



## Digital Technology & Wellbeing Guide for Parents and Carers



## Remote Learning Expectations

We routinely use *Microsoft Teams* as a platform for remote learning in addition to using it to support everyday learning and teaching. The expectations in the online classroom are no different to those our pupils are expected to meet in the classroom within Lourdes Secondary School.

We have an agreed Promoting Positive Relationships (PPR) Policy which all should follow. In addition to the PPR policy you child should adhere to the following when learning online:

- ✓ Regularly log in and check for updates.
- ✓ Report any technical issues to their teachers as quickly as possible.
- ✓ Attempt assignments to the best of their ability.
- ✓ Ask for help if they need it. Where possible, attempt assignments and ask for help in advance of the due date.
- ✓ Only post comments that are appropriate and ensure these are posted at a reasonable time of day.

Any behaviour online which is deemed to be not in keeping with our shared school values will be reported by Class Teachers to your child's Year Head, the same way it would be in a physical classroom.

Our shared approach to Promoting Positive Relationships is key to our success as a school. Pupils should be always responsible and respectful to help make our online learning and teaching experience enjoyable.

# Digital Learner

**Confident in developing the skills for life, learning, and work; sharing knowledge in exciting and innovative ways.**



I have the resiliency to adapt to new situations and an ever changing digital landscape.



I can use my digital skills to effectively communicate ideas and collaborate with others.



I can use my digital skills to engage in anytime, anywhere learning activities.



I can use my digital literacy skills to share my knowledge in an innovative and engaging manner.



I have the knowledge & confidence to use digital tools safely & responsibly.

This Digital Technology & Wellbeing guide will provide advice on using the Microsoft Teams to support your child's progress in courses as well as provide guidance in using ACHIEVE and lastly guidance for digital wellbeing and online safety.

1. How to Sign into GLOW
2. How to access GLOW email
3. How to Download Microsoft Office
4. How to Download the Microsoft Teams Desktop App
5. How to sign into the Microsoft Teams App
6. How to use Microsoft Teams
7. How to view assignments on Teams
8. How to upload work and files on Teams
9. How to access and use ACHIEVE
10. Digital Wellbeing guidance and resources
11. Online Safety guidance and resources

## How to Sign into GLOW

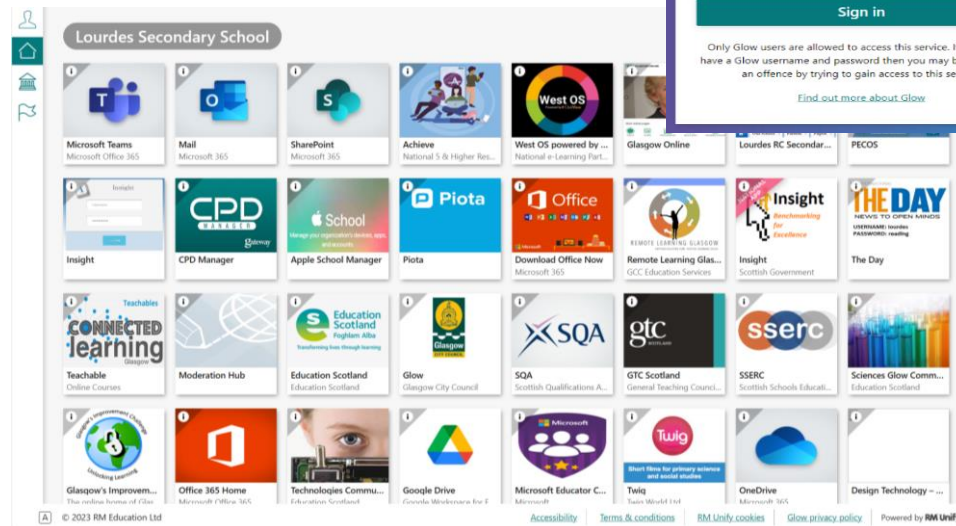
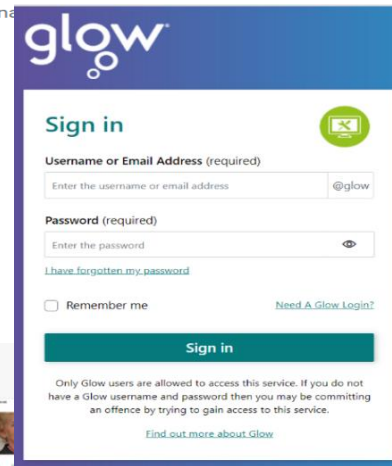
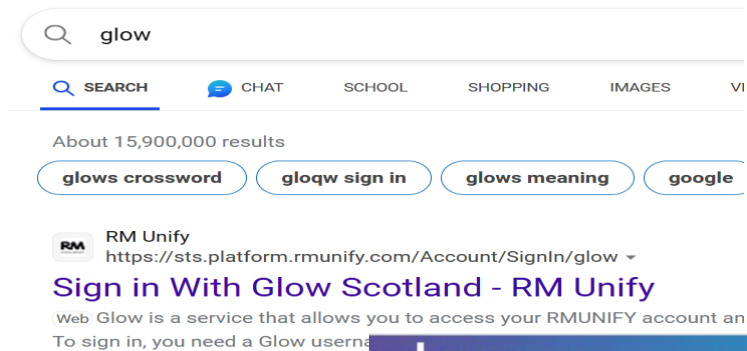
1. Search 'glow login' in the Google search bar.
2. Click on the result 'Glow - Sign In - RM Unify'. It can also be accessed by clicking on this link: [Glow - Sign In \(rmunify.com\)](https://rmunify.com).
3. Once on the Glow sign in page, your child should type in their Glow username and password. Their username will look something like 'gw19simpsonhomer'.

If a pupil has forgotten their username and/or password, they should contact Mr Marshall or staff from the Digital Strategy Group who can provide them with this information and reset their password.

4. Once logged into Glow, pupils will have access to the Launch Pad.

Video Tutorial on how to access the Glow Launchpad: <https://youtu.be/BDWZskni-Fw>

