



## Celebrating First Holy Communion

As a Catholic school community, it is a joy and a privilege to see our children growing in faith and moving forward in the light of Christ. This moment marks a deeper relationship with Jesus and a strengthening of their place within our faith community.

Thank you to our families and parish for supporting the children on this important occasion.

Well done to you all — we are incredibly proud of you. Congratulations from all the staff and pupils at Sacred Heart.



# FIRST HOLY COMMUNION

*Celebration of the Sacrament of the Eucharist*

We warmly congratulate the children of  
**Sacred Heart Catholic Primary School**  
who have recently received  
the Sacrament of First Holy Communion.

This is a sacred and joyful milestone  
*in their journey of faith, as they receive  
the Body of Christ for the first time.*

**With great pride, we celebrate:**



**Francesca  
Aidan  
Miguel  
Mirelle  
Flavan  
Neviana  
Rachel**

*“I am the bread of life. Whoever comes to me will never be hungry.”*

— John 6:35

May the Lord bless you and guide you always  
as you continue to grow in faith, hope and love.



## **Keeping Our School Area Clean and Safe**

We are concerned about litter and broken glass around our school. This can be unsafe for children and families. We have raised this issue with the local council several times and have also contacted our local MP, Shivani Raja, to ask for support. To help make a real difference, it would be very helpful if parents could also contact the council and share their concerns. Hearing parents' voices will strengthen our request for a cleaner and safer area around our school. Please use the link below to support our school community.

[Report street problems in Leicester | Leicester City Council](#)

## **Professor Toogood**

On Tuesday 19<sup>th</sup>, we were very fortunate to attend an assembly led by Aaron Toogood, a Professor from DeMontfort University. This was a fun and informative assembly where Prof. Toogood demonstrated the fun aspects associated with learning maths. The children were fully engaged, mesmerised and enthused with what they say and heard.



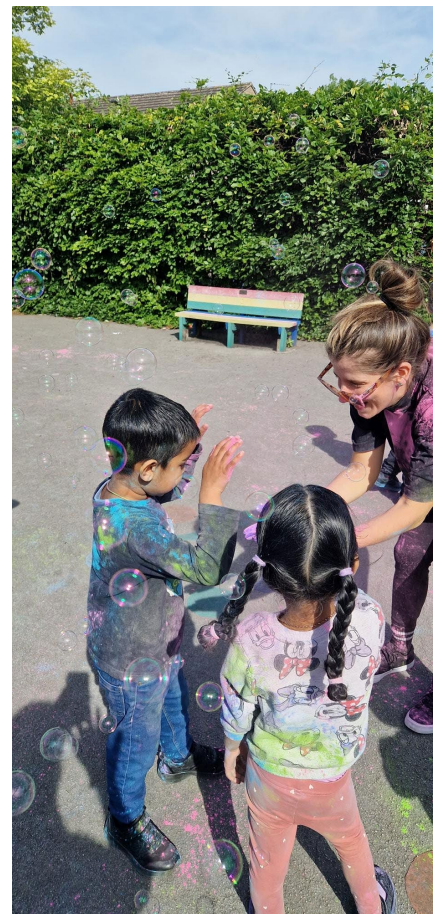
We are very lucky to have Professor Toogood lead some of our Year 6 mathematicians in a Mathematics session every half term. Through these sessions Prof Toogood encourages the children to broaden their understanding of maths and gain confidence in all areas. It was great to have Prof Toogood visit our school again and continue to inspire all our budding mathematicians.





Today we had a fun event at school called the LCH Colour Dash 2026. The children had a great time. They ran and played while colourful powder filled the air. There was lots of laughter and smiles. This event also helped raise money for LCH, a charity that supports children in our local area. Thank you to all families who have already sent in sponsorship money, and to our staff for organising the event. We are proud to support this charity and help children in our community.

**Sponsorship and Donation Deadline Date: Friday 5th June**





LCH Charity  
*Lifting Children's Hopes*





LCH Charity  
*Lifting Children's Hopes*





### My favourite book by...Mrs Sharma

*Heidi by Johanna Spyri was a book I loved as a child because it transported me into a peaceful fantasy world filled with mountains, goats, and flowers. The vivid descriptions of nature made the setting feel alive and comforting, allowing me to escape into a simpler and more beautiful place. Beyond the scenery, the story explored emotions such as loneliness, kindness, and belonging in a gentle and meaningful way. Reading Heidi helped me understand feelings through its characters while also showing the healing power of nature and human connection.*



### Year 6 SATS

Well done to the Year 6 children who sat their SATs last week! Over the course of four days, the children demonstrated remarkable resilience and positivity.

