonstrated resilience. Students have been producing some wonderful pieces of practical work which you will see later in the newsletter. It has also been really encouraging to see GREEN point praise emails being sent out by SPLs to recognise good work across a range of subjects.

Thank you to all parents for your feedback through emails, phone calls and surveys. If you have any further suggestions, please let us know.

INSET Afternoon Reminder

We continue to develop and improve our remote learning offer, working with staff to share best practice and to further improve consistency. With this in mind, we have shortened the school day on **Friday 5th February, ending at 11.30**, for staff training and development. Year 11 students will be set work by their teachers; year 7-10 students will not be expected to complete work.

Back to School?

The government has announced that schools will return from the 8th of March onwards, and have pledged to provide two weeks' notice in order to prepare. Although it is not yet certain that all schools will return at the same time in all parts of the country, or whether all year groups will return, we will make sure that you are informed of arrangements as quickly as possible.

Options Evening

Options Evening for our year 9 students will be very different this year because it will be conducted virtually. The information will go 'live' on the website on Wednesday, 3rd of February. If you are a year 9 student, please follow the link on the website under 'Study with Us'. You will already see videos provided by subject

areas which will assist you in making option choices.

COVID Vaccinations

You may have seen in the news that Asian celebrities and Black African and Caribbean MPs have been calling for members of their communities to be vaccinated against COVID19. If you have family members who are reluctant to be vaccinated because of misinformation about the purpose of the vaccine or rumours about what the vaccine contains, please show them the following powerful video clips:

<https://www.bbc.co.uk/news/entertainment-arts-55809355>

[COVID-19: Black MPs unite in video to encourage BAME communities to vaccinate](#)
[| UK News](#) | [Sky News](#)

It is so important that we work together to protect everyone in our community, especially the most vulnerable and those who have worked tirelessly in frontline, public service roles to care for others.

Child Mental Health week: 1st - 7th February

More than ever during the current lockdown, mental health and self-care should be a priority. Child Mental Health Week is an opportunity to explore those issues and to consider how we can work together to raise awareness and to help others. This year's theme is 'Express Yourself!' and focuses on how we can use creativity as a tool to connect body, mind and imagination. To find out more, visit:

<https://www.childrensmentalhealthweek.org.uk/>

Competition winners

Two weeks ago I asked students to introduce themselves to me as part of the Headteacher Challenge which closed on Wednesday. There were so many wonderful competition entries that it presented a challenge when choosing a winner! The girls had created videos, cakes and pieces of embroidery; they had written poems and essays and had painted pictures. I have been impressed with the variety, quality and originality of the entries. We will be publishing some of the entries in next week's Greensheet.

The overall winner is **Billie 8W** who made a video about herself, using a variety of costumes and acting techniques as well as demonstrating impressive production skills. *Billie*, I might be calling on your assistance when I make my next assembly video! *Billie* will receive a £30 Love2Shop voucher.

The following girls were runners up and will each receive £10 Love2Shop vouchers:

Elaaya and *Inaaya* 7H and 7C for their collaborative video

Anna 7H for her cake

Anisah 7F for her animation

Maya 8H for her poem

Demmy 10C for her video

Fadwa 9F for her poem and painting

Thank you to everyone who entered: it has been a really good way of getting to know some of you whilst you are working from home.



Ms H Marriott

Contact Information



Dear Parents and Carers,

Please ensure that we hold your most up-to-date contact information in case of an emergency. Details can be updated via the SIMS Parent App.

Please contact the front office if you require any help accessing the app. If you need to contact a staff member, please contact our main switchboard number on 0208 509 9446, which is open between 8am and 4.15pm.

Emails can also be sent to info@wsfg.waltham.sch.uk and the message will be passed onto the relevant staff member.

Please do not enter the school site unless you have been asked to, as we are currently limiting external visitors on the site.

Thank you.

The Front Office
Walthamstow School for Girls

Year11 Book Collection

Dear Year 11 Students, Parents and Carers,

We are very aware that some Year 11 students are not in possession of all the books and resources they may need for their GCSE subjects. Clearly, we do not want this to hamper their remote learning therefore we will be holding a book collection for Year 11 students.

Year 11 students in the GCH block will have their book collection on:

Wednesday 3rd February.