Video Tutorial on how to edit the Glow Launchpad: <https://youtu.be/2ZMXQ72xvHc>



## How to access Glow email

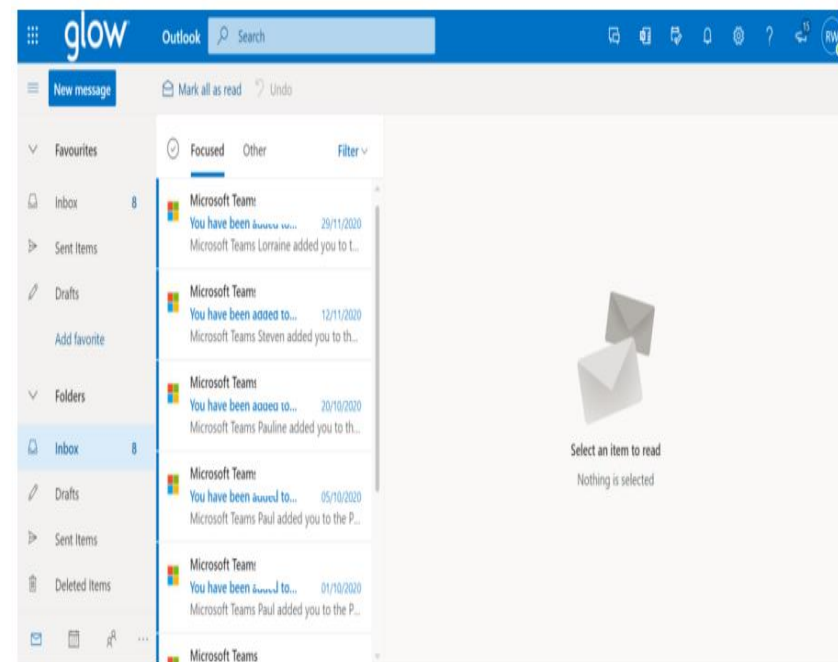
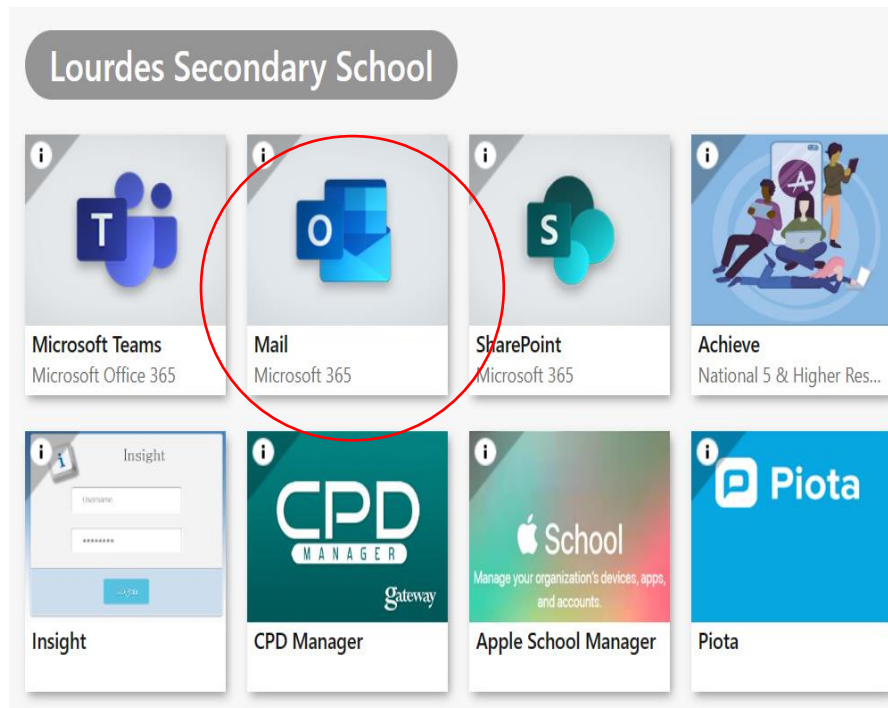
Once logged in to Glow, your child should click on the 'Mail' tile on the Launch Pad.

Their email account will display as shown below. Pupils can compose an email by clicking on 'New message'.

If your child needs to contact their Guidance Teacher or any Class Teacher for support, they should do so using their Glow email address.

Pupils should check their Glow emails regularly for any updates from their teachers.

Video tutorial on how to send and reply to email: <https://youtu.be/5qWcn5PTDFY?si=VAOY-6zNoDax2OJ3>



## How to download Microsoft Office

Microsoft Office can be downloaded through Glow for free.

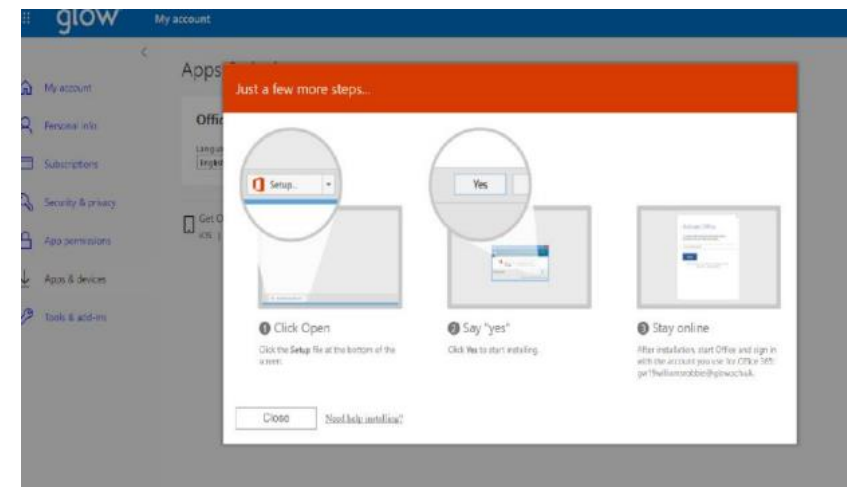
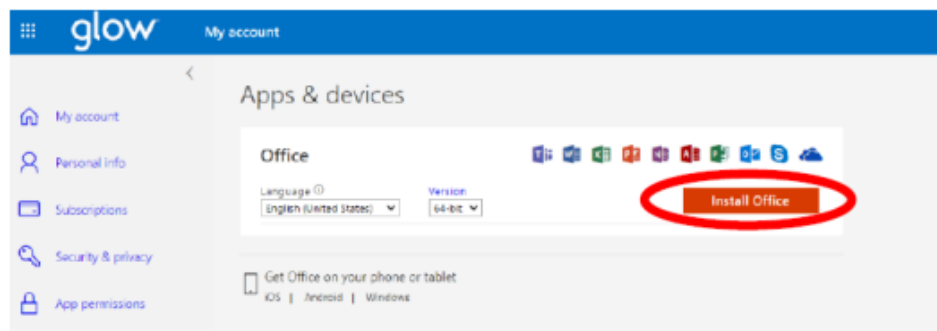
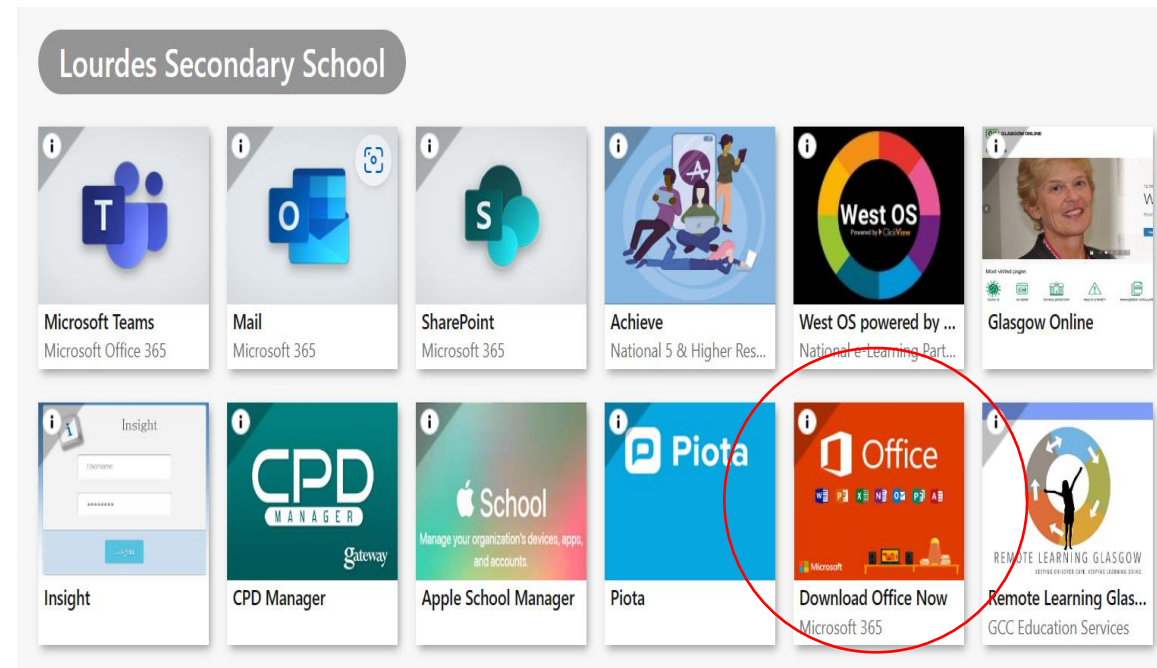
1. Once logged in to Glow, click on the 'Download Office' tile on the Launch Pad.

