

Alcester Academy

WEEKLY BULLETIN



Friday 19th June 2020

Good afternoon everyone,

Thank you for your support in another busy week. I continue to be amazed by the work being produced by our students and extend my thanks to them sincerely for this. We do all appreciate how difficult it must be to maintain momentum and not fall behind with things. We ask that you and students maintain positive communication with us still so that we might support you all as much as we can. LSU are increasing their calls to parents and students. Students can access any LSU staff member by using the 'Text Someone' service; the phone number for this is in their student planner, or they can contact lsusupport@alcesteracademy.org.uk. If you have any concerns as a parent or carer,



please contact Miss Buckthorp, Director of Student Well-Being directly

karenbuckthorp@alcesteracademy.org.uk

Students in all year groups have been asked to complete a well-being questionnaire and LSU will use these to guide and direct support to individuals, or address issues arising as a whole school.

We appreciated another alternative curriculum day for students yesterday; 'What's maths got to do with IT?' Thanks to the maths and IT staff for designing this. The day saw students embarking on some real life conundrums. We hope that students enjoy this variety to their learning.

Fabulous work building new APPS from students yesterday in the SLD:

Word of the Week



English: Honour **French:** l'honneur **German:** Ehre

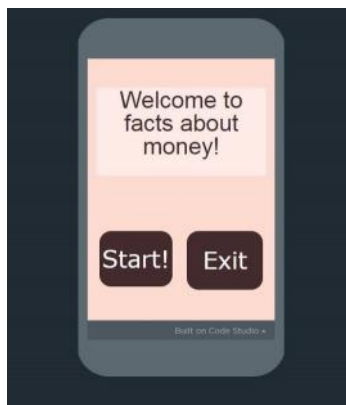


English: On June 22 every year, the UK celebrates Windrush Day to honour the British Caribbean community.

French: Chaque année, le 22 juin, le Royaume-Uni fête la Journée Windrush pour honorer la communauté britannique-caraïbe.

German: Jedes Jahr am 22. Juni feiert das Vereinigte Königreich den Windrush Day, um die Britisch-Karibische Gemeinschaft zu ehren.

<https://www.rmg.co.uk/see-do/windrush-day>



Issy, year 10 https://studio.code.org/projects/applab/9mv_bdc-v2jUnYsPDuVEchFqHyQI_-KqZPfyVOoNI4c

Adelena, year 7 <https://studio.code.org/projects/applab/jtU83PFYXMKfHRkAb8g9la3RjagB7B5hAo9yuaYcNUg>



Future SLD dates are:

- **Tuesday 23rd June - Stay at Home Sports Day**
- **Monday 29th June - We Love our Environment!** from the Art and DT departments
- **Wednesday 8th July - Shakespeare through the ages**
- **Monday 13th July - Around the world in 7 hours: A celebration of diversity and multi-culturalism** from the Geography and RE departments or **Hands-on History, exploring your local area**

Much of our week in school has revolved around the site readiness as some year 10 students return to us on Monday. We will extend to five bubbles of students in school next week as we

welcome year 10s back along side a growing number of key worker children now. I'm sure that you can imagine that a lot of thorough planning has gone in to this in order to maintain a safe environment for both students and staff. If your children are now involved in being on site, I would ask for your support in continual reminders about the need to respect the boundaries that we have had to establish both physically and in terms of expectations. Thank you.

In light of some year 10s returning, I must highlight again that students may find a change of teacher or slight change of routine to their learning as core subject staff return in to school. To maintain distance learning and physical teaching in a small school presents us with some challenges! As ever, we rise to these challenges and I must sincerely thank the core subject staff for the way in which they have addressed many potentially tricky scenarios over this week to find amazing solutions for the students.

If any year 10 parents have queries regarding the programme for their child over the next two weeks, please contact any member of SLT.

Optimistically, Headteachers have been told that there may be some direction given on a national basis to the plans for returning to school in September. Naturally, we have our own thoughts around this and will update you further towards the end of term. Any plans will assume that the R rate continues to decrease over the summer period and that we do not return in to any form

of lockdown! We all dread that thought I'm sure.