Year 11 students in the WSF block will have their book collection on :

Thursday 4th February.

All students have been emailed a specific time slot to collect their books and resources and it is very important they only come to school at that time. All Heads of Faculty have been involved in this process and have made us aware of the books and resources that students will need to continue with their remote learning.

..... time slot is onFebruary.

Given COVID restrictions, this will be the ONLY opportunity for your child to collect books and resources therefore we strongly encourage them to do so.

The following Covid Rules will apply and MUST be followed to ensure we keep everyone safe and comply with current Government guidelines.

- The book collection will be held outside the front of the school building.
- There will be strict 2m social distancing in place with markers on the ground indicating where to stand.
- Masks must be worn as books are collected.
- Hand sanitiser will be provided and must be used before books and resources can be collected.
- We recommend gloves are worn when collecting books and resources.
- Only one person can enter the school gate to collect the books or resources, either your child or you as their parent/carer.
- Please ONLY collect books during your given time slot.

We trust that providing students with the opportunity to collect these books and resources will enable them to continue with their remote learning effectively. If you have any questions with regards to the above process, please e-mail info@wsfg.waltham.sch.uk

Kind regards,

Ms Warren

Associate Assistant Headteacher

Recommended TED Talk
The Magic of Numbers
Why everyone should love Maths by Bobby Seagull



In Bobby's truly inspiring Ted Talk, he comments on the subject that most people don't like maths and that they just say they don't have a 'maths brain'.

However, he explains that maths so much more intriguing and exciting than it might look at first glance. He talks about how when he was little he first got hooked into maths by comparing football cards to create an approximate analysis of who is more skilled and how it inspired him to learn more about maths. He goes on to further explain how confidence is a big part in maths too as he showed us that 50% of adults don't know how to work out a 5% increase of £9, even with a calculator and how they just need to persevere and challenge themselves to achieve great things in the maths field. He concludes the Ted Talk by saying that there is maths in everything, we just have to look for it and he ends with the motivational line: 'We are all mathematicians'.

Kacey 8S

Here is the inspiring talk if you have not watched it yet:

<https://www.youtube.com/watch?v=qxPJ0SJSOsg>

Ms Robinson
 Challenge Coordinator

Online Resources Reminder

There are a number of resources online that are available to students. Oak National Academy offers comprehensive lessons for a range of subjects for Years 7-11.

If you have any younger children, there are also resources available for primary school aged children. BBC Bitesize can also be accessed via the red button on the TV (and by the link below)

Oak National Academy <https://www.thenational.academy/>
 BBC Bitesize <https://www.bbc.co.uk/bitesize>

LGBT History Month

LGBT History Month is an annual celebration of lesbian, gay, bisexual, and transgender history held during the month of February since 2005.

This year's logo can be found opposite, as well as an explanatory video here:

<https://www.pscp.tv/w/1mrxmQPXnABxy>



This year's theme is Body, Mind, Spirit and is directly linked to the PSHE curriculum. It is a great theme to explore LGBT+ issues with our students in a creative way.

I would like to organise a whole school competition via our PSHE lessons for students to design a logo to represent this year's theme using past logos as a model. Or design a logo for next year's theme "Art and Politics 2022" which is linked with this quote by Martin Luther King "The arc is long, but it bends towards justice".

Students will submit their designs as assignments in their PSHE classes, deadline **Friday 26th February**.

Ms Desbenoit
Diversity Coordinator



Faculty News

English, Drama News

<https://fb.watch/3blSoidMUw/>



Streaming From 13 Feb For 1 Week Only

Don't miss a brand new filmed adaptation of 'Romeo and Juliet', starring Olivier Award Winner Sam Tutty and narrated by Derek Jacobi!
fb.watch


Mathematics


Puzzle of the Week




Here is the link to this week's puzzle: <http://www.puzzleoftheweek.com/>

149
Puzzle Number



Entries open: Mon 25th Jan Entries close: Sun 31st Jan


scan to enter



Rob and Hannah both write down a two-digit whole number.

Rob's number is a prime number, but Hannah's is not.



Hannah's number is 1 smaller than a multiple of 4.

The difference between their two numbers is a prime number.

Hannah's number is 1 bigger than a multiple of 7.





Rob's number is bigger than Hannah's number.

What is Rob's number + Hannah's number?