Now' tile on the Launch Pad.

2. The screen shown below will appear and you should

click on 'Install Office' as indicated.

3. The screen shown on the right will appear and further instructions will be provided to complete the download successfully.

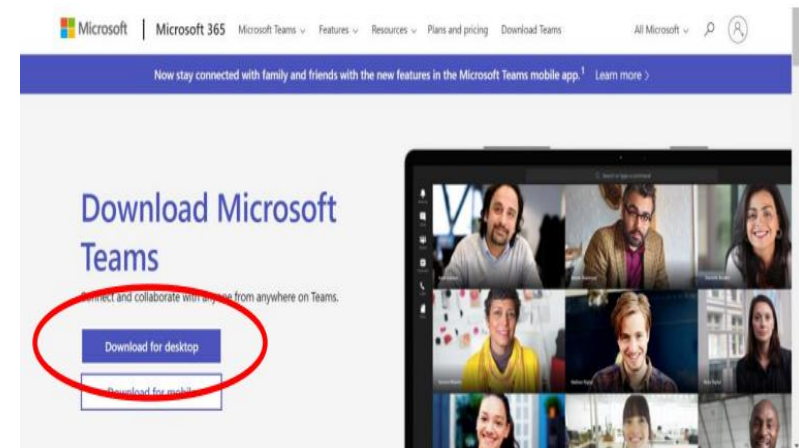
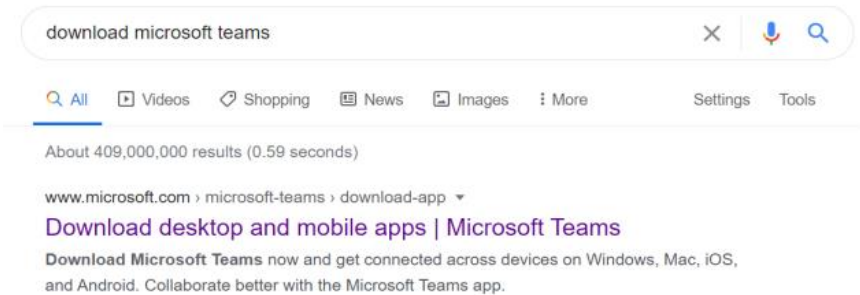


## How to Download the Microsoft Teams Desktop App

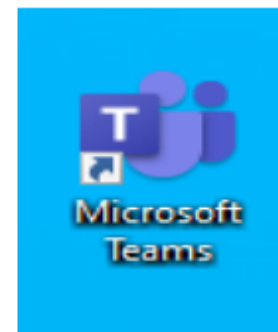
1. Search 'download Microsoft Teams' in the Google search bar.
2. Click on the result 'Download desktop and mobile apps | Microsoft Teams'. It

can be also be accessed by clicking on this link: Download desktop and mobile apps | Microsoft Teams.

3. Click on 'Download for desktop'.
4. Click 'Download Teams' and follow instructions when prompted.
5. The Microsoft Teams icon should appear on your desktop once it has been downloaded successfully.



Download Teams for work on your desktop

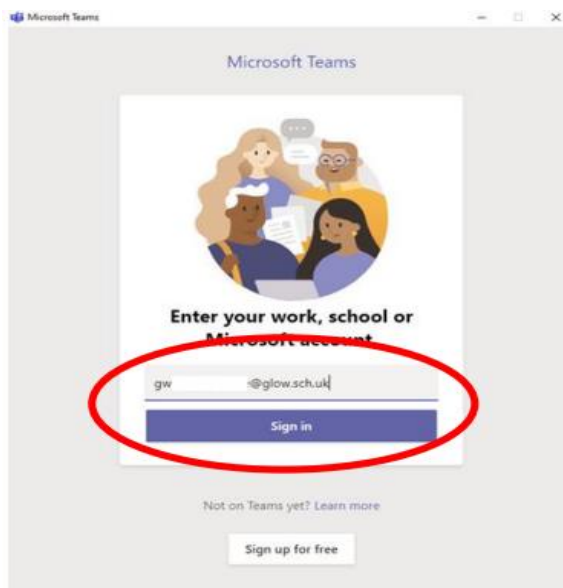
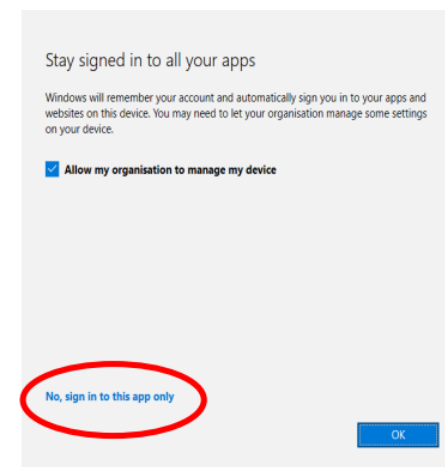




## How to sign into the Microsoft Teams App

1. Your child should open the Microsoft Teams app on their desktop and type in their full Glow email address, including @glow.sch.uk.
2. They will be redirected to the Glow sign-in page where they should type in their Glow password and click Sign-in.
3. The following screen will appear, and they should click 'No, sign into this app only'.

Your child should now be logged in to Microsoft Teams and their home page should look like the image shown here on the right.



## How to use Microsoft Teams

To access different teams, pupils simply click on the tile of the team they wish to access on their home page.

If any team name appears in bold, there has been some recent activity, and your child should access that team for updates.

Once your child clicks on a team tile, the team will open, and they will have access to updates, resources, and assignments.

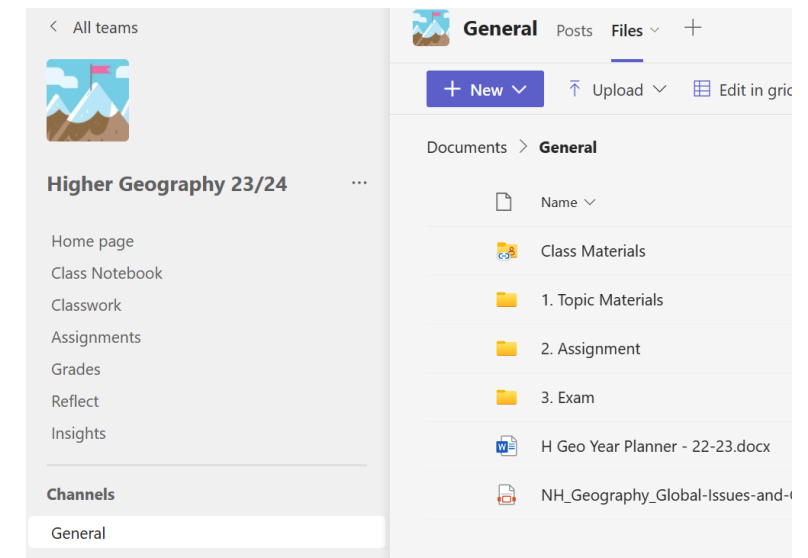
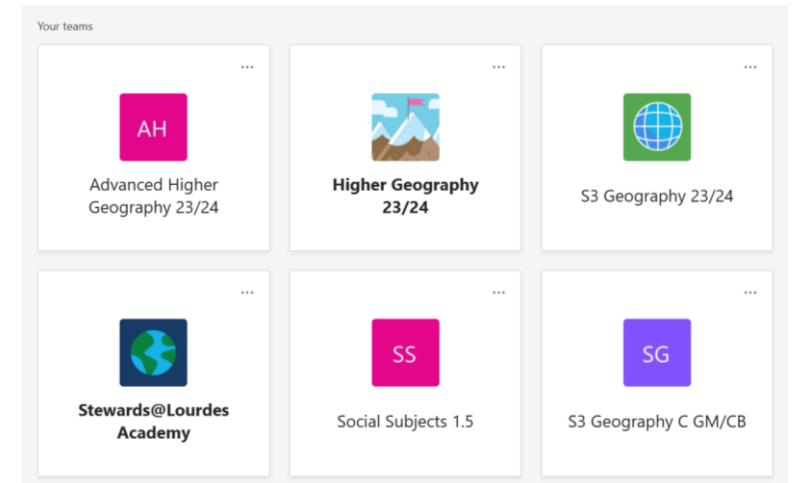
All class teams have the same basic layout. There are different tabs at the top of each team that will allow you child to access different content.