In some lighter news, Miss Buckthorp managed to finally secure the lease agreement for our new mini bus this week. We are so excited. She has been working on this with our Business Manager, Mrs Seys for a number of months. We have been very aware of the age and state of the current bus and want to ensure the safest way for our students to travel to and from various learning opportunities.

HEADTEACHER CHALLENGE

My Headteacher Challenge remains open until next Thursday at 9am remember. I'm accepting welcome letters to year 6 students. I have received some thoughtful and kind letters so far that have made me feel extremely proud. Thank you to those students. In a more creative challenge, I'm looking for structures made using mini marshmallows and spaghetti strands! Please send photos to head@alcesteracademy.org.uk.

Before I close I do just want to convey my sincere thanks not only to you but to the entire staff at the Academy. If you could see what is being done around the site and hear the conversations about student well-being and progress I'm sure it would just overwhelm you all. The commitment from staff now to wanting to get 'back to normal' as quickly as possible is genuine and heartfelt – we are all very lucky indeed.

Wishing you a lovely weekend

Very best wishes

Sarah Mellors
Headteacher



New lockdown arrival!

And so in the early part of lockdown, we took the opportunity to make some developments around school. The site team have been working really hard. This week saw the grand arrival of 'The Snack Shack'. This will initially be a year 11 privilege designed to both encourage social distancing by reducing numbers needing serving in the hall, and allow the year 11s to 'grab and go' at lunchtimes so that they can arrive to interventions in a timely and prompt manner. We love it!



Alcester Academy Virtual Sports Day 2020

Tuesday 23rd June

Class code: *muazwbn*

Get Involved, get active!!

Next week on Tuesday 23rd June, we will be rolling out our 'Stay at Home Virtual Sports Day' in support of the Youth Sport Trust National School Sports Week [#NSSWtogether](#).

On our Virtual Sports Day Google classroom (class code: **muazwbn**) we have provided a series of 24 possible challenges for you to try. You don't have to do them all but what we are suggesting is that you do either a Decathlon (10 challenges), a Heptathlon (7 challenges) or a Pentathlon (5 challenges). On completion of each challenge please post a video of you in action plus your score (you don't

need to video yourself doing a quiz) to the classroom so we can tot up the scores and add them to our House Competition Table.

We hope that, in some way, this event will give us the chance to capture the enjoyment, competition and camaraderie students have been missing out on during weeks of school closures and social distancing.

Have fun with it and remember that every challenge you do gains points for your House in the overall competition!! Good luck.

Mr Powell



Thank you!

In other news this week, big thanks to the SEND team for setting up their infamous 'Friendship' lunchtime group remotely. This gives those students who would normally appreciate some 'down time' at lunchtime, the chance to touch base with a member of staff.

Miss Buckthorp has worked hard along side Mr Hall to now get all tutor groups on TEAMS so that we can begin a roll out of some peer time before we break up. We're excited about this and look forward to groups meeting again.



In Brief

Gardening plots

Massive thanks to Kerri Sparkes, a year 8 parent and her family for volunteering to help sort out our ten very overgrown gardening plots over recent weeks. Such care and attention. I have been just overwhelmed by the amount of time and effort put in to these. HUGE thanks!



Masks

Thanks to Sam Lappin, a year 7 parent for making over 130 masks for our year 10s returning should they want these. We are so very grateful for the time and resources given to this. Matching scrunchies too for them if required!

Sincere thanks!



Mental Health Support for young people

24/7 Crisis Line Number for Children and Young People.

For urgent calls for children and young people who are experiencing a mental health crisis contact the Rise Crisis team between 8am-8pm on 02476 641799 or call 0300 200 0011 outside of these hours.

During the COVID response, this service is available 24-hours a day, 7-days a week, with an advice-only service outside the core hours of 8am-8pm.





Art and DT Super Learning Day – Monday 29th June

We Love our Environment!

