



Hollie Guard App

This app allows you to keep an eye on your child while they are traveling using the Journey feature. Whenever they use this feature, their emergency contacts are informed when they have arrived at their destination.

With the free version, users can also use this app to get help quickly if they are in danger. If a user is in danger, they hold down the button for 5 seconds to raise an alert, which activates Hollie Guard and automatically sends their location to their designated contacts. Visit their website for further information:

<https://hollieguard.com/>

Emergency SOS calls

You can set up emergency SOS calls on your iPhone/Android, so it calls the emergency services even when your phone is locked. Here's how to set it up:

iPhone

At the same time, press and hold the side button and either volume button until the sliders appear. Once the countdown on Emergency SOS ends, release the buttons. You can also enable iPhone to start Emergency SOS when you press the side button five times.

Android

Press the power button five times or more. A five-second countdown begins before emergency services are called.

TikTok

You must be over 13 years of age to use TikTok. Some of the videos on TikTok may not be appropriate for your child to view and there is also the risk of strangers contacting your child. If your child is using TikTok then make sure the appropriate security/privacy settings are on.



Account set up

By default, accounts for people under 16 are set to private at the start and we would recommend keeping it as this. This means your child can approve follower requests. You can read more about the other settings available (such as switching off comments and switching on restricted mode) here:

<https://support.tiktok.com/en/account-and-privacy/account-privacy-settings>

Inappropriate content, themes and challenges on TikTok



Whilst against TikTok's guidelines, explicit and inappropriate content can be found on this platform, for example nudity/sexual content and hate speech. We often see viral challenges on TikTok, some of which can be dangerous. If your child is using TikTok, chat to them regularly about what they are viewing and to ensure they know not to try challenges they see online.

Family Pairing

This allows you to link your own account to your child's account. You can then set controls such as restricted mode (limit the appearance of content that may not be appropriate) and screen time management. You can find out more here: <https://www.tiktok.com/safety/en/guardians-guide/>

Blocking and Reporting

Ensure your child knows how to use the safety features available to them. You can find out more here: <https://support.tiktok.com/en/safety-hc/report-a-problem>

Bullying on TikTok

This article makes suggestions on appropriate settings as well as how to deal with bullying: <https://www.tiktok.com/safety/en-sg/bullying-prevention/>

Tech Tips Live with Parent Zone

You can watch back this 13-minute broadcast from Parent Zone (originally broadcast Jan 2023) which discusses what you need to know if your child is using TikTok. It's an excellent overview including how algorithms work on social media. You can access it here: <https://parentzone.org.uk/tech-tips-live>

Online Scams

Internet Matters have published an article detailing common online scams targeting teenagers. Are you aware of scams involving social media spoofing, webcam and remote access scams and health and beauty scams? Internet Matters highlight a list of different scams, how they work and actions you can take to protect your teenager online. You can read the article here:



<https://www.internetmatters.org/hub/expert-opinion/common-online-scams-targeting-teenagers/>

Steam online games platform

Steam is an online platform where users can play video games and chat to others. It is rated as 12+ on the App store and for Teenagers on Google Play. You should be aware that not all games are free to play, not all games will be appropriate for your child to play and some may include adult themes. Steam does offer 'Family View,' which allows you to set what is accessible to your child to view. Find out how to set it up here:



<https://help.steampowered.com/en/faqs/view/6B1A-66BE-E911-3D98>

Discussion Guides from Thorn

Thorn was co-founded by Ashton Kutcher and Demi Moore in 2012. It includes Thorn for Parents which contains a wide selection of discussion guides, designed to empower you to start conversations with your child. You can filter the guides by topic and age e.g., talk to your 9 year old about screen time or your 14 year old about the issue of resharing nudes. Each guide includes an introduction, how to start talking about the topic as well as an interactive conversation script based on your child's response.

You can find them here:

<https://parents.thorn.org/discussion-guides/>



Gangs & County Lines

Would you like to find out more about gangs and county lines and how children can be exploited? LGfL have put together a number of short videos and a leaflet including more information for you. You can find the information here:

<https://parentsafe.lgfl.net/gangs-county-lines>

The National Crime Agency also provide information including defining what a county line is and what to do if you have any concerns:

<https://www.nationalcrimeagency.gov.uk/what-we-do/crime-threats/drug-trafficking/county-lines>

Nude selfies: what parents and carers need to know

CEOP look at what to do if your child has shared a nude pic of themselves. The page includes four videos - understanding why your child has shared a pic, talking to your child, looking at when you should be worried and finally where you can get help from. Find out more here:

<https://www.thinkuknow.co.uk/parents/articles/Nude-selfies-a-parents-guide/>

Gurls Out Loud

Gurls Out Loud is a campaign from the Internet Watch Foundation, which sets out to educate girls about online sexual abuse and how to stop it. Their tag line is: "Block. Report. Tell someone you trust." Find out more here:

<https://gurloutloud.com/>