



EPCHS Student 'PD' Bulletin #17

"I Have Come So That They May Have Life And Have It To The Full" John 10:10

People like to judge other people. This peer pressure can make you stray from the path you started to carve for your future. Don't mind other people's aspirations, don't ever let someone else's goals and dreams influence your vision of life. It's your path and you decide where it takes you and how long it takes you to see it through.

A message from Pope Francis...God loves you



Do you follow the school social media platforms? If not, follow today and keep up to date with everything school related and more...



www.facebook.com/EllesmerePortCatholicHighSchool



@EPCH_School



"Great things happen when you care"

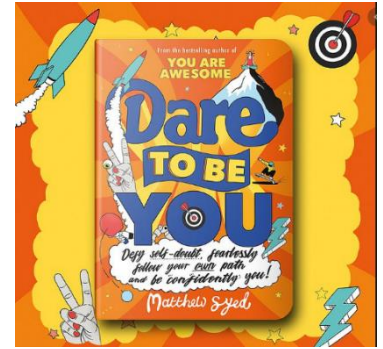
Psalm 21: He asked for life and you gave it to him



A message from Mr Hughes

Dare to be YOU...

On Friday I started to read the book to the right, Dare to be YOU. Written by Matthew Syed, an Olympian and table tennis winning champion I decided within 60 seconds of reading I wanted to share some of his thoughts with you.



Kid Doubt – we all have that voice, which from time to time makes us question ourselves. The voice inside which makes us think differently and doubt what we want to do. There are literally 7 billion Kid Doubt's around the world, who from time to time, make us do things which well, we shouldn't do!

So how do you deal with Kid Doubt? Well Matthew shared with us his plan and it goes like this...

1. **Make friends with people who like you for YOU.**
2. **Make choices based on what you feel is right for YOU.**
3. **Don't blindly copy other people. Be YOU.**
4. **Ask questions. Keep asking questions. Make things work for YOU.**
5. **Don't be afraid to do things at YOUR own pace.**
6. **YOU should be prepared to be flexible.**
7. **Be kind. And don't listen to anyone who isn't kind to YOU.**
8. **Make it happen. Don't wait. Get out there. It is all down to YOU.**

#DareToBeYOU

Do you want to join the medical profession?

MEDIC MENTOR
YOUR MEDIC FAMILY

**FUNDED PLACES FOR
EPCHS STUDENTS!**

Get into Medicine
Get into Dentistry
Get into Veterinary
Conferences

Join our Team at EPCHS to get access to FREE conferences and training with MEDIC MENTORS. To find out more about this great opportunity contact Mrs C Murphy – Careers Lead in B20.

Year 8 MARSTEK...our new STEM AND CREATIVE CLUB...

We have lift off! Last Thursday a group of Year 8 students met with Mr Hickman in C2 to start with an exciting project. Students will be given the opportunity to develop, build, experiment and engineer, learning about all things STEM and CREATIVE.

If you are interested in joining this newly formed club, please see Mr Hickman.

It will take place every Thursday in C2 from 3pm till 4pm.

This is one club that will at times go with a bang...so don't miss out register your interest by seeing Mr Hickman at break or lunch today.



Mental Health Matters...

Focus on what you can control.

If you wish to speak to someone Anonymously, then see the information below:

Childline

0800 1111 (24hr)