From the reading and maths papers to the grammar and punctuation assessments, it was lovely to see how the children supported one another. Each day presented its own set of challenges, yet our children approached each task with determination which we are very proud.



### Thank you!!

A big thank you to **Community Champion Shaheen at ASDA Abbey Lane** for their generous donation. We're so grateful for the support .... these items will be put to great use in our lunchtime clubs and friendship groups.

Thank you for helping make our school community even stronger!





## Free School Meals – Important Update

From **Monday 1 June 2026**, the rules for free school meals are changing. More families will now be able to get free school meals. Because the rules are changing, **all families must apply again** before the new school year.

If you do not apply, your child's free school meals **may stop in September**.

If you were refused before, you can **apply again from 1 June 2026**.

Children who qualify under the new rules will receive free school meals from **1 September 2026**.

## What you need to do

Please complete the online form using the link below:

[Free school meals | Leicester City Council](#)

## What you will need

- National Insurance number (or NASS number)
- Date of birth
- Legal name

If you need help, please contact the school office.

## **Key Dates for Pentecost 2:**

Monday 22<sup>nd</sup> May – Friday 29<sup>th</sup> May – Half Term School Closed

**Monday 1<sup>st</sup> June – School reopens**

Tuesday 2<sup>nd</sup> June – Saffron Lane Sports Event- consent letters to the office.

Friday 5<sup>th</sup> June – Ash class swimming – consent letters and payment on Arbor.

Monday 8<sup>th</sup> June – Friday 12<sup>th</sup> June – Year 1 Phonics Screening Check

Monday 1<sup>st</sup> June – Friday 12<sup>th</sup> June – Year 4 Multiplication Times Tables Check

Tuesday 16<sup>th</sup> June – English Martyrs Year 6 Transition Day (contact English Martyrs for further information)

Friday 19<sup>th</sup> June – International Children's Day

Wednesday 24<sup>th</sup> June – EYFS/KS1 Sports Day (start times to be finalised)

Wednesday 24<sup>th</sup> June – Rainbows Concert 5pm at Sacred Heart

Thursday 25<sup>th</sup> June – KS2 Sports Day (start times to be finalised)

Wednesday 1<sup>st</sup> July – St Pauls Year 6 Transition Day (contact St Pauls for further information)

Tuesday 7<sup>th</sup> July – Year 6 Leavers Mass at 1:30pm Sacred Heart Church – Year 6 parents welcome!

Thursday 9<sup>th</sup> July – Football and Fitness Clubs finish.

Friday 10<sup>th</sup> July – School finishes at 1:30pm for summer holidays. – **NO AFTERSCHOOL CLUB** on the 11<sup>th</sup> July.



## ALL THE NEWS FROM SACRED HEART



The internet is a wonderful place to learn, shop, play games and communicate with friends and family. In fact, online activity has now become a normal part of day to day life within most households. Unfortunately, there are also risks associated with online activity that pose harm to all users, including children and young people. Key concerns include: predators seeking out the vulnerable with ill intent; hackers and identity thieves; trolls and cyberbullies. Therefore, in order for us all to become safer online, it's important for schools, parents/carers and children to be aware of potential dangers and understand how to safeguard against them and how to report and address concerns when they arise.

The information posters in the coming slides come direct from National Online Safety and they detail some of the points you may wish to consider.

We appreciate that children and young people are often more knowledgeable or able online users than adults, by virtue of the world in which we now live, so this may help to navigate some of the key considerations. The [NSPCC Share Aware parents' guide](#) has also been produced to help you keep your child safe online and their Net Aware tool is a guide to apps, games and social media, providing an overview of how safe they are.

### Parental Online Safety Guides

For Parental Guides, courses and free resources, head to National Online Safety: [Library | The National College](#)

[Keeping children safe online | NSPCC](#)



**47%**  
of parents  
said they thought their  
children spent too much  
time in front of screens



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



# What parents need to know about SCREEN ADDICTION

**SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION**  
Children as young as 11 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults (showing the seriousness of device addiction).

