

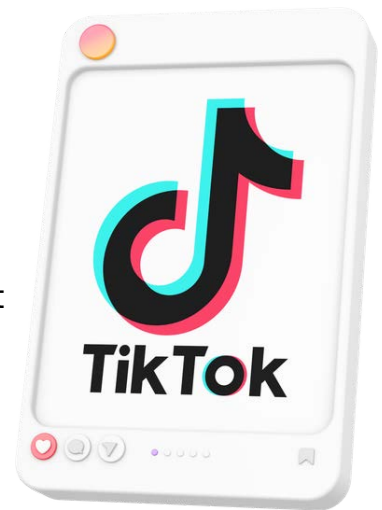
Safe Heard Valued

HIGHAM LANE NORTH ACADEMY SAFEGUARDING

If you ever have a concern about the safety or wellbeing of a student, please do not hesitate to get in touch. During the school day, you can contact Miss Charles by phone to discuss any concerns. If the concern arises outside of school hours, you can email the safeguarding team at safe@hlna.co.uk and a member of staff will respond as soon as possible.

Tik Tok

Despite the legal age for using TikTok being **13**, we have had reports from some of our students that they are worried about certain content appearing on their feeds. We therefore felt it was important to share some guidance to help you support your child in staying safe online. We strongly encourage parents and carers to regularly check their child's phone, including WhatsApp groups, the camera roll, and any social media platforms they may be using.



What is TikTok?

TikTok is a social media platform where users can create, share, and watch short video clips. If your child is using TikTok, it is essential that appropriate privacy and security settings are in place.

When setting up an account, it is important that your child enters their real date of birth.

TikTok uses age to tailor the account:

- Direct Messaging is automatically disabled for users aged 13–15.
- Advertisements and content recommendations are also age-based.
- By default, accounts for users under 16 are set to private.

You can find detailed information on additional safety settings—such as turning off comments, using Restricted Mode, and controlling who can view your child's content—here:

<https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/privacy-and-safety-settings-for-users-under-age-18>

Family Pairing

TikTok's Family Pairing feature allows you to link your own TikTok account to your child's. This enables you to:

- Set Restricted Mode
- Manage screen time
- Filter your child's "For You" feed using selected keywords
- Limit who can search for or interact with their account

More information can be found here:

<https://support.tiktok.com/en/safety-hc/account-and-user-safety/family-pairing>

Key Risks to Be Aware Of

Inappropriate content and themes:

Although against TikTok's guidelines, explicit or inappropriate content can still appear, including nudity, sexual content, hate speech, and songs with unsuitable lyrics.

Viral challenges:

Some challenges circulating on social media can be risky or dangerous. There have been reports of children being harmed while attempting online challenges. Young people may not yet have the ability to critically assess whether something is safe to copy.

Stranger contact:

Talk to your child about the risks of communicating with strangers online and remind them that people are not always who they claim to be.

Refreshing the "For You" Feed

If your child is seeing concerning content, you can reset and refresh their recommended feed:

<https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/refresh-your-for-you-feed>

Blocking and Reporting

Make sure your child knows how to block and report other users or content that makes them feel uncomfortable. These tools are built into the app and are there to keep them safe.

Further Information

Parent Zone guide to TikTok: <https://parentzone.org.uk/article/tiktok>
TikTok Guardian's Guide:

<https://www.tiktok.com/safety/en/guardians-guide>

YouTube Safety Update:

YouTube have published an update on how to support children on YouTube. YouTube will now allow parents to set the amount of time viewing Shorts – this can even be set to zero. YouTube Shorts are short videos, usually less than 60 seconds long, which when continuously watched, can lead to excessive screentime. Furthermore, parents will also be able to set bedtime and 'take a break' reminders. You can find out more here:

[https://blog.youtube/news-and-events/updates-youtube-](https://blog.youtube/news-and-events/updates-youtube-supervised-accounts-teens/)

[supervised-accounts-teens/](https://blog.youtube/news-and-events/updates-youtube-supervised-accounts-teens/)

If you would like to find out more about supervised accounts on YouTube, then this article explains the different settings available:

[https://support.google.com/youtube/answer/10315420?](https://support.google.com/youtube/answer/10315420?hl=en_GB&ref_topic=15279060&sjid=15225_282118002181205-EU)

[hl=en_GB&ref_topic=15279060&sjid=15225_282118002181205-EU](https://support.google.com/youtube/answer/10315420?hl=en_GB&ref_topic=15279060&sjid=15225_282118002181205-EU)

What is Anxiety?