By clicking on each of the tabs they will be able to access the following:

- ✓ Posts - Information on tasks being set each day/week and updates from their Class Teachers.
- ✓ Files - Resources and support guides are stored here.
- ✓ Assignments - Any assignment to be completed can be found by clicking on this tab. Instructions, resources and due date will be detailed here.
- ✓ Grades - Provide an overview of all assignments and marks achieved where appropriate.

Video Tutorial on how to find and use Microsoft Team on Glow:

<https://youtu.be/F2BbtyY4tSU?si=3iurpG27RclP6kctc>



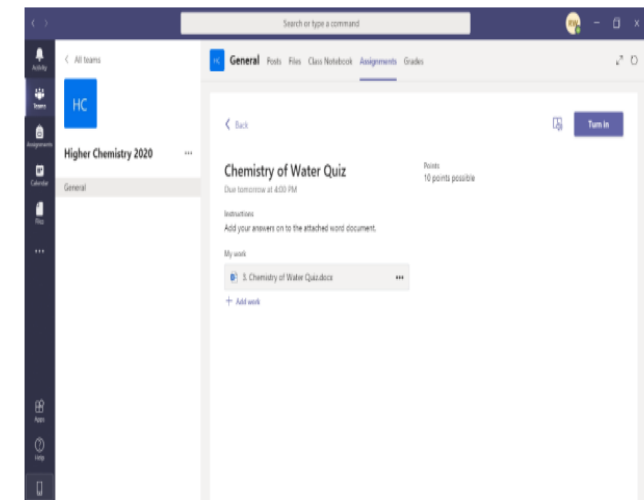
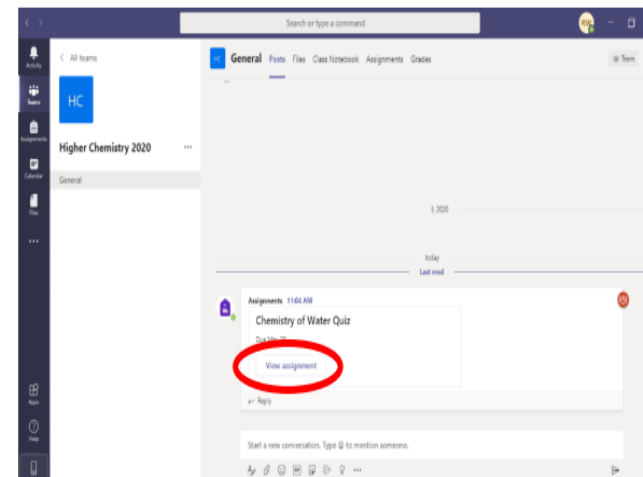
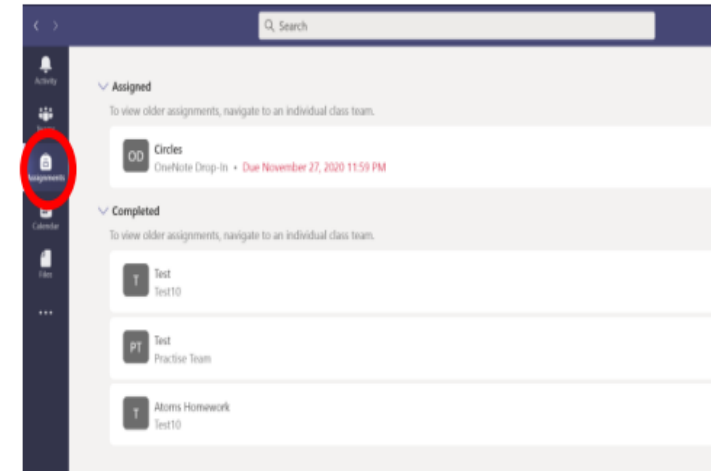
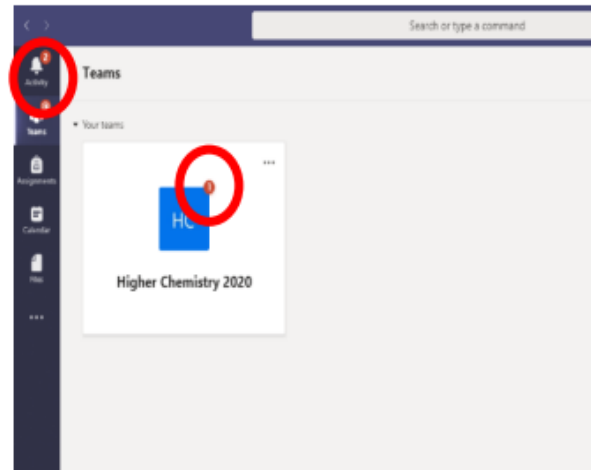
## How to access Assignments in Microsoft Teams

To get an overview of assignments due, in date order, your child should click on 'Assignments' on the menu bar at the left-hand side of Microsoft Teams.

1. They will get a notification when an assignment has been set in one of their class teams.

2. Click on the tile with the assignment notification and then click 'View assignment'.

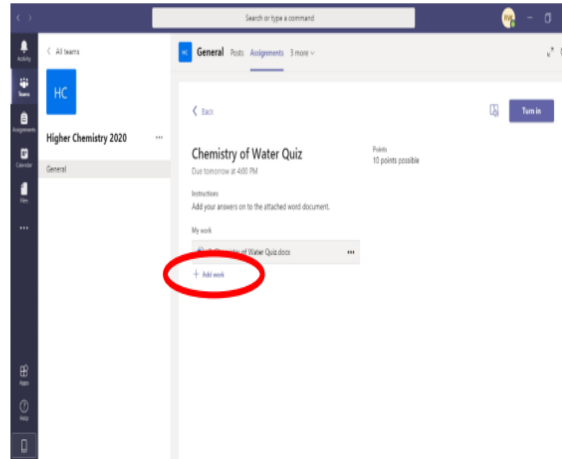
3. Instructions for the assignment along with any resources required and the due date will then be visible.