**IT CAN CAUSE SLEEP DEPRIVATION**  
7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

**CONFIDENCE, SUPPORT & ACCEPTANCE**  
The Children's Commissioner report 'Life in Likes' explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

**LOSS OF INTEREST IN OTHER THINGS**  
Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.

**APPS CAN BE ADDICTIVE**  
Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.

## Top Tips for Parents

**LIMIT SCREEN TIME**  
In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

**LEAD BY EXAMPLE**  
Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

**REMOVE DEVICES FROM THEIR BEDROOM**  
Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focused the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

**ENCOURAGE ALTERNATIVE ACTIVITIES**  
It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realize they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

**LESS TIME MEANS LESS EXPOSURE**  
There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

**STATISTICS**

- 53% of children aged 3-4 go online for nearly 8hrs a week
- 79% of children aged 5-7 go online for nearly 9hrs a week
- 94% of children aged 8-11 go online for nearly 13.5hrs a week
- 99% of children aged 12-15 go online for nearly 21hrs a week

**MOBILE-FREE MEAL TIMES**  
Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

<https://www.independent.co.uk>  
Children and Family Media Use and Addiction Report 2017: <https://www.ofcom.gov.uk>  
<https://www.independent.co.uk/news/technology/parents-should-avoid-letting-their-children-use-smartphones-1937986.html>  
Journal of Youth Studies: <https://www.tandfonline.com/doi/full/10.1080/10634269.2017.1351000>  
University of Leeds: <https://medhealth.leeds.ac.uk/newsarticle/1206.html#sthash=6m3jg3m3>



A whole school community approach to online safety  
[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)  
Email us at [hello@nationalonlinesafety.com](mailto:hello@nationalonlinesafety.com) or call us on 0800 368 8061





### AT SACRED HEART

We live and learn in hope and joy, keeping the spirit of God alive in our community



WhatsApp is one of the most popular messaging apps in the world, with more than 1.5 billion people in more than 180 countries using it to send and receive text, photos, videos and documents, as well as make voice and video calls through an internet or Wi-Fi connection. The free app offers end-to-end encryption, which means that messages can only be read by the sender and the recipient in one-to-one chats, or all members if it is a group chat. Not even WhatsApp can read them.



AGE RESTRICTION  
16+



## What parents need to know about

# WhatsApp

### AGE LIMIT CHANGE

Since May 2018, the minimum age for using WhatsApp is 16 years old if you live in the European Union, including the UK. Prior to this, the minimum age was 13, which still applies for the rest of the world. WhatsApp has not yet stated whether it will take action against anyone aged between 13 and 16 who already hold accounts under the old terms and conditions, such as changing their account or seeking parental permission.

### SCAM MESSAGES

Occasionally on WhatsApp, people receive spam messages from unauthorised third parties or from fraudsters pretending to offer prizes to 'lucky people', encouraging recipients to click on a link to win a prize. A common scam involves messages warning recipients that their WhatsApp subscription has run out with the hope that people are duped into providing their payment details. Other scam messages include instructions to forward the message in return for a reward or gift from WhatsApp or another person.

### FAKE NEWS AND HOAXES

WhatsApp has been linked to enabling the spread of dangerous viral rumours. In India, for example, a number of attacks appear to have been sparked by false rumours shared on WhatsApp.

### THE 'ONLY ADMIN' FEATURE AND CYBERBULLYING

Cyberbullying is the act of sending threatening or taunting text messages, voice messages, pictures and videos, with the aim to hurt and humiliate the receiver. The group chat and group video call features are great for multiple people to chat simultaneously, but there is the potential for people to hurt others with their comments or jokes. The 'only admin' feature gives the admin of a group chat greater control over who can send messages. Whilst this can be good for one-way announcements, the group admin has the power to block somebody from responding to an offensive message in a chat, which could result in a child being upset and unable to reply.

### CONNECTING WITH STRANGERS

To start a chat in WhatsApp, you need to know the mobile number of the contact you want to speak to and they also need to have the app downloaded. WhatsApp can find contacts by accessing the address book of a device and recognising which of these contacts are using WhatsApp. If your child has shared their mobile number with somebody they don't know, they can use it to get in touch via WhatsApp.

### LIVE LOCATION SHARING

WhatsApp's 'Live Location' feature enables users to share their current location in real time to their contacts in a chat, allowing friends to show their movements. The feature, which can be found by pressing the 'attach' button, is described by WhatsApp as a 'simple and secure way to let people know where you are.' Location sharing is already a common feature on other social apps, including Snapchat's Snap Map and Facebook Messenger and can be a useful way for a child to let loved ones know they are safe. However, if your child is in a group chat with people they do not know, they will be exposing their location.