Anxiety is a natural human response to stress, worry, or threats. It becomes a concern when these feelings persist, impact daily life, or stop a young person from taking part in activities they would normally enjoy. Children and young people may struggle to recognise and explain these feelings, making it important for adults to spot the signs and offer support.

It's important to recognise the signs of anxiety and depression early. Some common indicators include:

- difficulty sleeping or oversleeping
- avoiding social interactions or activities
- a drop in academic performance
- frequent complaints of physical ailments without a clear cause
- expressions of hopelessness or low self-worth.

How the school can support if my child has anxiety



Access to the school counsellor



Adjustments to their classroom experience



One to one support sessions with House Champion, Miss Charles or Miss Rounce



Mindset sessions



SEMH interventions



Help with referrals to other agencies



Soft starts to the day

Supporting your child with anxiety

Do's

- Listen calmly and acknowledge how your child is feeling. Let them know their feelings are valid.
- Encourage open conversations about worries and help them name what is making them anxious.
- Keep routines consistent, especially around school attendance, sleep, and daily structure.
- Work with the school to put supportive strategies in place if your child is struggling.
- Praise small steps and progress when your child faces something they find difficult.
- Help your child develop coping strategies such as breathing exercises, problem-solving, or taking short breaks when needed.

Dont's

- Do not keep your child off school because of anxiety unless advised by a professional. Regular attendance helps prevent worries from becoming bigger over time.
- Do not encourage your child to avoid the situation that is making them anxious. Avoidance can reinforce anxiety and make it harder to face in the future.
- Do not dismiss or minimise their feelings by saying things like "there's nothing to worry about."
- Do not solve every problem for them— support them to develop their own coping skills.
- Do not compare them to others or pressure them to "just get over it."



RISE is Coventry & Warwickshire's NHS-led mental health service for children and young people (formerly CAMHS).

It provides emotional wellbeing and mental health support for ages 0–25.

Phone: 0300 200 2021

Availability: Monday–Friday, 8am–6pm

The school can also support with a referral.

2. Crisis Support – 24/7 Helpline

For urgent mental health support for under-18s:

Freephone: 08081 966 798 (Select Option 2)

RISE provides a wide range of NHS-led services for emotional wellbeing and mental health. Support is personalised depending on the needs of the young person.

Direct Mental Health Support

- Specialist mental health services (formerly CAMHS)
- Assessment & treatment for mental health conditions
- Therapeutic group work
- Eating disorder support
- One-to-one sessions with clinicians
- cwwmind.org.uk

2. Neurodevelopmental Support

Assessment and support for:

- Autism (ASC) and ADHD
- Other neurodevelopmental needs

Where can I turn for help outside of school?



Access free and anonymous mental health support. Including free online counselling.
www.kooth.com



Meditation and mindfulness app to help manage stress, build focus and improve sleep.
www.headspace.com



Mental health support for young people.
www.mind.org.uk
Telephone: 02476552847



A free, confidential text-based support service for anyone in the UK in crisis
Text: 'SHOUT' to 85258



A charity that works to prevent suicide amongst young people.
Telephone: 0800 068 4141



A charity that supports young people experiencing anxiety.
Website:
www.anxietyuk.org.uk



A branch of CAMHS providing services to support emotional wellbeing and improved mental health.
www.cwrise.com



Confidential advice on safety, bullying and family issues.
www.nspcc.org.uk
Telephone: 0808 800 5000



Support for young people and their families following a death.
www.cruse.org.uk



You can talk to ChildLine about anything. No problem is too big or too small.
Telephone 08001111



The Samaritans offer a 24 hour service if you need emotional support.
Telephone 116 123



Specialist emotional support for under 16s.
Telephone 0300 304 7000