In preparation for *We Love our Environment* SLD, the Art and DT department would like to give a taste of the projects on offer. Due to the nature of these practical tasks, we are fully aware that you may need time to collect and plan ideas and materials in advance.

There is a new Art/DT SLD class on Google Classroom.

The code that you will need for this is: **kjnntm2**

We would like you to choose a minimum of ONE task to develop throughout the day, using artists and designers as inspiration along with your natural creativity and ability to experiment and take risks.

The three tasks are:

1. Photography

Emily Blincoe



Research the photographer Emily Blincoe and create a piece (s) based on her use of:

CONTRAST | REPETITION | ALIGNMENT | PROXIMITY

2 . Fashion

There is no Planet B! Sustainable Fashion



Research the fashion illustrator, **Edgar Artis** and create fantastic images based on his work, involving and recycling a range of media and objects from around the house.

3. Fine Art

Crimes Against the Environment



Research the artist **Alexis Rockman** and create a masterpiece based on the threats to our environment. You may wish to focus on a single piece or produce a series of images.

Have a think about any ideas which you may have and the area(s) of interest amongst the three tasks. Consider which materials are available to you and which can realistically be collected before Monday 29th June.

**Good luck and we look forward to seeing what you achieve.
Remember to upload your images into the CLASSWORK section!**

Mr Yarrington, Miss Nemeshanyi & Miss Wincup

*Need IT support?
Try Lourdes IT as a student or
parents:*

Call: 01527 376 068

Email:

studenthelp@lourdesit.org.uk

Live Chat and Self Help:

<https://help.lourdesit.org.uk>

Or make queries through:

[distancelearningqueries@
alcesteracademy.org.uk](mailto:distancelearningqueries@alcesteracademy.org.uk)



Useful Contacts Sheet

Headteacher

Mrs Sarah Mellors sarahmellors@alcesteracademy.org.uk

Student Learning

Mrs W Woodman is overseeing student productivity, teaching and learning.

wendywoodman@alcesteracademy.org.uk

Student Welfare

Miss K Buckthorp oversees student welfare. karenbuckthorp@alcesteracademy.org.uk

Miss Buckthorp is also our designated safeguarding lead.

Curriculum Leads

Lead ICT

Mr P Anderson peteanderson@alcesteracademy.org.uk

Lead Maths

Miss K Elliott kayleighelliott@alcesteracademy.org.uk

Lead PE

Mr J Powell jamespowell@alcesteracademy.org.uk

Lead Science

Miss D Burgess DebbieBurgess@alcesteracademy.org.uk

Lead Performing Arts

Mr L Hall liamhall@alcesteracademy.org.uk

Lead English

Mr N Cooke nickcooke@alcesteracademy.org.uk

Lead Art & Design

Mr J Yarrington jamesyarrington@alcesteracademy.org.uk

Lead Geography

Ms H Stedman helenstedman@alcesteracademy.org.uk

Lead History

Mr G Rossiter garethrossiter@alcesteracademy.org.uk

Lead MFL (Acting)

Miss S Sacco sabrinasacco@alcesteracademy.org.uk

For Philosophy or Theology enquiries, please contact an SLT member

SEND

Mrs A Bush is supporting our students with SEND in conjunction with our specialist teachers.

anitabush@alcesteracademy.org.uk

Attendance

Mrs J Hodges is overseeing daily attendance. Please call in by 9.30am if your child is ill.

jackieHODGES@alcesteracademy.org.uk

IT Enquiries

For IT enquiries, please make contact with Lourdes IT at distancelearningenquiries@alcesteracademy.org.uk

General Enquiries

General enquiries can go to admin@alcesteracademy.org.uk or head@alcesteracademy.org.uk

Photograph of the Week



Photograph of the Week is a digital edit by Matt, year 10. Matt has created this outstanding digital edit using images he took on a trip to New York last year.

Matt has used Photoshop to layer individual photographs taken from the street and he has pieced them together with some iconic NYC monuments.

Art Stars of the Week

In the art gallery this week is the last of the graffiti project work from our year 7s and 8s.