## National Online Safety

# Top Tips for Parents

### CREATE A SAFE PROFILE

Even though somebody would need your child's phone number to add them as a contact, as an extra security measure we suggest altering their profile settings to control who can see their profile photo and status. The options to choose from are Everyone, 'My Contacts' and 'Nobody'. We suggest selecting 'My Contacts' or 'Nobody' to ensure their profile is protected.

### EXPLAIN HOW TO BLOCK PEOPLE

If your child has received spam or offensive messages, calls or attachments from a contact, they should block them. Messages and status updates sent by a blocked contact will not show up on the phone and will stay undelivered. Blocking someone will not remove this contact from the contact list - they will need to be removed from the phone's address book. To block a contact, your child needs to open the person's chat stream and tap on the settings.

### REPORT SCAM MESSAGES

Advise your child not to tap, share or forward any message that looks suspicious or sounds too good to be true. When your child receives a message from an unknown number for the first time, they will be given the option to report the number as spam directly inside the chat. They can also report a contact or a group as spam using the following steps: 1) Open the chat. 2) Tap on the contact or group name to open their profile information. 3) Scroll to the bottom and tap 'Report Spam.'

### LEAVE A GROUP

If your child is part of a group chat that makes them feel uncomfortable or has been added to a group they don't want to be part of, use the group's settings to show them how to leave. If someone exits a group, the admin can add them back in once, if they leave again, they cannot be added again.

### USING LIVE LOCATION SAFELY

If your child needs to use the 'Live Location' feature to share with you or a friend, advise them to only share it for the amount of time they need to. WhatsApp gives the options of either 15 minutes, one hour or eight hours. However, your child can choose to stop sharing at any time.

### DELETE ACCIDENTAL MESSAGES

If your child has sent a message to the wrong chat or if a message they sent has contained a mistake, they can delete it. To do this, simply tap and hold on the message, choose 'Delete' and then 'Delete for everyone'. The app allows seven minutes to delete the message after it has been sent, but it is important to remember that recipients may have seen and screenshot a message before it was deleted.

### SET TIME LIMITS

A 2017 study found that by the age of 14 the average child will have sent more than 33,000 texts, 30,000 WhatsApp messages and racked up more than three solid weeks of video chat. Although it is inevitable that your child will use technology, you can still set boundaries. This is not easy, especially since teens use their devices for both schoolwork and free time, often simultaneously.







### AT SACRED HEART

We live and learn in hope and joy, keeping the spirit of God alive in our community

AGE RESTRICTION  
**13+**



Instagram is an image and video sharing app that allows users to share moments with the world. The app has a live streaming feature and additional add-ons, such as 'Boomerang,' 'Hyperlapse' and 'Layout,' which can be used to enhance their feed. Users can choose to add filters and make adjustments, such as brightness / contrast to their photos. To make their content more 'searchable,' users can include hashtags in their uploads to make them easier to find.



# What parents need to know about INSTAGRAM

## LIVE STREAMING TO STRANGERS

The live stream feature on Instagram allows users to connect with their friends and followers in real-time. Followers can comment on the video during the broadcast (which can be turned off in the settings). If your child has a private account, only their approved followers can see their story. It is important to note that they still may have followers that they do not know, which means they could be live streaming to strangers. A public account allows anybody to view their story. We suggest that your child goes through their followers list and blocks anyone they do not know. An additional risk with live streams is that your child may do something that they regret. This could be captured by a viewer taking a screenshot and then shared around the internet.

## IN-APP PAYMENTS

Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

## DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH

When people use filters on their photos on Instagram, it can set unrealistic expectations and create feelings of inadequacy and low self-esteem in children. Children may strive for a comparable number of 'likes' to a realistically edited with the risk of drastically lowering your child's confidence or sense of self-worth.

## PHOTO / VIDEO SHARING

Posting photos and videos is Instagram's biggest selling point, but with sharing images comes risks. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is not set to private, anyone can access their account and see their location.

## LOCATION TAGGING

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time.

## HIJACKED HASHTAGS

Like Twitter, hashtags are also an extremely prominent tool in Instagram and with that comes dangers for your child. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child certainly shouldn't be exposed to.

