

Empowering young people with additional learning needs to connect safely online.

What to do if you have heard about a risky viral challenge?

5 top tips

1

Don't publicise it further



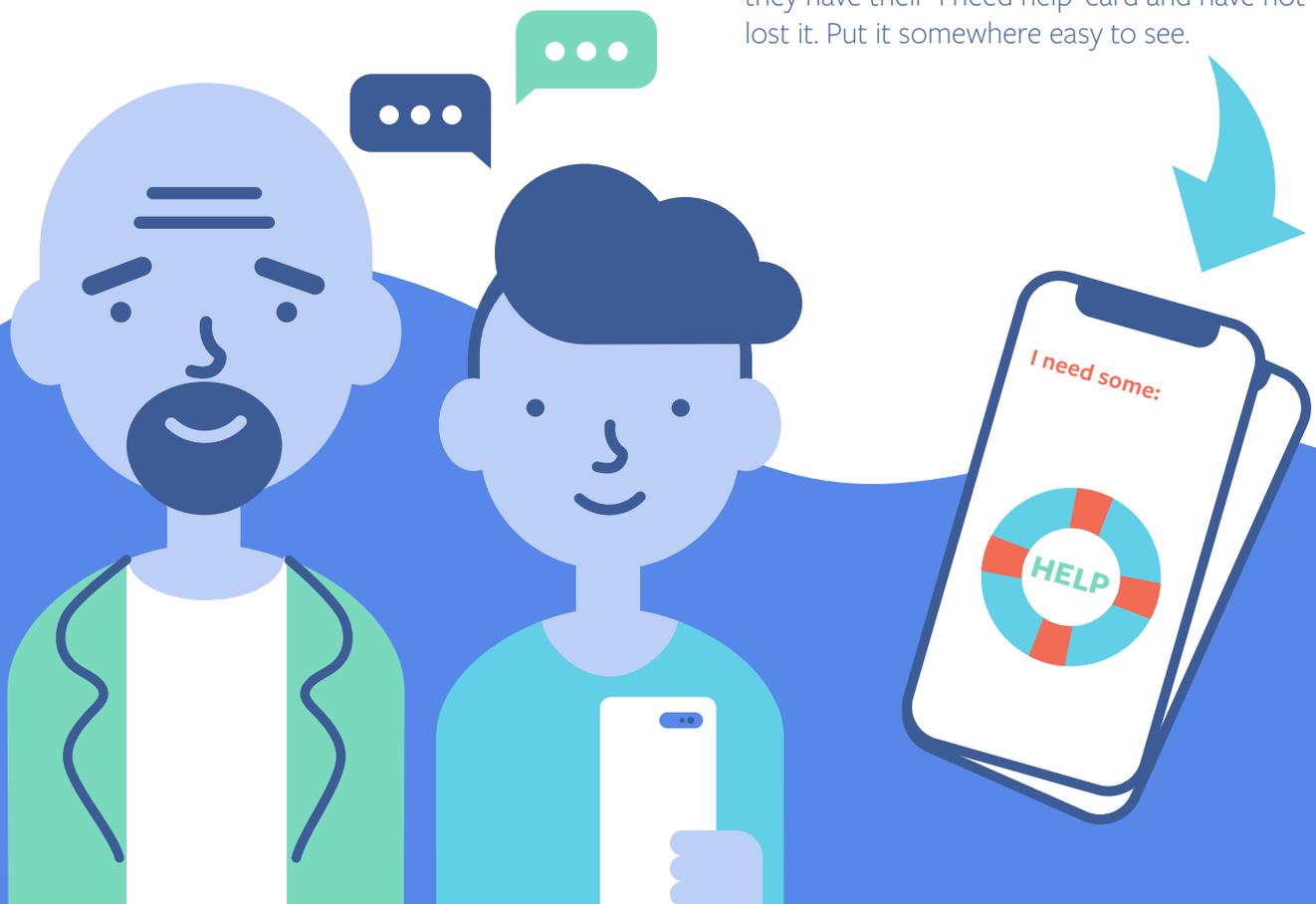
If your child has not yet heard about the scare, don't tell them about it or name it (they would probably try and find out about it online or through a friend.) **You'd be publicising it - increasing the effect of the scare.**

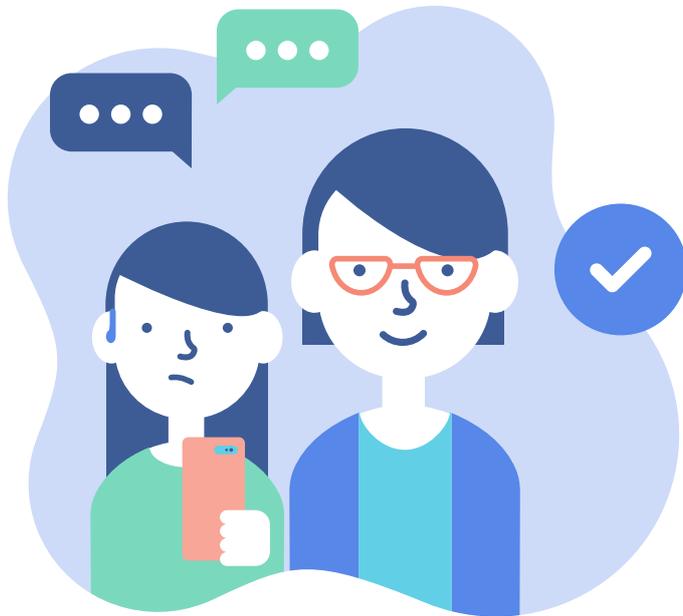
2

Remind your child to talk to you if they're worried



Remind your child that if they ever feel worried about something they see online - or hear about from friends, **they can come to you or another adult they trust for help.** Make sure they have their 'I need help' card and have not lost it. Put it somewhere easy to see.





3

Show them how to stay in control

Tell them that if they do see something upsetting or worrying, they are in control. They can report it to the platform they are using and close it down – and you can help them with this. **They should not share or pass on a challenge. If it was sent to them, they can block the sender.**



4

Keep talking to your child about their online life

Keep talking to your child about what they're doing online.

Help build their friendship group and offer safe ways to have fun, take appropriate risks and do exciting things to fulfil these basic human needs.

5



Check privacy settings and parental controls

This is a perfect moment to check that privacy settings are correctly set on the apps they use and set parental controls to filter out inappropriate content.