There are some amazing images of graffiti work by Freya that she and her mum did on her brother's car. He's a gamekeeper, so they went with a camouflage theme.

Well done everyone.

Miss Nemeshyani



Art Star of the Week

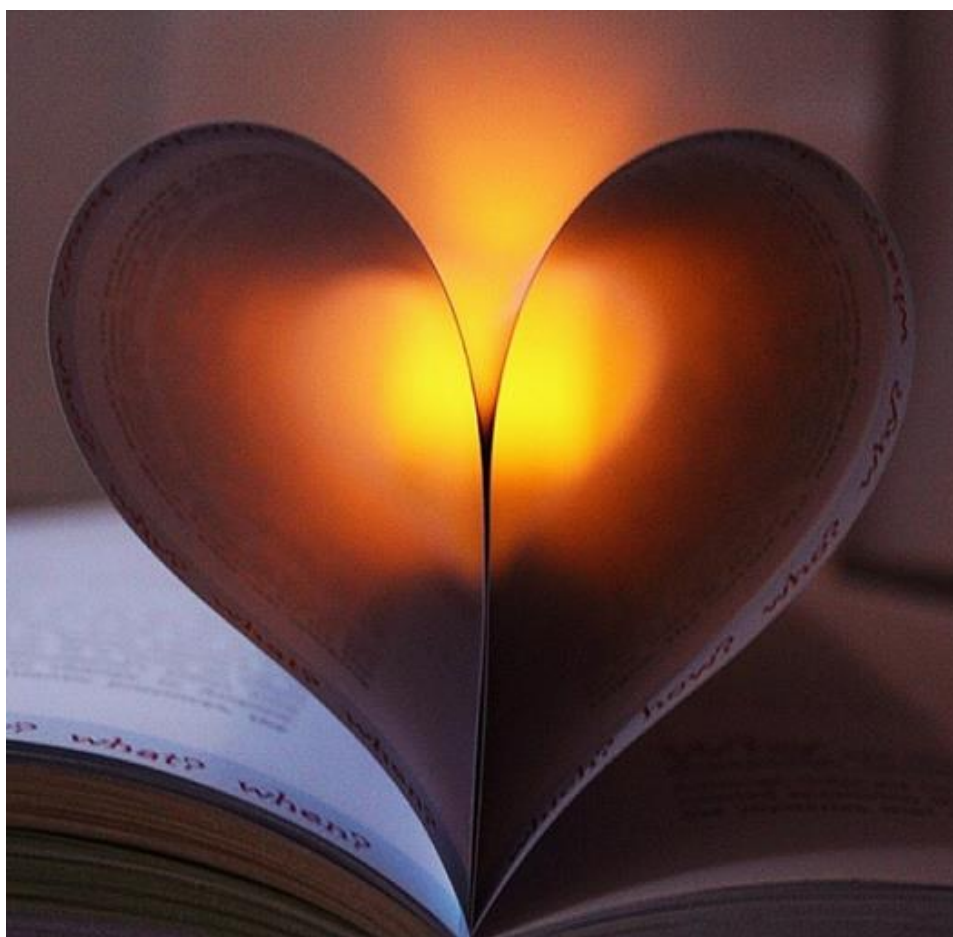
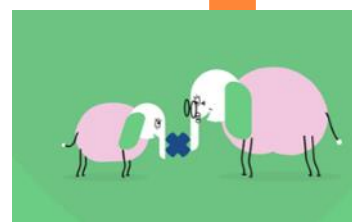
Imogen, one of our very talented year 10 photographers entered the *Kissing it Better Competition* back in April and we are over the moon to report that she has been awarded 2nd prize!




Kissing it Better is a Warwickshire-based healthcare charity working to end the isolation of old age by bringing the generations together. The charity would normally take pupils into hospitals to organise uplifting activities for the elderly. The charity is now finding other ways to help older people who may be feeling lonely, isolated and scared during the coronavirus crisis.