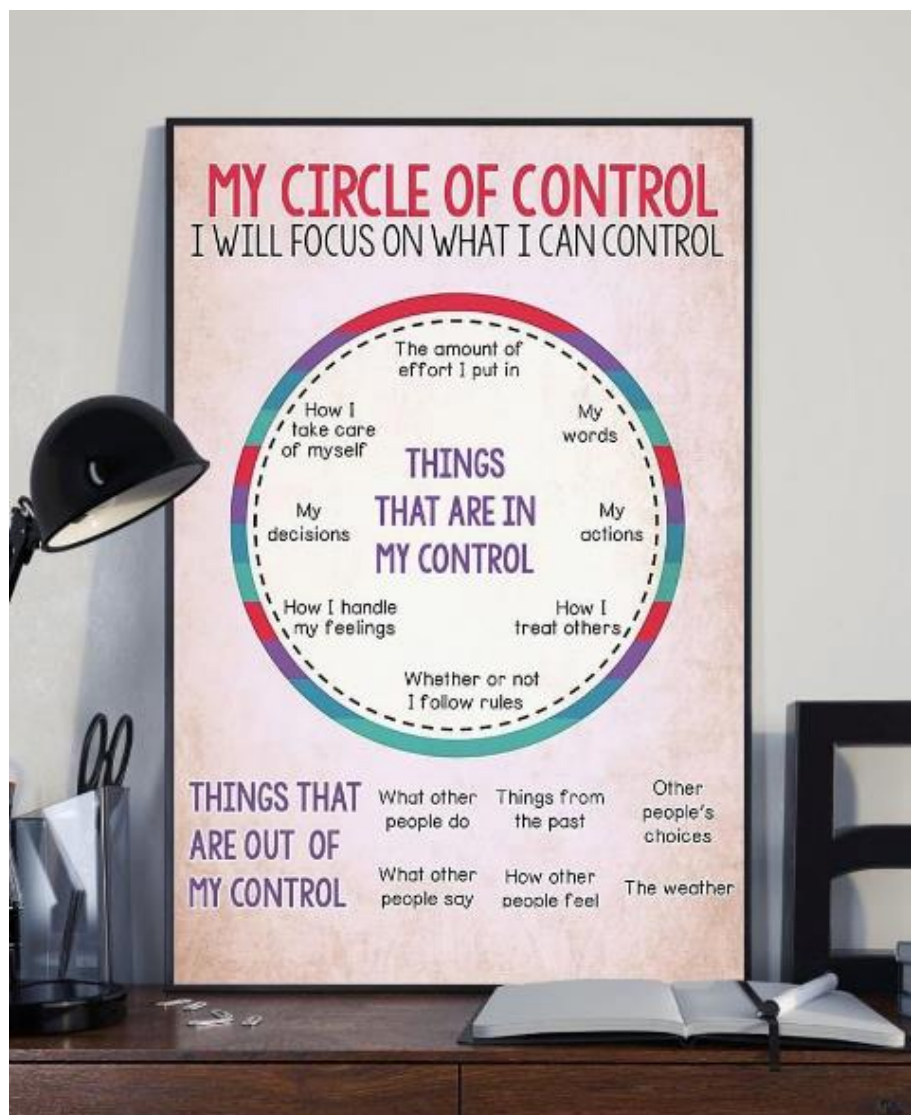
The MIX

0808 808 4994 (11-11)

TheMix.org.uk

In school you can talk with your form teacher, Pastoral Leader, class teacher, Senior Leader, learning Mentor, a friend, anyone!

We are here to help.





TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos in a similar manner to Facebook, Instagram and Snapchat. Its 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 and has featured near the top of download charts ever since. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



What parents need to know about

TIKTOK



AGE-INAPPROPRIATE 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 to 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 light-hearted or designed to make people laugh. However there have been a number of videos reported for featuring drug and alcohol abuse, self-harm and young teens engaging in sexually suggestive content. More recently, suicide-themed related videos have been widely circulated. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be common to come across explicit and age-inappropriate 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.



Safety Tips For Parents



TALK ABOUT ONLINE CONTENT

Assuming your child is above the age limit to use TikTok, make sure you take the time to talk to them about what they are seeing on the app. Have an open dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding. 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 'top' 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.



MONITOR VIEWING HABITS

Even if it doesn't make you popular, keep a close eye on what your child is viewing and sharing on TikTok. Whilst the app has moderation tools, videos can still slip through the net so it's important to regularly check in on what they're watching. Understanding and learning the app yourself is a great way to get to grips with it. You could then even watch some videos with your child, turning it into a bonding opportunity also.



LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a relatively safe space for your child to express themselves. However, 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 45 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.



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

Gaming to Development – G2D

ATTENTION ALL YEAR 10 and YEAR 12 STUDENTS

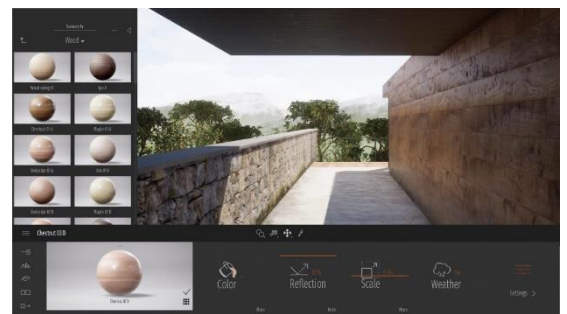
Do you play online multiplayer games such as Fortnite or Minecraft?

Are you creating 3D virtual environments and objects when playing these games?



If you are, do you know that you are developing skills that will help you in the future – skills that are highly valued by employers.

Would you like to find out about how you can use these skills to develop a new range of 3D Virtual environments and objects?



Would you like to find out about how industries such as space, engineering, construction, and film are looking for young people with 3D design skills?

Would you like to find out about some of the careers you could work in where you can use the skills you are developing through gaming?

If the answer is **'YES'** then you need to find out more about the Gaming to Development project. With just **6 places available** for both Year 10 and Year 12, this is an opportunity not to be missed!

**Please see Mr Hughes for further information
and to register your interest.**

Thought for the week...



#BeKind. Always.

#MAKEITCOUNT