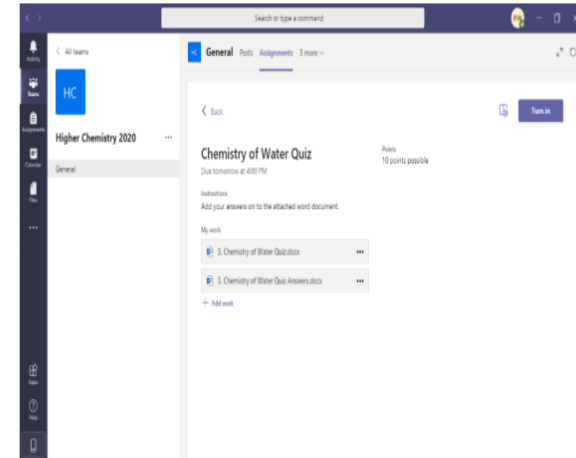
## How to upload work to Assignments in Microsoft Teams

Responses to assignments should be uploaded within each of your child's class teams by the due date. Here are some steps to show you how.

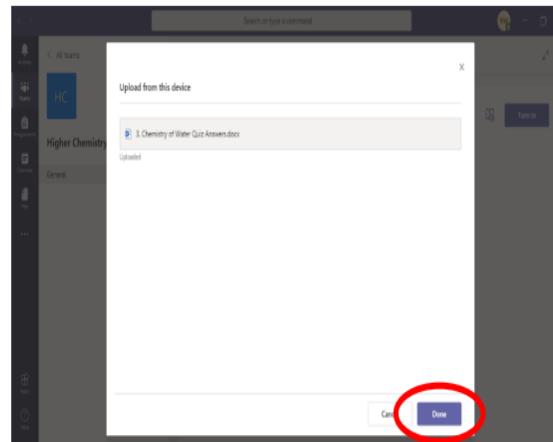
1. Click 'Add work' underneath the assignment details.
2. Choose the location from which the work is to be uploaded from.



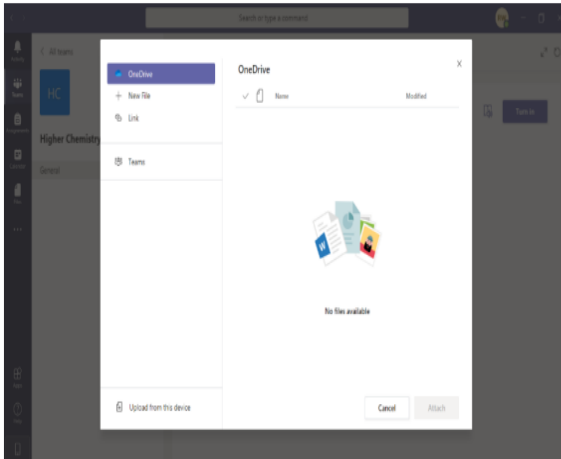
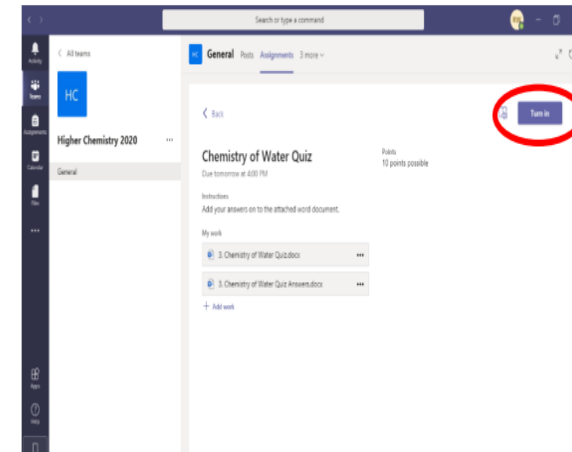
4. The file your child has uploaded will appear underneath the assignment details.



3. Click 'Done' when you have selected the file.



5. Lastly, they should click 'Turn-in'.



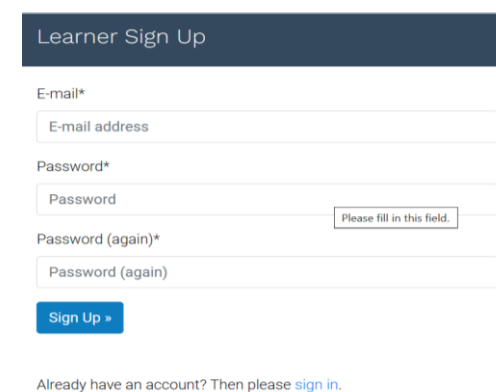
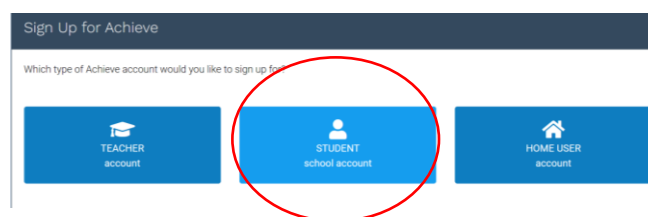
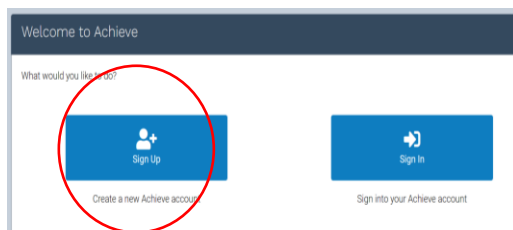
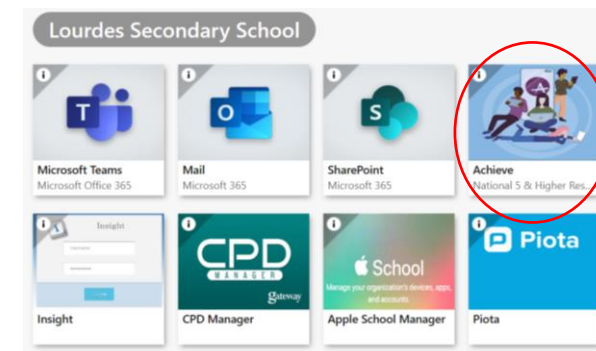
## ACHIEVE Student Support Pack Lourdes Secondary School

Designed for Scottish students studying National 5 and Higher Courses, ACHIEVE's online digital courses provide broken down key topics and concepts, each clearly explained and illustrated. There are hundreds of links to free resources and SQA exam questions and solutions. Online assessments will test your child's understanding and help them identify their strengths and areas for improvement.

ACHIEVE can be easily accessed via the Glow Launchpad.

Click on the ACHIEVE tab where you will be directed to **sign up** or **log in**.

Simply **Sign up** with your Glow email and generate a secure password.



E-mail\*

Password\*

Password (again)\*

[Sign Up »](#)

Already have an account? Then please [sign in](#).

Another way to access ACHIEVE is by following these 3 simple steps:

1. Visit <https://achieve.hashtag-learning.co.uk/>
2. Sign up with your email address and password
3. When prompted, enter the Lourdes Secondary School code: **4kWEHiXJ**

From here you can select all your National 5 and Higher courses, and access the Learn, Assess and Self-evaluate modules for each.

## Adding Courses

To get started with ACHIEVE, set up the courses that you are studying.

### Step 1

Select **Manage Courses** from the **My Courses** menu.

### Step 2

Select the level of study from the drop-down.

Choose your courses

National 5

National 5

Higher

### Step 3

Select all courses that you are studying.

Select	Course Name	Optional Topics
<input checked="" type="checkbox"/>	National 5 Applications of Mathematics	Choose topics...
<input type="checkbox"/>	National 5 Art and Design	Choose topics...
<input checked="" type="checkbox"/>	National 5 Biology	Choose topics...
<input checked="" type="checkbox"/>	National 5 Business Management	Choose topics...
<input type="checkbox"/>	National 5 Chemistry	Choose topics...
<input checked="" type="checkbox"/>	National 5 Computing Science	Choose topics...