The project brief was to create an original piece of artwork around the theme of positivity. Imogen decided to compose this brilliant photo adapting a book to create the heart shape and lighting it from behind to produce a glow. She thought that this image would put a smile on some of the older and more vulnerable people who feel isolated during this pandemic. Imogen's photo will be shared electronically to begin with, where the charity are hoping to produce a book with all of the entries! Imogen has been invited to Warwick Hospital for a safe distance winners' photograph and to collect her well-deserved certificate.

I think I can speak on behalf of everyone in congratulating you Imogen – well done! Miss Nemeshyani



At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.

AGE RESTRICTION
12+
If under 18, supervision of a parent or legal guardian required.

What parents need to know about

TIKTOK

MATURE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.

INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others' user's videos on the app.

TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.

ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.

ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.

IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.

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#WakeUpWednesday

Safety Tips For Parents

TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online.



LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



NEW FOR 2020 FAMILY SAFETY MODE

TikTok Family Safety Mode allows parents to link their own TikTok account to their child's. It's a great way to oversee your child's digital wellbeing by giving you direct control over their safety settings and being able to remotely turn features on and off. This includes managing screen time, the ability to send and receive direct messages (and with whom) and the ability to restrict the appearance of content that might not be age appropriate.



SOURCES: www.tiktok.com

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.02.2020



kik

Kik (or Kik Messenger) is a free messaging app used by 300 million people worldwide that lets users exchange messages, photos, videos, GIFs and webpages via a Wi-Fi connection or data plan. Kik is unusual in that your child can sign up without a phone number and then find and message other people via just their username. Kik is aimed at anyone aged 13 years and older – the app says teens between 13 and 18 years old will need parental permission but it does not verify ages.



AGE RESTRICTION
13+

1 new message

What parents need to know about

KIK



CHILD SEXUAL EXPLOITATION & GROOMING

Police in the UK have warned that Kik has featured in 'more than 1,100 child sexual abuse cases in the last five years' and that 'children are at risk' on the app. Offences involving the app include child sexual exploitation, grooming, and image violations. Kik has also been identified by US police as being used by sex predators, and they say it is responsible for several recent incidents involving children, including the murder of a 13-year-old girl by a man she met via Kik.

FAKE OR ANONYMOUS PROFILES

What makes Kik unique to most other private messaging apps is the fact that it doesn't require a phone number as it works through Wi-Fi instead. By using a username, your child can avoid sharing personal information with others on Kik, but on the flipside, this makes it far easier for people to remain anonymous or to create a fake persona.

SEXUAL PREDATORS

Some people may use Kik with the intention of targeting children. Typically, this is a subtle and a potentially dangerous individual who will initially portray themselves as a friend who 'understands' a child. They may also lie about their age and it's possible that your child could be manipulated by a stranger into doing regrettable or illegal activities, and maybe even meeting them in real life.

JOINING PUBLIC GROUPS

As soon as Kik is downloaded, your child can join public groups to chat with up to 49 others about anything from music to sports, to travel by searching for topics they are interested in. However, groups can include inappropriate names and content. There are also private groups on Kik that can be joined by scanning a group Kik code or if they're added by someone on their contact list.



SEXTING

Due to the general ease of sharing photos and videos, sexting has been reported on the app. These messages can be screen-captured or copied at the press of a button, which could 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.

KIK 'BOTS'

Users can add 'bots' to their friends list and communicate with them on the app. 'Bots' are automated software programs built into the app that mimic conversation – developers, brands and Kik can create 'bots' to communicate with any Kik user who has opted to start a conversation with them. Kik has been associated with 'pornbots' and 'spambots', which try to lure users into clicking on links or porn websites by using suggestive and often personalised messages.

VIDEO CHAT

Your child can take part in a live video chat with their friends in a one-to-one chat, or with up to six friends at a time in a private group chat. There is the danger that conversations can be recorded and shared without their knowledge, and with live video conversations, your child is at risk of seeing or hearing content that is inappropriate, sexual or violent.