Extension: Make one or more of the clues completely different, but have the answer remain the same.

www.puzzleoftheweek.com
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Puzzle created by Andrew Sharpe (@asharpeeducator)

 @asharpeeducator
  Puzzle of the Week
 Puzzle of the Week
  @asharpeeducator

Good luck!

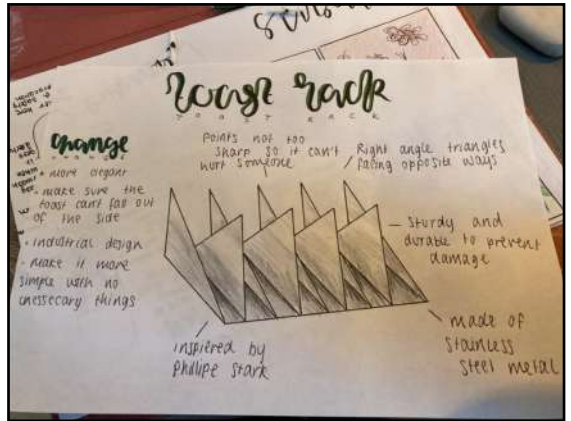
Maths Faculty

ADT Remote Learning

The task, last week, was to find a product at home and redesign it in the style of Philippe Starck - Industrial design.

Martha from 8S redesigned her toast rack and then went above and beyond by making a superb prototype of her product. One very happy DT teacher!

Ms Healy



Here is *Martha's* fantastic design.



Year 8 English

Year 8 students have been studying the book *I Am Malala* and understanding how the tragedy of being shot by the Taliban has influenced not only her life but also the lives of women and girls around the world. Students have also researched various women who have made a huge impact over the decades. In addition to this, 8H have written some poems and raps and would like to share these with you.

The students have also set you a challenge.

They had to provide 3 negative words, then a dash and then a relevant question to ask Malala. Would you like to join in? It's not as easy as you think.

We hope you enjoy their amazing work.

Mrs Jolliffe

English Faculty

Protest poem by Maya 8H
Based on the book I Am Malala

Life's not fair
For women and girls
Them being forced to stand, watch and wait,
Be seen and not heard.

Watch the men decide their future
Who to marry
What to do
What to become.

Being caged behind brick walls
Cooking and cleaning
Dreaming about the day when the word is theirs
Until the men come home.

Based on the book – *I Am Malala* by Yvette 8H

It's 2021 get your act together

Women aren't inferior, they deserve better.

Listen, I won't sit around and tolerate,

The tons of hate they get, don't discriminate.

I hate to hear about the bad things they've been through

The misogyny and inequality they always have to go through.

I'm tired of seeing people do nothing about it

Women aren't a toy just for you to play around with.

Learn your morals,

Learn the truth and educate yourself.

Research and gain,

Knowledge, use your brain!

Prove that women are more than what it seems,

Tell their stories, fix society and change what it sees.

Students of 8H also looked at working on what is classified as:

3 negative words – (dash) question: to put to Malala.

Can you think up your own 3 negatives – (dash) question?

It's not as easy as you think!

Education, family, life- what do you want the most?

Abusive, mad, crazy – which is the worst trait?

Scary, frightening, fear – how often do you feel these?

Rights, education and girls – why do you fight for these?

Fear, sadness, anger – what did you feel the most?

Dark, anger, loneliness - which makes you more anxious?

Heatstroke, thirst, starvation - what would kill you first?

Successful women:

Important information – Examples of how women have made a lasting impact on the world:

Eva 8H

Malala – fought for girls right till the end and still go her education and isn't controlled and surely isn't a housewife.

Zara 8H

Katharine Hepburn was quite the fashion icon, but one of the main ways that she left her mark was by changing the idea of what people believed to be feminine. One way that she did this was by challenging how women were supposed to dress. In Hollywood in the 1930s and 1940s, it was more usual for women to wear dresses and skirts. But no, Katharine liked to wear trousers and she became very well known for this. She was an extremely independent woman and took control of her own acting career - again, something that wasn't usual for women at that time. She once said: "I've had a pretty remarkable life, but compared to my mother and father, I'm dull." Well, Katharine, we - and millions of others - think you were anything but.