### Step 4 (optional)

Some courses such as History or Modern Studies have optional topics. Select the optional topics on your course (or check with your teacher about which topics will be covered).

Select	Topic Name
<input checked="" type="checkbox"/>	Era of the Great War
<input checked="" type="checkbox"/>	Atlantic Slave Trade
<input type="checkbox"/>	Hitler and Nazi Germany
<input type="checkbox"/>	Scottish Wars of Independence
<input checked="" type="checkbox"/>	Making of Modern Britain
<input type="checkbox"/>	Migration and Empire

## Joining Classes

Join a class set up by your teacher.

### Step 1

Select **Join Classes** from the **My Courses** menu.

### Step 2

Click **Join Class**

My Classes			
Course	Class name	Teacher	Join Class
National 5 Applications of Mathematics			
National 5 Biology			
National 5 Business Management			

### Step 3

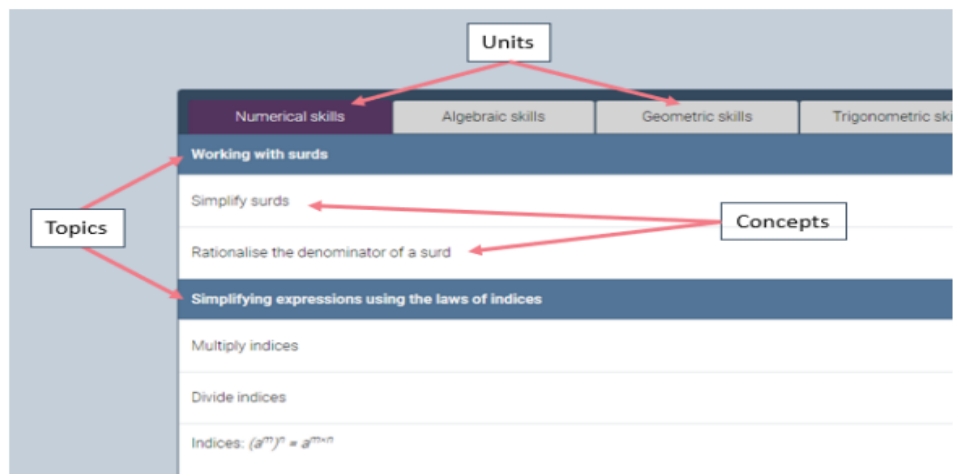
Enter the class code given to you by your teacher and click **Save**.

Join class
Join a National 5 Computing Science class by entering the class code below
<input type="text" value="U1tgHZ"/>

## Using Learn

The Learn module is your starting point as you work towards a National 5 or Higher qualification. It is an interactive digital textbook, with all the key concepts that you need to know fully explained and illustrated.

Courses are broken down into Units - each accessible via the tabs at the top of the screen. Units are divided into Topics, each containing a number of key Concepts.



### Learn Buttons

Each Learn Concept gives you the following options:

- Concise explanation of the concept
- Links to further learning
- Extended questions and activities
- Links to past paper questions

## Using Assess

Use the Assess feature to test your knowledge and understanding of different Concepts or Topics on your course and get instant feedback.

There are two ways to use the Assess module:

1. Assigned tests (ie, tests created by your teacher)
2. Student managed assessments (tests you select for yourself)

### Assigned Tests

Assigned tests are tests that your teacher has asked you to complete. Click **Start Test** to begin a test. Correct answers are displayed after each question.

My Outstanding Tests			
25 Feb 2021	Numeracy Test	Questions: 20	<a href="#">Start Test</a>
25 Feb 2021	New H Comp Test	Questions: 4	<a href="#">Start Test</a>

### Student Managed Assessments

ACHIEVE has a built-in assessment engine with thousands of practice questions. Choose this option to complete online assessments and receive instant feedback.

**Step 1:** Choose from Topic, Unit or Course assessments.

**Step 2:** Choose the number of questions in the assessment.

**Step 3:** Complete the assessment. Correct answers are displayed after each question.

## Assessment feedback and summary

At the end of each assessment or test, you will be given feedback on:

- your overall score
- a summary of strengths and areas for improvement

You can review an overall summary of all assessments including:

- number of questions answered correctly / attempted
- areas of strengths / areas for improvement









Computer systems: Security precautions	4 / 5	<div><div style="width: 80%; background-color: #28a745;">80%</div></div>
Database design and development: Implementation	27 / 37	<div><div style="width: 72%; background-color: #28a745;">72%</div></div>
Web design and development: Implementation (Javascript)	2 / 3	<div><div style="width: 66%; background-color: #ffc107;">66%</div></div>
Web design and development: Implementation (CSS)	27 / 46	<div><div style="width: 58%; background-color: #ffc107;">58%</div></div>



## Using Self-evaluate

When studying you need to be able to identify the areas you know well and the areas you need to improve on.


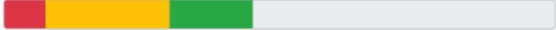
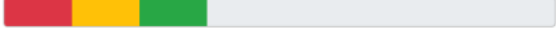

Use Self-evaluate to traffic-light your progress in each course.

Using the sine and cosine rules to find a side or angle in a triangle		
Use the sine rule to find a side		
Use the sine rule to find an angle		
Use the cosine rule to find a side		
Use the cosine rule to find an angle		

- **GREEN:** My knowledge and understanding is strong, and I am confident
- **AMBER:** My knowledge and understanding is okay, but I am not fully confident
- **RED:** My knowledge and understanding is weak and I not at all confident am confident

## Overview

Use Self-evaluate to gain an overview of your strengths and weaknesses by Unit and by Topics.

Unit Summary	
Numerical skills	
Algebraic skills	
Geometric skills	
Trigonometric skills	

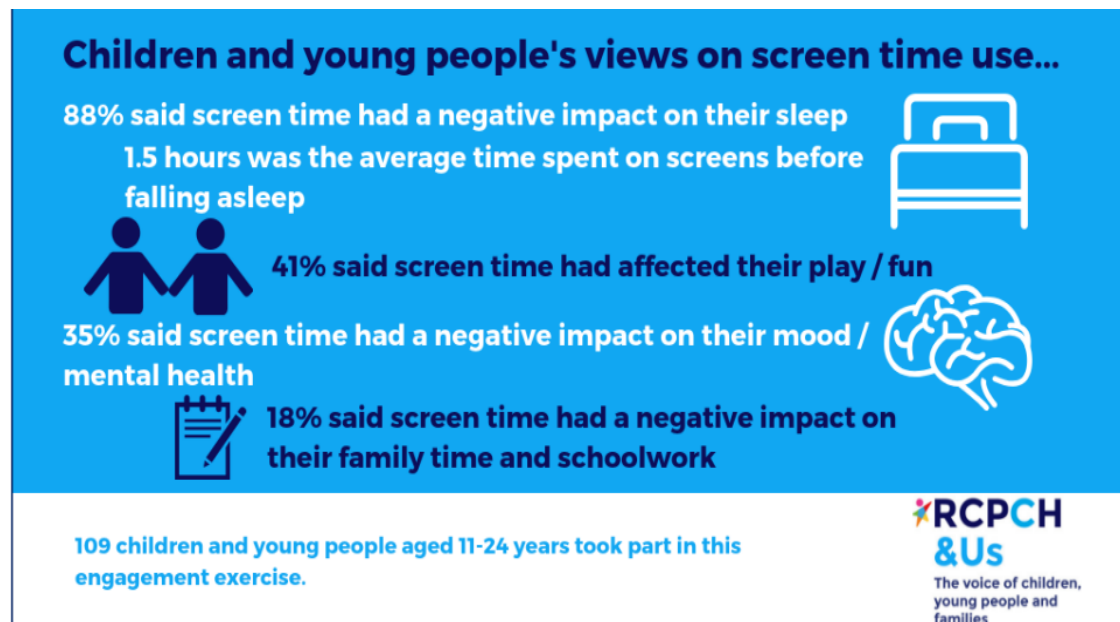
## Digital Wellbeing & Online Safety

Although the internet is a fantastic resource there are several risks associated with its use. As a school we hope to raise awareness of the risks associated with using different online platforms and how to seek support where required.