## INSTAGRAM TV

Instagram TV works similarly to YouTube. Users can watch videos from their favourite accounts on the platform, or create their own channel and post their own videos. It's important to note that anyone can create their own Instagram TV channel and you don't have to be friends with a person to follow an account and watch their videos. Ultimately, features are encouraging users to spend more time on the app, therefore it's important to set time limits and ensure their devices are not disturbing their sleep and performance at school.

# Top Tips for Parents

## REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

## RESTRICT MESSAGES

If your child's account is not set to private, anybody can message them and reply to their stories. If they do wish to keep their account public, we strongly recommend changing the message reply settings to restrict who can message them.

## USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos.

## FILTER INAPPROPRIATE COMMENTS

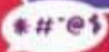
Instagram announced on 1st May that they now have an 'anti-bullying' filter on the app. This new filter hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so they can take action against the user if necessary. This is an automatic filter, but it can be turned off. Make sure this is turned on in the app's settings.

## TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.



Instagram  
Screenshots of shared social media and online content are used for research purposes only. ©2018 National Online Safety. All rights reserved. For more information on our services, please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com). The design of printed matter is the property of National Online Safety. All other trademarks are the property of their respective owners. National Online Safety is a registered charity in England and Wales (1142074). Registered office: 100 Brook Hill Drive, Suite 100, Brook Hill, New York, NY 10816, USA. National Online Safety is a registered charity in England and Wales (1142074). Registered office: 100 Brook Hill Drive, Suite 100, Brook Hill, New York, NY 10816, USA.



National Online Safety

A whole school community approach to online safety  
[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Email us at [hello@nationalonlinesafety.com](mailto:hello@nationalonlinesafety.com) or call us on 0800 368 8061



**AGE RESTRICTION**  
12+

**FORTNITE  
BATTLE  
ROYALE**

**'Fortnite - Battle Royale'** is a free to play section of the game **Fortnite.** The game sees 100 players dropped on to an island from a 'battle bus,' where they have to compete until one survivor remains. The last remaining player on the island wins the game. Players have to find hidden items, such as weapons, to help them survive longer in the game. To make the game more challenging, there is an added twist called 'the storm' which reduces the size of the island from the start of gameplay, bringing the players closer together in proximity. The game is available on PC, PlayStation 4, Xbox One, Mac and iOS.

## What parents need to know about FORTNITE: BATTLE ROYALE

**MICROTRANSACTIONS**  
 Newly featured items are released daily and are only available to purchase within 24 hours of their release. These are cosmetic items, called 'skins,' 'gliders' and 'emotes,' which change the character's appearance, but do not improve the game play. Once purchased, the player has full use of these in the future. The designs are attractive for players to purchase and even celebrities are endorsing them. Also available to purchase in the game is a 'Battle Pass.' When a new 'Battle Pass' is released, users can take part in a series of challenges, receiving more rewards (cosmetics) by progressing through different tiers. Whichever rewards they achieve can then be used in the game.

**HACKER ATTACKS**  
 News site Forbes stated that it had seen "dozens" of online reports from people who said their accounts had been compromised by hackers, who had gained access to user's accounts in the game and accrued hundreds of pounds in fraudulent charges.

**NO PROOF OF AGE REQUIRED**  
 Signing up to the game is relatively simple. Users have the option to log in with either their Facebook or Google+ accounts or their email address. When signing up with an email address, no proof of age is required. If your child is under the age of 12, it is important to check whether your child has the game downloaded.

**TALKING TO STRANGERS DURING SQUAD MODE**  
 There are many accounts on Facebook and Twitter which claim to give away free money (known as 'V Bucks') for games which will be transferred to their Xbox Live or PSN cards. Any giveaway promotion from Fortnite will be in the game. It is important to check the authenticity of these accounts before giving away personal information in order to claim 'V Bucks'. The websites or accounts may ask you to share your account name and password in order to claim the money; if these offers seem too good to be true, they usually are.

**IT CAN BE ADDICTIVE**  
 Games can last around 20 minutes but this varies according to the game. Children may feel angry if they lose the game and will want to continue playing until they achieve their desired result. The competitive nature of the game may make it difficult for them to stop playing halfway through as their position in the game could be affected.

**TALKING TO STRANGERS DURING SQUAD MODE**  
 Interacting with other players in the game is part of the fun as players can communicate with their friends and other players in the game. Players will benefit from wearing headphones to hear footsteps from other players trying to compromise their game. Wearing headphones makes it difficult for parents to hear what exactly is being said and children may be exposed to inappropriate language. Fortnite includes really good reporting features for players either cheating or misbehaving, and works towards having one of the best online gaming communities.