Yvette 8H

Nora Ephron – was a playwright, screenwriter, producer and director and fought against gender stereotypes and inequality to prove women are more than what the industry misinterprets them as.

Malala Yousafzai – got shot in the head three times and survived, living to win a Nobel Peace Prize and speak out as an activist and feminist, fighting for a woman's right to education.

General 8H

Princess Diana – entered into a loveless marriage but worked tirelessly to help the understanding of Aids; to highlight the dilemma of war and landmines. Met with survivors and made the world aware of the plight of these across Southern Africa.

Khadija 8H

Yeah, yeah

Yo, United Nations, it's time.

It's time, United Nations to play your part.

Hospitals drop, as did my school.

Aircrafts roared across the sky.

The walls shook with every explosion.

Suddenly everything went quiet.

A building bombed to rubble.

Bodies littering the street.

A mother, a child, the elderly. Indiscriminately!

This is Palestine state, an independent country.

Freedom is all we seek.

What more could you ask for?

The starving hospital?

We complain about occupation.

Hunger, fear, anger, every day.

I can't take the occupation.

They can't take the children.

Yea, my Palestine state

Yo, United Nations, it's time.

It's time, United Nations to play your part.

Zara 8H – Based on the book I Am Malala

Girls in our society are divided
into those who wear a niqab to those who wear the hijab.
She is judged day in and day out:
How she looks
How can you judge me
By my hair or by my hijab?
Who are you to tell?
My religion or my farewell,
you can't control me!
We are full and lower than zero degrees
You're a negative
You're not a representative
always in a competition.
Ready to her
Ready to alert
Ready to convert.
I am a girl,
I rule the world
Like it or not
I put you on the spot
You know who you are,
You know what you're doing clearly.
I'm a woman and I feel sorry for you sincerely!

Diversity Calendar for February



FEBRUARY 2021

INTERNATIONAL DAY
of
ZERO TOLERANCE
to
**FEMALE GENITAL
MUTILATION**

LGBT+ History month | UK National Heart Month | Raynaud's Awareness Month |
Youth Leadership Month

SPECIAL DAYS

- 02 ♀ Carpenters (Christian)
- 03 Imbolc - Lughnasadh (Wicca/Pagan)
- 03 Four Chaplains Sunday (Interfaith)
- 03 Senbutsu (Shinto)
- 04 World Cancer Day (WHO)
- 06 International Day of Zero Tolerance to Female Genital Mutilation (UN)
- 06 Nirvana Day (Buddhist)
- 06 World Pulled Day
- 11 International Day of Women and Girls in Science
- 12 Chinese New Year (Year of the Ox)
- International Red Hand Day for Child Soldiers
- 14 Autism Sunday
- 14 Saint Valentine's Day (Christian)
- 15 International Childhood Cancer Day
- 15 Nirvana Day (Jain)
- 16 Shrove Tuesday (Christian)
- 16 Vasara Panchami (Hindu)
- 17 Ash Wednesday (Christian)
- 17 World Human Rights Day
- 20 World Day of Social Justice
- 21 Maha Shivaratri (Hindu)
- International Mother Language Day (UN)
- 23 Meafaro Sunday (Christian)
- 25 Ayyin 140 (Intercalary Days begin) (Bahá'í)
- 26 Magha Puja Day (Buddhist)
- 26 Purni (Judaism)
- 28 Ayyin 141 (Intercalary Days end) (Bahá'í)



KEY: Diversity (Red), Health (Orange), Faith (Yellow), Environment (Green), International (Blue), Bank Holiday (Purple)

Mental Health and Wellbeing Support

I hope this message finds you well and safe. Last lockdown we sent our school community a help pack from the Anna Freud Centre and since we have started our 4th week of remote learning, we wanted to reach out and send some support again.

