



Sixth Sense

Which Week?

This Week: Monday 20th Nov (Week 2)

Next Week: Monday 27th Nov (Week 1)



CAREERS FAIR

2.10 - 5pm

Parents and Carers welcome from 3.05 onwards

Thursday 30th November 2023

In the Foyer and the Hall

Exhibitors to include: Local and National Employers, Apprenticeship Providers, Universities, Colleges, Independent Training Providers

Reminder of next week's Careers Event.

Recommendation of the week (Wellbeing): "How To Fail" Podcast

This particular episode of this longstanding and very listenable podcast features Claudia Winkleman (of Strictly Come Dancing, The Traitors etc) talking about her hating the concept of being 'perfect' and being absolutely accepting of who she is feels she is in addition to talking about her own struggles. She manages to do this in an utterly engaging manner that may lead you to listen to other episodes featuring a wide variety of guests from a broad range of backgrounds.



Online link to How To Fail podcast: <https://podcasts.apple.com/gb/podcast/how-to-fail-with-elizabeth-day/id1407451189?>

ID Cards are coming... Your ID card is going to become increasingly essential over the coming weeks for those of you who borrow a laptop frequently from the Sixth Form Office—watch this space!



Mock Exams: Week 2

Please find an overview of this week's schedule for mock examinations, with the busiest of these days being Monday! This is the final week of mock exams for this session. Many thanks for your excellent conduct in addition to your prompt arrival to the **9.00am morning exams and 1.00pm afternoon exams**.

WEEK-2	Morning				Afternoon			
	EXAM	Minutes	Year	Venue	EXAM	Minutes	Year	Venue
Monday 20/11/2023	AQA-English Literature A-Paper 1	180	13	Sports hall	AQA-Psychology Paper 2- Psychology in Context	120	13	Sports hall
Tuesday 21/11/2023	None				OCR-History-The Cold War in Europe 1941-1995	60	13	Sports hall
Wednesday 22/11/2023	None				AQA-Business Studies-Paper 1	90	13	Sports hall
Thursday 23/11/2023	Edexcel-Pure Mathematics Paper 3	120	13	Sports hall	None			
Friday 24/11/2023	None				None			

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National Online Safety: TikTok

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide and is most popular with the under-16 age bracket.

In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17. Our guide on Page 2 provides further advice a guidance regarding this platform.

What Parents & Carers Need to Know about

TIKTOK

AGE RESTRICTION
13+

(certain features are restricted to over-18s only)

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WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18

CENSORED

DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

ADDICTIVE NATURE

TikTok can be addictive, especially for young people: compulsive repeated use can interfere with sleep patterns and be a distraction from other activities. The platform recently introduced default usage time limits of 60 and 100 minutes for new members under 18 (in the UK, children with TikTok average 102 minutes per day on the app), but these restrictions can easily be removed in the settings.

TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



NOS
National
Online
Safety
#WakeUpWednesday