

## How safe is TikTok?

[TikTok](#) (formerly music.ly) is a video production app. In the two years since it has launched it has amassed over 800 million active users. The site has many young users but its official PEGI rating is 13+. Whilst most of its content is dance based, lip sync and humorous, it made headlines this autumn with a distressing video that was widely shared. Tik Tok, as well as Instagram and Facebook, had difficulty removing it. Parents should be aware that videos may show inappropriate or distressing content, many adults use TikTok and accounts are automatically set to public and should be set to private to protect your child.



## Looking for online safety activities to do at home?

Think U Know have created short support videos for parents and home activity packs to complete with your children. They cover the following topics:

- Watching videos
- Online gaming
- Social media
- Sharing images
- Livestreaming
- Cyber security



Click [here](#) for ThinkUKnow resources.

Click [here](#) to find out more

## How much screen time is too much?

Guidance from Royal College of Paediatrics and Child Health recommends that families should negotiate screen time with their children based on the individual needs of each child and the way in which they use their screens. Advice from ParentInfo suggests

- screens should be avoided for an hour before bedtime
- persuading children to take a break
- considering the type of device being used
- considering setting limits on screen time

Read [SWGfL's latest resource](#) : 'Young Children and Screen Time'



## Life Online For Children with SEND

Internet Matters launches a first-of-its-kind resource for children with additional learning needs and their parents and carers.



Their Connecting Safely Online hub helps equip both young people with SEND, (special educational needs and disabilities) their parents and carers with the right tools to stop them 'falling through the net' on social media.

Read Internet Matters report ['Life online for children with SEND'](#)

Find out:

- where young people with SEND differ from typical children in relation to online safety
- concerns about the potential risks of social media to young people based on their understanding of interactions online

## How you can spot fake news (and help your kids spot it too)?

The internet is awash with two kinds of fake news; stories that are deliberately created to create misinformation and those that are based on truth but contain inaccuracies. Here are 4 quick checks that you can use to sort fact from fiction:

- Who posted it?
- When was it posted?
- Why was it created?
- What is it saying?



Check out [saferinternet.org](#) for further information and some quizzes and activities to complete with your child.