Within this document you will find links to resources that will help to support your child in having a safe and positive experience whilst using different online platforms.

These resources provide:

- ✓ An overview of potential risks associated with being online.
- ✓ Conversation starters to help start discussions with your child around internet safety.
- ✓ Safety tools on social media platforms and other online services.
- ✓ How to set up filters with your own internet provider.
- ✓ Advice regarding smart phones, gaming and other internet connected devices.
- ✓ Information on how to report inappropriate content or material that may be of harm to your child or others online.



## Useful links to support Online Safety & Digital Wellbeing

[Securing your devices - National Parent Forum of Scotland \(npfs.org.uk\)](https://npfs.org.uk)

[How to set up parental controls and different devices](#)

[Online Safety - National Parent Forum of Scotland \(npfs.org.uk\)](https://npfs.org.uk)

[Parents and Carers | Safer Internet Centre](#)

[Thinkuknow - home](#)

[The health impacts of screen time: a guide for and parents](#)

[SaferSchools online safety articles](#)



The Cyber First Aid Box is designed to support families recover from online harms.

Designed in partnership with Decode Cyber Solutions and Education Scotland's Digital Skills team - it is a free resource available to everyone.

Follow the link below for access to the Cyber First Aid Box: <https://roxannekerr.wixsite.com/my-site-1>

# My Child's First Device

5 Steps to Make Phones, Tablets, and Laptops Safer

You might be deciding to give your child their first phone, tablet, or laptop (or their fourth, fifth – even a new update). This is a big decision! The responsibility and freedom that comes with owning a device is a big step for children – and you! It might even be their first “grown up” responsibility.

As a parent or carer, it's important to remember that even if a child is tech-savvy, they need to be taught how to be tech-safe. We know this can be daunting with various device brands, apps, and settings to choose from. Our online safety experts have created 5 steps to help you make that first device (or brand-new model) safer for the child or young person in your care.



## Remember!

This is an exciting time in your child's life! You want to be a part of that in a positive way that encourages them to share with you and trust you. If you take the time to teach them, they will be empowered in their online actions and behaviours for the better.

### 1 Do your homework

Make sure your home environment is secure and ready for your child to be online. Many major broadband providers offer age restriction settings so check with your provider to ensure these restrictions are put in place.

Many retailers offer free Parental Controls to their customers. You can find Parental Control walkthroughs on most popular provider websites.

Check the device's brand website for simple walkthroughs of where to find privacy settings on your child's specific device.



### 3 Discuss and agree on healthy phone and device habits

Once the device has been set up, take the time to agree on some healthy rules and boundaries for how they will use the device. This can include rules like when and where they can use their device, screen time allowance and which apps are allowed to be used.

Be realistic on what will work in your household. If your child has friends with different rules, remind them that what works for one family might not work for another! As the parent or carer, you are responsible for the way your child uses their device and they will need guidance, especially if this is your child's first independent responsibility.



### 5 Keep Yourself Informed

We live in a digital world that changes daily. The most responsible thing you can do in keeping your child's device safe is to keep yourself informed.

Stay alert to trends and threats that they may be exposed to. With many companies beginning to offer “kid” versions of their platforms, knowing what is safe and what is suspect will help you make the best decision for your child. Luckily, we have some excellent resources to assist you that are reliable and relevant. Visit our website and social media pages.

### 2 Set up the device with your child

Taking the time to sit down with your child and set up the device together will help you both get to know how the device works, allow you to implement SafeSearch filters on search engines, and set up in-app purchase restrictions. You can use the device settings to set up agreed upon restrictions, like Screen Time and App Limits.

Explain why these settings are important to protect children and young people from online risks and that these restrictions will be lifted when they are old enough. Ensure your personal account is set as the Parent account and make sure your parental control PIN number is secure and random.



### 4 Check-in with your child

Check-in with your child about their device use. It doesn't have to be a big sit-down conversation! Informal chats over the dinner table, in the car or while watching television as a family can have the biggest impact. Ask questions like, “Tell me about your favourite app! Why do you like to use it?” or, “How has your device helped you today?”

Online safety is never a one-off conversation – it's a continuing dialogue. Show your child that you're interested in their responses and thoughts to foster an environment of openness and trust between you and the child in your care.



**SAFER SCHOOLS** [oursaferschools.co.uk](https://oursaferschools.co.uk)



[oursafetycentre.co.uk](https://oursafetycentre.co.uk)  
How to stay safer on popular platforms

# Using AI ChatBots for Good

You've probably heard of ChatGPT, the wonder AI chatbot. From writing poems to C.U.s, it seems there's nothing this artificial intelligence can't create! That does, unfortunately, include homework.

ChatGPT's terms of services says users must be at least 13 years old and those under 18 must have their parent or legal guardian's permission. However, between the press coverage and the lack of age verification, it's likely that many young people are using it regardless.

But is it *really* helping with homework? Here are some points to consider if the young person in your care wants to use an AI chatbot.

**SOMETIMES AI CHATBOTS ARE WRONG!**  
This means if someone is relying on them for facts, they might be wrong too. And it might become obvious that they've used AI to complete their work.

**CHATBOTS AREN'T ALWAYS UP TO DATE.**  
ChatGPT knows about the world up until 2021, after that its knowledge is limited.

**CHATBOTS ARE BANNED IN SOME PLACES.**  
If a young person is using chatbots but their school has banned it, they might have to face the consequences of breaking the rules.

**EVERY VOICE IS UNIQUE.**  
Although you can ask a chatbot to create text in a certain way, it's incredibly unlikely that it will sound identical to the user... and even if a young person doesn't think they have a writing style, you can bet their teachers do!



## CHATBOTS AREN'T ALWAYS SHORTCUTS

By the time you're finished fact-checking and editing the grammar, you may as well have written it yourself!

## Alternative ideas for using AI together

### PRACTICE FACT CHECKING

Knowing how to fact check is a very useful skill, both for school and for everyday life. Ask ChatGPT for facts then check them together by Googling, in the news and even in good old-fashioned books!

Being able to tell fact from fiction will also help you and the young person in your care spot fake news and misinformation on social media.

### USE CHATGPT TO INSPIRE

Instead of making the chatbot do all the work, use it for prompting ideas. For example, you can give an example of your favourite novel and ask for recommendations of similar books you might enjoy.

I am 14 years old. My favourite book is *The Hobbit*. Can you suggest three novels I might like?

Sure, here are three book suggestions you might enjoy based on your love of *The Hobbit*:  
1. *Eragon* by Christopher Paolini...

### MASTER THE SKILL OF EDITING

The text produced by AI chatbots usually needs a lot of changing. Practising editing text for spelling, grammar and comprehension could help improve schoolwork.

### LEARN ABOUT AI

There's no denying that artificial intelligence like chatbots can be fascinating. How does it learn information? Who made it? Researching this together could even inspire a future career in AI!