**AGE RESTRICTIONS**  
 PEGI has given the game a rating of 12+. Even though the game includes violence and weapons such as crossbows, grenade launchers, rifles, pistols, shotguns and more, PEGI say "more graphic and realistic looking violence towards fantasy characters is allowed. Any violence towards human characters must look unrealistic unless it consists of only minor or trivial injury such as a slap," making the game 'suitable' for children aged 12 and over.

**IT CAN BE PLAYED ON THE GO**  
 The game was released on mobile devices in April 2018, meaning it can be played without the need for a home games console. Some schools have reported that the game is distracting their students whilst in the classroom. As the game is available outside of the home, parents may not be aware of how long their child is playing this game.

**'FREE' TO PLAY**  
 The game IS free to play. However, if playing on Xbox, you will need an Xbox gold subscription, which does require a fee.

# Top Tips for Parents

**LIMIT GAME TIME**  
 Parents can use parental controls on Xbox and PC to limit the time a child is playing games on these devices. Be aware that the game is available on iOS and will soon be available on all mobiles. With this in mind, it is worth having a conversation with your child to discuss and agree how long you would like them to play the games for. Even though the games last around 20 minutes, it may be difficult to take them away from a game mid play. It may be worth imposing a limit on the amount of matches they play rather than a time limit.

**LOOK OUT FOR VBUCK SCAMS**  
 It is important that your children are aware of the scams that they may come across online in association with the game. Open up conversations with them about scams and how they should never share their username or password with people in order to gain anything for the game.

**SHOW THEM HOW TO MAKE A REPORT**  
 If your child believes a player is playing or talking inappropriately, you should advise them to report them. To report a player, you can use the in-game feedback tool located in the Main Menu of the game. Additionally, you can report a player in-game when spectating them.

**RESTRICT PAYMENT METHODS**  
 'Fortnite: Battle Royale' is a free to play game, but there are still options to make additional purchases. If you do not want your child to make payments, ensure your card is not associated with their account. If you are happy for your child to make payments in the game, but want to restrict spending, we suggest using a payasafecard, or a games console gift card. These can be purchased in specific amounts, which will allow you to restrict the amount your child spends and removes the need for a credit/debit card to be used with their account.

**USE A STRONG PASSWORD**  
 It may seem like a simple tip, but it is important that your child selects a strong password when creating an account, particularly if a credit/debit card is associated with the account. This will help reduce the risk of their account being hacked.

**National Online Safety**  
 A whole school community approach to online safety  
[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)  
 Email us at [hello@nationalonlinesafety.com](mailto:hello@nationalonlinesafety.com) or call us on 0800 368 8061



TikTok is a global video community where users create, share and discover 'funny and memorable moments' via short video clips - typically about 15 seconds long. Videos can be 'spiced up' with special effect filters, stickers, music and sound clips. Currently one of the world's most popular apps, TikTok was formerly known as Musical.ly, before it was rebranded by the Chinese company that acquired it in November 2017. If your child had previously had a Musical.ly account, all of their videos and personal settings will have automatically been moved to TikTok.



## What parents need to know about

# TikTok

### BEING INFLUENCED

More than one third of children aged 8-17 consider 'social media stars' to be among their top role models. There are millions of creators on TikTok, showcasing their 'talents, moments and knowledge, from singing to dancing to stunts and comedy skills, which receive thousands of likes and comments from around the world, quickly turning people into 'stars'. There is the danger that children may develop unrealistic expectations of how they should look and behave on the app in order to become the next 'star'. They may have feelings of inadequacy and low self-esteem or become swayed by certain opinions.

### INAPPROPRIATE SONG LYRICS

TikTok lets users lip-sync to their favourite songs and produce their own music videos. Some of the music choices contain swear words or sexual themes. So not only can children be exposed to potentially inappropriate content but they can broadcast themselves miming or singing these lyrics.

### CONCERNING CONTENT

Some of the outfits and dance moves in videos can be overtly sexual and provocative. There have also been reports of some users sharing concerning content, such as videos that promote anorexia, porn, self-harm and violence.

### DANGEROUS TRENDS & CHALLENGES

On TikTok, there are always 'trending challenges' and hashtags that users can copy or build upon, and sometimes, these challenges can pose risks to young people.

### STRANGERS CAN FOLLOW YOUR CHILDREN

If your child's profile is open, strangers can use the app to comment on your child's videos. While this isn't always sinister, it gives potential predators the ability to contact your child through the platform.