PERSONAL OR COMPROMISING USERNAMES

As Kik works with usernames and not phone numbers, some people may search for clues as to who someone is in real life, based on their name. For example, if your child uses their real name or something similar, strangers could potentially find out their identity and even start looking for them on other social media platforms.



Top Tips for Parents



CHOOSING A USERNAME

When setting up a Kik account, ensure that your child knows the importance of a secure username and why it shouldn't contain ANY clues as to who they are in real life – especially their first or last name. Get them to choose a username that is hard to guess, using a combination of letters and numbers.

SHARING USERNAMES

Explain to your child that sharing usernames on social media channels, such as Twitter, Instagram or Facebook, will make it visible to people they might not know – and they'll be able to message your child. If your child joins a group, anyone within that group will be able to see their username. Your teen will have a Kik Code that's unique to them and lets your child connect with anyone that scans the unique code; encourage your child not to share their Kik Code with anyone they don't trust.

DEACTIVATING ACCOUNTS

If your child is under 13, you can submit a deactivation request to Kik by emailing support@kik.com. Use the subject line 'Parent Inquiry' and include your child's Kik username and age in your message. If your child is over 13 and you want to close their account, you will need access to the email address registered to their account before you visit <https://en.kik.com/deactivate>.

FIND GENUINE FRIENDS

The Kik app includes an optional feature that your child can turn on to help find real friends on Kik. The feature works by checking for accounts in Kik that match an email address or phone number stored in contacts (on a smartphone). If the app finds a match, it will notify both your child and their friend with a Kik message.

SHOW HOW TO BLOCK & REPORT

Teach your child how to block and report users on the app. Kik's 'Block' feature lets users block all contact with another user, without revealing to the other user that they've been blocked. The blocked user's name will no longer appear in contacts in Kik. Your child can also report a group if they think it's offensive or being used for abuse. Some users of Kik have reported that they receive sexually explicit, automated messages over the app – this is when automated spam bots have been created to distribute explicit images and texts using the service. Your child can use the 'Report' feature to report spam. Once reported, there is the option to keep or remove the chat from the conversation list. If conversations are saved, Kik will automatically block the spam account but save the chat history.

DON'T TALK TO STRANGERS

If your child knows not to talk to anyone they don't know in real life, the risks of using Kik are drastically lowered. Alternatively, if any stranger happens to send your child a message, teach them to ignore it.

COMMUNICATION IS KEY

If your child sees something disturbing, pornographic, deviant or otherwise troubling, they may be left confused and in need of somebody to explain it to them. As such, tell your child that you are always there to help them if they need it, and if they start acting differently to normal, calmly ask them why.

AVOIDING UNEXPECTED IMAGES

Kik censors images from strangers to limit lewd content being shared by surprise. The app will blur all photos in messages when users who have never interacted before contact each other for the first time. Users can only share unblurred images after they have both approved each other.

USING A VALID EMAIL

According to Kik, it is really important for users to provide a valid and accessible email address when registering their account. This will help to make sure your child is able to receive important emails from the service, such as a link to reset their password, when they need them.

MUTING OR LEAVING A CHAT

If someone has said something inappropriate to your child through Video Chat, they can mute the user or leave the Video Chat. Tap on the person's Video Chat bubble and a mute icon will appear. When a child mutes themselves, their microphone will be disabled and nobody else in the chat will be able to hear them.

1 new message



SOURCES:
<https://www.teensafe.com/blog/everything-a-parent-needs-to-know-about-kik/>
<https://help.kik.com/hc/en-us/articles/11506689388-Keep-your-Kik-account-private>
<https://www.bbc.co.uk/news/uk-45568276>



National
Online
Safety

A whole school community approach to online safety
www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

A GUIDE ON HOW NOT TO BE A SCREEN ZOMBIE

It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie'.

TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert. Limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.



BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible – there's so much fun you can have with others!



SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



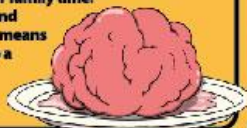
DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



Meet our expert

Pete Badh is content specialist with over 10+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.



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