



# SYDENHAM SCHOOL

Specialist Science & Mathematical School

---

Headteacher Emma Wijnberg, BSc PGCE NPQH  
Dartmouth Road, London, SE26 4RD  
Tel: 020 8699 6731

Website: [www.sydenham.lewisham.sch.uk](http://www.sydenham.lewisham.sch.uk)  
Email: [info@sydenham.lewisham.sch.uk](mailto:info@sydenham.lewisham.sch.uk)

Thursday, 14 December 2023

Dear Families,

## Re: Safeguarding Regarding TikTok Usage

As we approach the Christmas holiday, I would like to bring to your attention an important matter concerning the safeguarding of our students, particularly in the realm of social media.

In recent weeks, we have observed an increase in the inappropriate use of the popular social media platform, TikTok, among our students.

TikTok, like many other social media platforms, has an age limit in place to protect younger users. **The minimum age requirement for TikTok is 13 years old.** It is imperative that parents are vigilant in monitoring their children's online activities and adhere to these age restrictions. This is not only a legal requirement but also essential for the emotional and social well-being of our students.

It is important to have regular conversations about staying safe online and to encourage your child to speak to you if they come across something worrying online. Talk to your child about the importance of creating a safe online environment, including keeping any log-in details and passwords safe.

Here are a few important points to consider:

1. **Age Restrictions:** Ensure that your child meets the minimum age requirements for social media platforms, including TikTok. Encourage open communication about responsible online behaviour.
2. **Privacy Settings:** Familiarize yourself with the privacy settings on your child's TikTok account. Adjust these settings to ensure that their account is set to private, limiting the audience to friends and family.
3. **Regular Monitoring:** Regularly check your child's TikTok account for any inappropriate content, interactions, or contacts. Be proactive in addressing any concerns or issues that may arise.
4. **Educate About Online Safety:** Have open and honest conversations with your child about the potential risks and dangers of online interactions. Remind them to think before they post or share and report any suspicious or uncomfortable situations.

We understand that navigating the digital landscape can be challenging for both parents and students. You can find further support on the websites below

- **Young Minds** has a [guide for parents](#) which is focused on social media and mental health
- **Childnet** has a wide range of [help and advice](#), including guidance on [parental controls](#), [social media](#), [supporting young people with SEND online](#), [online bullying](#) and advice on how to [start a conversation](#) around your child's social media use
- **National Society for the Prevention of Cruelty to Children (NSPCC)** has [guidance for parents and carers](#) to help keep children safe online and also has specific guidance on [social media](#) use and advice on how to [start a conversation](#) around your child's social media use



# SYDENHAM SCHOOL

Specialist Science & Mathematical School

---

Headteacher Emma Wijnberg, BSc PGCE NPQH  
Dartmouth Road, London, SE26 4RD  
Tel: 020 8699 6731

Website: [www.sydenham.lewisham.sch.uk](http://www.sydenham.lewisham.sch.uk)  
Email: [info@sydenham.lewisham.sch.uk](mailto:info@sydenham.lewisham.sch.uk)

- [Thinkuknow](#) by the **National Crime Agency** has resources for parents and carers and children of all ages to help keep children safe online
- **The Children's Commissioner** has published [advice for parents on talking to your child about online sexual harassment](#) specifically, based on input from children themselves
- [UK Safer Internet Centre](#) - tips and advice for parents and carers to keep children safe online - you can also [report any harmful content found online through the UK Safer Internet Centre](#)
- [Inclusive Digital Safety Hub](#) and [Online Safety Hub](#), created by **South West Grid for Learning** in partnership with Internet Matters, has support and tailored advice for young people with additional learning needs and their parents or carers

If you have any concerns or require further guidance on how to monitor and ensure your child's online safety, please do not hesitate to contact us. We are here to support you and your child in fostering responsible digital citizenship.

If your family requires welfare or wellbeing support over the Christmas holiday, please refer to our safeguarding guide for a directory of services which can be found here: [https://resources.finalsite.net/images/v1594294245/sydenhamlewishamschuk/mcbsf630z2ag8hrns\\_ock/SummerSupportGuide.pdf](https://resources.finalsite.net/images/v1594294245/sydenhamlewishamschuk/mcbsf630z2ag8hrns_ock/SummerSupportGuide.pdf)

If you have a safeguarding concern about your child or any child who attends Sydenham School, please contact the Multi Agency Safeguarding Hub (MASH) for the borough in which the child resides. Lewisham MASH can be contacted on 0208 314 6660 or [MASHagency@lewisham.gov.uk](mailto:MASHagency@lewisham.gov.uk).

If you have an urgent safeguarding concern, please contact the relevant emergency service. If you have an urgent medical problem and you're not sure what to do, go to [111.nhs.uk](http://111.nhs.uk) or call 111. If you want to contact the police, ambulance or fire brigade, dial 999 in an emergency or 101 to report a concern or a crime.

I would like to end this letter by sharing again a link for a video created by the Financial Times which highlights the importance of knowing what your child is doing online and what apps and websites they are accessing. [Capture, who's looking after the children? | FT Film Standpoint - YouTube](#)

Thank you for your cooperation and commitment to the well-being of our students.

Yours sincerely,

*Eleanor George*

Assistant Headteacher and Designated Safeguarding Lead  
Telephone: 0208 699 6731 ext. 605  
Email: [e.george@sydenham.lewisham.sch.uk](mailto:e.george@sydenham.lewisham.sch.uk)