Ashley Junior School

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Online Safety Newsletter September 2023

TikTok update You must be over 13 years of age to use TikTok.

60-minute screentime notification TikTok are introducing a 60-minute screentime notification for teen accounts (accounts with users under 18 years of age). When the time limit is reached, the user will be asked to enter their passcode

Family Pairing: new features

to continue watching.

This allows you to link your own account to your child's account. TikTok have now added three new features:

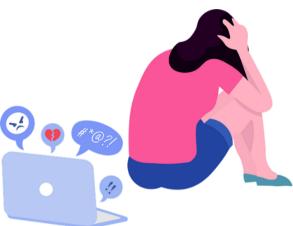
- Custom daily screen time limits: this option includes choosing different time limits depending on the day of the week as well.
- Screen time dashboard: this provides a summary of time spent on the app, the number of times TikTok was opened and a breakdown of total time spent during the day and night.
- Mute notifications: this setting will enable you to mute notifications at set times. Accounts aged 13-15 already do not receive push notifications from 9pm and for accounts aged 16-17, notifications are disabled from 10pm.

You can find out more here: <u>https://newsroom.tiktok.com/en-</u> us/new-features-for-teens-and-familieson-tiktok-us

Being unkind online

It can be very easy online for children to behave in a way that they wouldn't if they were face to face with each other.

Talk to your child about how they speak to others online and encourage them to talk to people online with respect and kindness, like they would



if they were face-to-face. How they act online should be how they behave on the school playground when they are following school rules. Here are some examples of what being unkind looks like online:

- Sending nasty or hurtful messages
- Leaving unkind comments
- Sharing photographs of somebody else without their permission
- Excluding somebody on purpose
- Impersonating somebody with a fake account
- Telling/sharing lies

The above might happen whilst your child is gaming online or whilst using social media or messaging apps e.g. WhatsApp.

Top Internet Manners



Internet Matters have produced a list of 'manners' that we all should follow to create a safer and kinder online world: <u>https://www.internetmatters.org/resources/top-internet-manners/</u>

What should I do if my child is being bullied online?

Ensure that your child understands that if they receive unkind messages or see something that worries them, they should not reply or engage in conversation with the perpetrator. Instead, they should tell a trusted adult. You can use the tools within an app to report any offensive or hurtful content as well as block people so they cannot contact you again in the future.

Further information

https://www.esafety.gov.au/kids/I-want-help-with/how-do-i-know-if-imbeing-mean-online



What Parents & Carers Need to Know about VA PING i HE

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT IS VAPING?

s contain a liquid (vape juice/e-liquid) that is heated by a battery and rates, creating a chemical vapour which the user inhales. They can be sable (once the liquid or battery runs out, the vape is thrown away) or hargeable (the user replaces the liquid and recharges the battery on lemand). Most vape liquids contain nicotine and other chemicals.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

nce they were initially eveloped to help people op smoking, the vast majority vape liquids contain nicotine. Not nly is this a highly addictive stimulant, ut it can also have detrimental effects brain development in the under-25s. icotine can decrease the ability to pay itention, weaken impulse control, affec iood and increase the likelihood of ubstance addiction as an adult

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury - all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations. 200

UNCLEAR LONG-TERM CONSEQUENCES

quids in vapes also cont nts. which can create co nt of evaporation. Va duced into the UK in

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ATTRACTIVE PACKAGING

The packaging of many disposable vapes is ven ... urs C eting, and vap itively on socio oung people t o views of vap ng and

ENVIRONMENTAL EFFECTS

Meet Our Expert

Run by the Cambridgeshire and Peterborough (commissioned by Cambridgeshire County C Council), Catch Your Breath is a school-based is to embed a proactive, coordinated app condary schools in discouraging smoking

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LACK OF AWARENESS

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A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retail humber of rectiners ing to sell vapes to der-18s is a worry, as the chance hese products being unregulated id therefore containing illegal emicals and higher levels of nicotine) igh. A related concern is that the chanisms inside unregulated obucts are unlikely to have been tested disafety checked – presenting a fety checked - presenting a le fire risk if the liquid and battery nto contact.

SCARCE INFORMATION

The lack of information about the ingredients and potential harmful chemicals in a vape i

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and



The

National College