### STAYING SAFE WHEN USING AI

Make sure the young person in your care knows who their trusted adults are and that they can talk to them if they see something that upsets or worries them online.

Harmful, unhelpful and untrue answers on ChatGPT can be reported by selecting the “thumbs down” button beside the answer.

Some young people have been using AI for mental health advice. Talk to the young person in your care about what to do if they're feeling depressed, stressed, or upset.

**childline**  
ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](https://childline.org.uk) | 0800 1111

For young people, using AI as a way to get out of homework might be very tempting. If you know the young person in your care is using AI chatbots, talk to them about the possible risks, age limits and alternative ways you can use AI chatbots together as a force for good.

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# STREAKS, MEETS, AND SNAPS

YOUR HOW-TO GUIDE TO SNAPCHAT FEATURES

SNAPCHAT is a social media platform used to share customisable photos, messages, and short-form videos referred to as 'Snaps' which can disappear after 24 hours. But this app isn't only for turning your messages into ghosts. It has a multitude of features that keep it fresh and current with young people today.



## SNAP MAP

- Shows real time location on an interactive map.
- Includes street, town/city, and building names.
- Options for 'meet up' and 'live location sharing' with friends.

## FILTERS

- A moving image 'overlayed' onto pictures and videos.
- Can range from colour changing to face-setting altering.
- A popular way for users to express themselves.

## STORIES

- Personalised images or videos on your profile.
- Can be seen by select friends, all friends, or wider public.
- Posts will last for 24 hours before disappearing forever.



**CAUTION:** This feature is 'on' by default. You will need to activate 'Ghost Mode' to stop your location from appearing on the map.

**DID YOU KNOW...** Snapchat is the original disappearing messages app! It's been around since 2011.

**NEVER FORGET** If you want to stop a snap or story from disappearing, it can be archived in 'Memories' to be timestamped and reshared.

## DISCOVER

- A live news feed featuring Snapchat's chosen publishers.
- Wall Street Journal, ESPN, and others are included.
- Influencers and brands are also featured.

## SNAPSTREAKS

- Achieved when two users send messages daily for 3 or more days.
- Once reached, a flame emoji appears next to the friend's username.
- The number of days will appear as well to show how long the streak is.

## SPOTLIGHT

- Short form videos used for viral video content.
- Users can like, reply, and share with friends on Snapchat.
- Videos cannot be downloaded or shared to other platforms.

**THE PUBLIC EYE** Snapchat accounts must be 'public' to create Spotlight videos. This feature can be viewed and accessed by all users.

## ALL ABOUT SNAPCHAT+

Snapchat launched a premium option for its platform called 'Snapchat+' in June 2022 across the world. Described as having 'exclusive, experimental and pre-release features', this paid version costs £3.99 per month and includes:

- 'Ghost Trails' - see up to 24 hours of a friend's shared location history.
- 'Story Rewatch Indicator' - view which users have rewatched a story.
- 'Friend Solar System' - use planetary order to highlight friendships.

## RISKS, RISKS, AND MORE RISKS

- AGE VERIFICATION** - there is currently no effective process to verify user age.
- STRANGER DANCER** - 'friending' users is easy and opens up direct contact.
- SCREENTIME OVERLOAD** - trends like 'Snapstreaks' could encourage bad habits.
- CYBERBULLYING** - disappearing messages may give bullies extra ammo online.
- EXPLICIT INTERACTIONS** - users may feel more comfortable 'sexting' others.
- PRESSURE** - users might experience pressure to send nude imagery to others.

## 'DISAPPEARING' DANGER

Just because images and videos 'disappear' within 24 hours doesn't mean that other users can't save them. Even though Snapchat tells you when another user screenshots your message, it does not consider secondary devices or video capturing software being used to record photos or videos.



## TOP TIPS

**TALK ABOUT ONLINE FRIENDSHIP CULTURE.** Remind young people that they should only ever share personal details with trusted friends who they know in-person.

**TURN ON PRIVACY SETTINGS.** Explain the importance of protecting their privacy on apps where others may have access to their profile and their real-time location.

**DISCUSS WHAT NOT TO SHARE WITH OTHERS.** By talking through the false security of 'disappearing' messages, you can help them feel more confident saying "no."

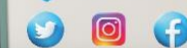
**REMINDE THEM WHO THEY CAN TALK TO.** Check that your young person knows who their trusted adults are and that they can turn to them if something happens.

# ALL ABOUT TikTok

**58%** of children aged 3-15 use TikTok (alongside other social media).

1 billion global daily users by early 2022.

Online Safety Shareable by:  
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TikTok is a video sharing social media platform used to create and share short form videos that allows users to express themselves through singing, dancing, comedy, and lip-syncing. It exploded in popularity during the COVID-19 pandemic and has only continued its rise since.

## THE FYP

TikTok wants users to see the content they want to see - which is where the 'For You Page' comes in. The platform uses algorithms to figure out a completely unique feed for every individual user.



## RISKS

- PUBLIC VIEWS** - For users registered as 16 and over, their profile is 'public' by default and their videos can be viewed and downloaded by anyone.
- INAPPROPRIATE CONTENT** - Some videos include suggestive language, mature situations, and sexualised content without warning.
- SCREENTIME OVERLOAD** - The continuous scrolling design of the app makes it harder for users to look away from their screens, and is likely to increase screentime.
- PAID ADS** - Many brands and companies have taken to TikTok to try and boost product exposure with paid adverts that mix into normal content.
- INFLUENCERS** - Young people may be 'influenced' by popular creators on TikTok, and could spend time or money following someone or trying to become an influencer.
- IN-APP PURCHASES** - Users can make in-app purchases to get 'coins', which can buy virtual gifts to send to influencers on the platform.

## WATCH OUT FOR... #TikTokChallenges

Hardly a day passes without a new TikTok Challenge popping up. A 'challenge' is a type of video that is widely shared and copied by others. Many of these can be fun and engaging, incorporating things like dances, songs, and filters.

There are some, however, that can be riskier and potentially harmful - which can make them even more tempting to try! These can include dangerous stunts, mean pranks, or reacting to upsetting content.

## HOW IT WORKS

<b>SHARE</b> Upload short videos for other users to view, comment, and like.	<b>EDIT</b> Change or alter videos to include popular filters or themes.	<b>STITCH</b> Use snippets of existing videos to create a new video or trend.
<b>COLLAB</b> Add popular music or audio (including from other users) to videos.	<b>DUET</b> Create a video that is posted directly alongside another user's video.	<b>MESSAGE</b> Users aged 16+ can send private messages to one another.

## NOW

The TikTok Now feature prompts users to take an 'in the moment' photo or video at a random time once a day. Make sure the young person in your care knows to check the content before uploading so they're not unknowingly sharing personal details under pressure!

## TOP TIPS

- KEEP PRIVATE.** Ensure your young person's privacy settings are appropriate for their age. Remember - a private profile gives the most control!
- TALK IT OUT.** 'Digital life' should be as much a part of everyday conversation as every other aspect of a young person's life.
- DISCUSS TOGETHER.** Find out what videos and influencers they view, what they like, what they dislike - and why!
- BE HONEST.** Talk about how social media content is often a far from accurate depiction of real life, especially for influencers.
- STAY SAFE.** Some TikTok challenges could be potentially harmful to young people. Remind them that their safety is #1 always!
- GIVE SPACE.** Give them room to voice any concerns they might have around harmful or inappropriate content they come across.



**ALERT** TikTok says users must be 13+ to use the app, but our research shows that it is extremely popular with younger children.