### IN-APP PURCHASES

Of course, as with many apps, there's a paid element to TikTok. Users can buy virtual coins to be exchanged for virtual gifts - for example, if they like a specific video, your child can use coins to purchase emojis to show approval. These can be expensive and easily purchased - there is the option to buy 10,000 coins for £97.99 with a one-click buy button.

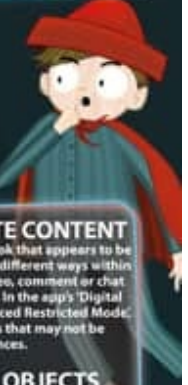
### ANYONE CAN SEE YOUR CHILD'S CREATIONS

TikTok encourages users to 'share their passion and creative expression through their videos' and while something may seem fun at the time, videos can get in the wrong hands and cause embarrassment in the future. If posted publicly, anyone in the world can see your child's homemade music video and potentially cause bullying within personal friendship groups or even online.



National Online Safety

## Top Tips for Parents



### TALK ABOUT THE PITFALLS OF OVERSHARING

Encourage your kids to always think before they do, say, like or post anything online, explaining that their 'digital footprint' can shape their online reputation and the way that other people see them. Something they may find funny and entertaining now may impact them in the future. Talk about how to deal with peer pressure and how doing something they think will impress others could affect them.

### HANDLING CRITICISM

While it's fantastic to see your child being creative and expressive and bonding with people with similar interests, they need to be aware that not everyone will be supportive online. Comments can be negative or even cruel. Make sure they know how to comment respectfully and handle negative feedback. In the app's Privacy and Safety settings, your child can decide who can react to their videos, who can comment, and who can send them private chat messages. We suggest using these settings so only their friends can interact with their posts.

### SIGNING UP WITH THE CORRECT AGE

When signing up to TikTok, you are prompted to input your birth date. If your child inputs their age as 'under 13', the app will not allow them to sign up and will be locked for 24 hours. The app is intended for users aged 13+, so explain that the rating is there for a reason: to keep them protected from online dangers. It is actually possible to watch TikTok videos without even creating an account, so it's important to check if your underage child has downloaded the app to their devices.

### USE THE 'DIGITAL WELLBEING' SETTING

If you're concerned about the amount of time your child is spending on TikTok, in the app's settings, you can switch on a feature called Digital Wellbeing. This includes 'Screen Management' to limit the amount of time your child spends on the app.

### SET THE ACCOUNT TO PRIVATE

This means that only people who you and your child approve of can see their creations. To make an account private, tap the three dots at the top right of the screen to access settings. Click 'Privacy and Safety'. Scroll down until you find 'Private Account' and turn this setting on.

### REPORT INAPPROPRIATE CONTENT

If you or your child see something on TikTok that appears to be inappropriate, they can report content in different ways within the app. They can report an account, video, comment or chat conversation by simply tapping 'Report'. In the app's 'Digital Wellbeing' feature, there is also an 'Enhanced Restricted Mode', which limits the appearance of videos that may not be appropriate for all audiences.

### AVOID IDENTIFIABLE OBJECTS

To ensure that there's no way of anyone tracking your child's location or identity, make it clear to them that they should never film a video in their school uniforms or near a landmark that gives away where they live.

### DISCUSS IN-APP PURCHASES





To lower the risk of your child making accidental in-app purchases, teach them exactly what in-app purchases are and the risks of making them without permission. Tell them that they are not essential to enjoy the app and that if they want to make a purchase, they should always ask you beforehand. In the app's 'Digital Wellbeing' feature, there is the option to disable the function of purchasing coins and sending gifts.

SOURCES: [mediapack.com/industry/articles/21872/social-media-stars-influence-kids-for-parents-011616](https://www.mediapack.com/industry/articles/21872/social-media-stars-influence-kids-for-parents-011616), [commonsensemedia.org/blog/parents-ultimate-guide-to-musical.ly](https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-musical.ly), [youtube.com/watch?v=20170317/musical.ly-everything-you-need-to-know-about-the-app-your-child-re-should-know-with-6516068](https://www.youtube.com/watch?v=20170317/musical.ly-everything-you-need-to-know-about-the-app-your-child-re-should-know-with-6516068), [youtube.com/watch?v=4K264fC8kA](https://www.youtube.com/watch?v=4K264fC8kA), [youtube.com/watch?v=FY0Z120436M](https://www.youtube.com/watch?v=FY0Z120436M), [static.music.ly/webinar/pull-request/YouTube.pdf](https://static.music.ly/webinar/pull-request/YouTube.pdf), [youtube.com/watch?v=4TadOCNtM](https://www.youtube.com/watch?v=4TadOCNtM), [support.music.ly/knowledge-base/community-guidelines](https://support.music.ly/knowledge-base/community-guidelines)



## AT SACRED HEART

We live and learn in hope and joy, keeping the spirit of God alive in our community

**AGE RESTRICTION**  
**13+**

Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the previous 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty."