Please see below two links to articles detailing support and self-care for parents and carers, as well as a social media guide to help **ensure social media is a helpful, rather than damaging tool for children.**

<https://www.annafreud.org/on-my-mind/managing-social-media/>

[https://](https://www.annafreud.org/)

www.annafreud.org/

[on-my-mind/self-care/](https://www.annafreud.org/on-my-mind/self-care/)



ACTION CALENDAR: FRIENDLY FEBRUARY 2021



MONDAY

1. Send someone a message to say how much they mean to you

8. Share what you're feeling with someone you really trust

15. Smile at the people you see and brighten their day

22. Give sincere compliments to people you talk to today

TUESDAY

2. Ask a friend how they have been feeling recently

9. Thank someone and tell them how they made a difference for you

16. Check in on someone who may be struggling and offer to help

23. Be gentle with someone who you feel inclined to criticise

WEDNESDAY

3. Do an act of kindness to make life easier for someone else

10. Look for the good in people, even when they frustrate you

17. Respond kindly to everyone you talk to today, including yourself

24. Tell a loved one about their strengths that you value most

THURSDAY

4. Organise a virtual 'tea break' with colleagues or friends

11. Send an encouraging note to someone who needs a boost

18. Appreciate the good qualities of someone in your life

25. Thank three people you feel grateful to and tell them why

FRIDAY

5. Show an active interest by asking questions when talking to others

12. Focus on being kind rather than being right

19. Share a video or message you find inspiring or helpful

26. Give positive comments to as many people as possible today

SATURDAY

6. Get back in touch with an old friend you've not seen for a while

13. Send a friendly message of support to a local business

20. Make a plan to connect with others and do something fun

27. Call a friend to catch up and really listen to them

SUNDAY

7. Make an effort to have a friendly chat with a neighbour

14. Tell your loved ones why they are special to you

21. Actively listen to what people say, without judging them

28. Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/friendlyfebruary

Happier · Kinder · Together

TOP TIPS FOR ALL

MINDSET & THOUGHTS

SOMETIMES, WE CAN ONLY SEE THE PROBLEMS AND CHALLENGES. TRY TO TAKE A FEW MOMENTS EVERY DAY TO REFLECT, PERHAPS THROUGH WRITING IN A JOURNAL OR SPENDING FIVE MINUTES IN THE MORNING TO NOTICE SOMETHING WE CAN BE THANKFUL FOR AND FEEL POSITIVE ABOUT.



POSITIVE THOUGHTS

WHEN YOUR THOUGHTS ARE OVERWHELMINGLY
NEGATIVE, WE CAN FIND IT HARD TO FIND
HEADSPACE TO THINK POSITIVELY. TRY THIS...
IMAGINE YOU ARE SAT ON TOP OF A HILL AND YOU ARE LOOKING
DOWN AT A TRAIN TRACK BELOW WHERE TRAINS ARE COMING
AND GOING. NOW IMAGINE THE TRAINS ARE YOUR THOUGHTS.
WATCH THEM COME AND GO-BUT DON'T GET ON THE TRAIN. JUST
WATCH THE THOUGHTS COME AND GO IN YOUR MIND WITHOUT
ACTUALLY FOLLOWING THE NEGATIVE ONES DOWN AN
UNHELPFUL/NEGATIVE TRACK JUST WATCH IT PASS!



FAT WELL



EAT WELL

A 2014 STUDY FOUND HIGH LEVELS OF WELLBEING WERE REPORTED BY INDIVIDUALS WHO ATE MORE FRUIT AND VEGETABLES. THE KEY TO BALANCING EATING WELL WITH BUSY FAMILY LIFE IS TO PLAN AHEAD. IF YOU CAN PLAN WEEKDAY MEALS AND BUY THE INGREDIENTS AHEAD OF TIME THIS REDUCES THE NUMBER OF 'LAST MINUTE' UNHEALTHY MEALS.

DOING GOOD DOES YOU GOOD

THERE IS A STRONG RELATIONSHIP BETWEEN WELLBEING AND COMPASSION. DOING GOOD CAN HELP LOWER STRESS LEVELS AND IMPROVE YOUR WELLBEING AND MENTAL HEALTH. HOWEVER, THIS CAN ALSO WORK THE OTHER WAY AND YOU SHOULD ALWAYS ENSURE THAT YOU ARE NOT HELPING OTHERS AT THE COST OF YOUR OWN WELLBEING.



KEEP PHYSICALLY ACTIVE

STUDIES SHOW THAT THERE IS APPROXIMATELY A 20-30% LOWER RISK OF DEPRESSION FOR ADULTS PARTICIPATING IN DAILY PHYSICAL ACTIVITY. TRY TO GO FOR A WALK DURING THE WEEK OR JOIN A CLASS OR LOCAL COMMUNITY GROUP. MANY PEOPLE FIND THAT JUST THE CONNECTION WITH THE OUTDOORS HELPS TO 'RESET' THEIR MIND AND WELLBEING FOR THE DAY.



