

Online Safety Newsletter




October 2022



Although child-friendly apps can make using the internet a more accessible and enjoyable experience, the thousands of apps available for different types of people mean it's important to make sure children use appropriate ones.

Apps like TikTok can create risky situations for children, such as unintentionally revealing personal information, stranger danger and generating large bills through in-app purchasing.

This month saw *Mental Health Day*, which featured advice on apps that can be used to improve children's learning and wellbeing to help them get the best experience out of the online world.

Headspace	JoyPop	Mindful Powers
<p>Practise breathing exercises and mindfulness techniques to stay calm.</p> 	<p>Daily check in app that allows users to rate how they are feeling and identify why.</p> 	<p>Sensory-based so it can help users relax and regain focus to cope with managing stress and anxiety in children.</p> 

TikTok - AGE RATING 13+

TikTok is a free social media platform that lets users create, share and watch short clips. However, parents have expressed concerns about the inappropriate language of some of the videos posted which may make this less suitable for younger children. Once an account has been created it is made public, meaning anyone on the app is able to see what users share. Users are able to like each other's videos, meaning they have direct contact.

TikTok, like Facebook and Instagram, has a digital wellbeing element meaning users are able to be alerted once they have been using the app for more than two hours. Also, 'Restricted mode' can be turned on to filter out inappropriate content on the app.

Turning the account onto 'private' means only other users who have been 'accepted' by the account holder can see the posted content.

For more information, please visit;

<https://www.commonsensemedia.org/articles/parents-ultimate-guide-to-tiktok>