# What parents need to know about SNAPCHAT

### EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The user's location updates when the app has been opened on the device. There is a warning on the Snapchat website about uploading images and videos to 'Our Story', stating that "snaps you submit to 'Our Story' can still show up on the Map, no matter which location setting you choose." When uploading to 'Our Story', your child's image or video could appear in "Search results and Stories on or off Snapchat - today or in the future."

### LENS EXPLORER

The 'Lens Studio' on Snapchat gives users the freedom to use their imagination to design their own filters for themselves and others to use. Snapchat states that the lenses users create "must comply with our Lens Studio Submission Guidelines and Community Guidelines and must be appropriate for Snappers ages 13+." The 'Lens Explorer' in the app now enables users to choose from thousands of these creations to alter their snaps. Anyone can create a lens for Snapchat, which gives opportunities for age-inappropriate content to be uploaded.

### SCREENSHOTS & SAVED MESSAGES

While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record anything which has been sent to them. Users may sometimes forget that screenshots are possible and send a compromising image or message to somebody who they think they trust. They may also accidentally send an image or message to somebody who they do not trust. Simply by pressing and holding a message, the user is able to save a message they have received, which can be screenshotted or used against them at a later date.

### SNAPSTREAKS & ADDICTION

"Snap Streaks" are gained when snaps have been sent back and forth consecutively between friends. The longer that snaps are sent between users, the longer the streak becomes. Furthermore, Snapchat rewards users who have achieved high Snap Streaks, by gifting emojis, adding incentives for users to keep the streaks. Children invest time into making their streaks as long as possible, which can put an incredible amount of pressure on both themselves and their friendships.

### SEXTING

Due to 'Snaps' disappearing, users can even send a one-second photo or video. Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'selfies'. Once a photo/video has been screenshotted, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying. It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but taking formal action isn't in the public interest.

### SNAP ORIGINALS

Through 'Snap Originals', users can watch content which has been created by Snapchat on the app, including comedy shows, drama, news and more. Additionally, there are new lenses and filters available, inspired by the 'snap originals' shows. This is another feature to encourage addiction.

# Top Tips for Parents

### THE RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but if it helps them protect themselves, it is worth it. Talk to them about the consequences of sexting and make sure that they're aware of the risks. Ensure your child knows that 'Snaps' can be screenshotted. Teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences as the message, image or video can be shared further.

### REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

If your child comes across inappropriate Snapchat content sent directly to them or in another person's story, advise them to report it immediately. This may include an inappropriate lens, filter, message or snap. To report an offensive lens, they should open the app and select the lens they want to report. An info button will appear above the lens. Click this, followed by the flag icon. This will send a report to Snapchat for further investigation. Reports can also be made on the Snapchat support website: [support.snapchat.com](http://support.snapchat.com).

### USE 'GHOST MODE'

We highly recommend enabling 'Ghost Mode' on the app so that your child's location will no longer be visible to anyone on the 'Snap Map'. To enable this, go onto the Snap Map and tap the cog in the top right corner. Here, change the setting to 'Ghost Mode'.

### HOW TO DELETE A MESSAGE

Advise your child never to send any negative messages (or images through gallery in the chat on the app) as screenshots can still be taken. You should also advise your child to screenshot any negative comments they receive as the sender can also delete them. To delete a message, simply press and hold the sent message and press delete.

### TURN OFF 'QUICK ADD'

'Quick Add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone book. Explain to your child that this feature can open up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature. This can be done in the settings.

### RESTRICT STORY VIEWS

Your child can add videos and images to their 'Story' throughout the day which will last for 24 hours. By default, anyone in a user's friends list can see their story. We recommend checking the privacy settings to ensure that this has not been edited. This can simply be done in the app settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends', 'Everyone' or 'Custom' - we suggest that it is set to 'My Friends'.