GOOD QUALITY SLEEP 72222

IF YOUR MIND FEELS FULL UP OR YOUR EMOTIONS ARE
OVERWHELMING, YOU WILL FIND IT HARD TO ENJOY A GOOD
NIGHT'S SLEEP. THERE ARE LOTS OF FREE MEDITATION AND
SOOTHING SOUND VIDEOS ON YOUTUBE (WAVES, RAIN, CALMING
MUSIC) OR FIND A PODCAST WHICH IS FUNNY OR HUMOROUS.
WRITE YOUR THOUGHTS DOWN ON A PAD OR CREATE A 'TO DO'
LIST. THEN, PUT THE PAD OUT OF SIGHT UNTIL THE MORNING.
DEEP BREATHING FOR AT LEAST 3 MINUTES CAN ALSO HELP.
SLOWLY THROUGH YOUR NOSE AND OUT SLOWLY THROUGH YOUR
MOUTH.

ACCEPTING HELP



WE MUST BE ABLE TO LEAN ON OTHERS WHEN NECESSARY. IT IS UNREASONABLE FOR US TO ASSUME WE WILL NEVER NEED HELP THROUGHOUT OUR LIFE. THIS MEANS ACCEPTING HELP WHICH MAY BE VOLUNTEERED OR ASKING WHEN THE NEED ARISES. THE HELP COULD BE THROUGH A FRIEND, RELATIVE OR SERVICE YOU TRUST, INCLUDING NATIONAL HELPLINES.

STAYING CONNECTED

HIGHER RATES OF MENTAL HEALTH PROBLEMS, SUCH AS DEPRESSION AND ANXIETY, ARE ASSOCIATED WITH LONELINESS AND SOCIAL ISOLATION. OFTEN, SOCIALISING WITH OTHERS CAN FEEL LIKE A LOT OF EFFORT IN THE EVENING WHEN WE'RE TIRED. HOWEVER, HEALTHY RELATIONSHIPS AND CONNECTIONS TO OTHERS HAVE A SIGNIFICANT IMPACT ON MAINTAINING GOOD WELLBEING. USING VIDEO CALLS, LIVE STREAMING OR 'FACE TIMING' IS A GREAT WAY TO KEEP IN TOUCH WITH FRIENDS AND FAMILY IF YOU'RE FEELING ISOLATED. IF YOU PREFER CALLING, PICK UP THE PHONE FOR A CHAT. MAINTAINING GOOD RELATIONSHIPS HELPS TO SET A GOOD EXAMPLE FOR CHILDREN. AS THEY NOTICE AND IMITATE THE BEHAVIOUR AND EMOTIONS OF THOSE AROUND THEM.



**The
National
College®**

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL. INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



FOR FURTHER INFO, CHECK OUT
THESE ONLINE RESOURCES: *P*

<https://www.nhs.uk>

<https://www.mentalhealth.org.uk>

<https://www.livingwell.org.au>

<https://www.mentalhealth.org.uk>

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



TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-synching and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.

AGE RESTRICTION

12+

(Under 18, supervision of a parent or legal guardian required)

What parents need to know about



MATURE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as Parental Guidance Recommended. When signing up for the app, it's possible to be about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are light-hearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'For you' feed when logging into the platform.

INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-synching and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others' user's videos on the app.

TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.

ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. By default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.

ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into a 45-minute visit.

IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from 10, 99 or 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



Safety Tips For Parents

TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you allocate time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them safe online.



USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.



LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they've seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



MODERATE SCREEN TIME

As entertaining as TikTok is you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allocated time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be entered in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



Meet our expert

Pete Bath is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



NEW FOR 2020 FAMILY SAFETY MODE

TikTok Family Safety Mode allows parents to link their own TikTok account to their child's. It's a great way to oversee your child's digital wellbeing by giving you direct control over their safety settings and being able to remotely turn features on and off. This includes managing screen time, the ability to send and receive direct messages (and with whom) and the ability to restrict the appearance of content that might not be age appropriate.



SOURCES: www.tiktok.com

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @NationalOnlineSafety

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