



Dring Digest w/e 29th September 2023

Dear Parents/Carers,

➤ **Car Parking – reminder**

Please be considerate of our neighbours when picking up and dropping your children off at school. Mayfield Grove is particularly narrow at the end and this causes access issues for our neighbours when parents park here. We also politely ask that parents do not use the car at the Sports and Social Club. Staff have permits permitting them to use this facilities otherwise it is intended for use by members of the club only. Thank you for your support with this matter.

➤ **Break time & Healthy Snacks**

Please can you ensure that children are bringing a healthy snack for break time in school. Many children are bringing in crisps and chocolate which is not in line with our school policy. Please see below for healthy snack suggestions. Please remember that due to some children have severe allergies in school we are a nut free.

 **Healthy snacks**

At break time only healthy snacks are allowed in the playground.



➤ **Secondary School**

Application Deadline



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 feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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-16 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.



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 with 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

TikTok can be addictive, especially for young people: compulsive repeated use can interfere with sleep patterns and be a distraction from other activities. The platform recently introduced default usage time limits of 30 and 100 minutes for new members under 18 (in the UK, children with TikTok average 102 minutes per day on the app), but these restrictions can easily be removed in the settings.



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.



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COME AND JOIN US FOR OUR OCTOBER HALF TERM HOLIDAY CLUB!



30th October—3rd November

Also Open for school training day 27th October!

7:30am until 6PM £30. 50 per day.

**Morning and afternoon snack is provided, children
will need to bring a packed lunch to each session.**

**Join us for some Halloween fun! We will be doing spooky arts
and crafts, mask making, baking and lots more!**

**Join us on Thursday 2nd November in your best Halloween
outfits for a day of games, party food and dancing!**



Please contact us at dringhouses@dringhousesoosc.co.uk for more information or
book via your Cheqdin account

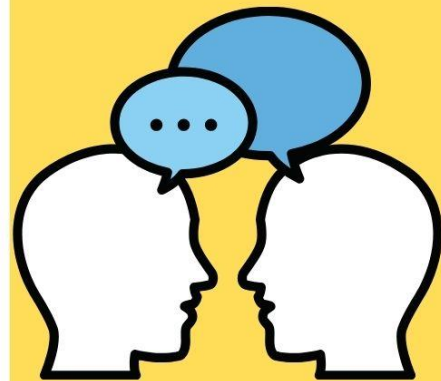


NEWS LETTER

✉ engagement@yiks.co.uk

Listening Event, CAMHS Tuesday 3rd October 6:00pm - 7:00 pm

In order to represent your voice with health partners at CAMHS we have organised another Listening Event. .If you would like to contribute with your experience, feedback or issues please email pcf@yiks.co.uk and you will be sent joining instructions for an online meeting



Coffee Morning

Come Join us for a peer support coffee morning. This is an informal meet up with parents and carers to natter and share tips and news .

Tuesday 26th September 11:00am
York Youth Hostel, Water End, Clifton.
Parking Available

Website . Check it Out !

We are VERY excited to launch our website from Monday 2nd October at www.parentcarerforumyork.org

Please appreciate that we are run by volunteers and we anticipate this go to site will grow over time. Meanwhile we have details of signposts to major providers, events for you and your family, work we are involved in and how to contact us pages.



www.parentcarerforumyork.org



Training Offer

Has Your Child Struggled With Their Mental Health? Ever Thought Of Using Your Experience To Help Other Parents & Carers?

A free one-hour information session led by lived experience parent carer peer support workers will explore how you could use your experiences to help other parents and carers whose children have mental health difficulties.

Please join us to find out more and ask any questions you might have...

Wednesday 27 September, 12:30 - 13:30 Thursday 5 October, 12:30 - 13:30

For more information and to book:

<https://www.charliewaller.org/parent-carer-peersupport/events-for-parents-and-carers>

PCF Campaign

Last week we wrote to professionals in health, education and social care and asked them to help us raise awareness and promote our work amongst their teams. We were also out and about at Haxby Community Centre, Monks Cross and Vangarde.

This week please come and see us to say hello

- Coffee morning on Tuesday 11:00 am to 12:30 (York Youth Hostel)
- Wednesday from 10:00 am at Burnholme , Explore
- Wednesday from 2:00pm at Monks Cross

Campaign...Please help

The Parent Carer Forum is growing from strength to strength in terms of membership and engagement with activities.

Please can you help in our campaign fortnight and share details of us with a friend who may benefit from membership. Forward this newsletter or the QR code below for our facebook page.



Our Annual Conference this year will be on **Tuesday 24th October** at the Principal , York

We will have a variety of speakers from all sectors in the morning and our AGM and workshops after lunch.

We are expecting this to be a fab day and will publish details soon but meanwhile save the date .



Weekly • Drop-in



Every Tuesday
3.30pm – 4.30pm
Dringhouses Library

www.exploreYork.org.uk

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