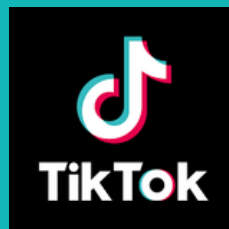


CURRENT VIRAL TRENDS ON SOCIAL MEDIA

A TikTok trend currently circulating on social media called 'Lala Bop' which is social media slang for sharing a person's personal life and posting their personal information online without their consent, particularly their intimate sexual preferences.

In many cases, this trend is being used to show who has the highest number of sexual partners or claiming that they have sexual intercourse with a large number of people. Many young people are taking screen shots of messages and photo's and sending them to 1 anonymous person who then posts them on social media for public viewing.

This trend seems to be aimed at mostly at girls.



Young people are also using this trend to ask their peers ‘ Message me a picture of who you hate and why’ this is then shared online anonymously, which is then seen and shared by many young people online and in group chats.

Many young people won’t have anyone to speak to about this and some of the content and harassment is extremely concerning and will be very upsetting for the victim.



BLOCKING AND REPORTING ON TIKTOK

Report a person:

Go to their profile.
Tap on the arrow top right corner
Tap Report or Block.

Report a video:

Tap on the right-facing arrow on the video page under the heart and comment icons.
Tap Report.

Report a comment:

Tap and hold the comment.
Tap Report.

Report inappropriate chat message:

Open the conversation.
Tap on the three dots.
Tap on Report.



It's against the law for anyone to share a sexual image or video of someone who's under 18



Childline have a report remove tool to support young people effected by this. Report Remove is safe, easy and free – all you need to do is follow these steps:

- choose your age range
- create a Childline account so we can send you updates on your report
- report your image or video to the Internet Watch Foundation (IWF)
- talk to a Childline counsellor if you want any extra support, or access support on the Childline website
- check your Childline locker a few days after your report to see if you need to add any more information and to see updates on your report
- report any issues with this process by sending an email from your Childline locker with the subject 'Report Remove' and as much information about the problem as you can.



<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/>

Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.

Bullying/cyber bullying can have long-lasting effects on children and young people's mental health.

**ARE YOU A
VICTIM OF
BULLYING/CYBER
BULLYING?**



**WHAT CAN I DO
IF I AM BEING
BULLIED?**

Be kind to yourself, do things that make you feel good. Listen to your favourite music, watch your favourite film, cook, go for a walk, do exercise, spend time with family.

Only spend time with people that make you feel good about yourself.

Talk to someone you trust, tell them what's happening. If you find this difficult you could write it down.

Don't retaliate. It can be tempting to respond to the bullies in the same way. Think of other ways to respond to bullying like saying 'I don't like it when..'

Keep a record of what is happening, save a copy of photo's, videos and messages for when you speak to an adult



**WE ARE HERE TO HELP YOU
BLOW AWAY THE STORMS**

SIGNS THAT BULLYING/CYBERBULLYING MAY BE TAKING PLACE..

- Not wanting to go to school, skipping school or becoming ill quite frequently.
- Becoming withdrawn, lack in confidence or low in self-esteem.
- Personal belongings going missing, getting lost or damaged.
- Spending less/more time online
- Difficulties sleeping or eating.
- Asking for money often or stealing.
- Bullying others.



WHAT CAN I DO TO SUPPORT?

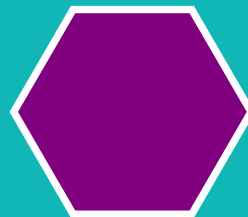


- Support them to do things that make them feel good, listen to music, watch a favourite movie, go for a walk.
- Let them know you are there to talk, discuss what bullying is and ask them if this is happening to them. Listen, reassure them and let them know you are there for them.
- If they don't want to talk let them know who who else they can reach out to, other trusted adults and online charities.
- Report any online bullying to [ThinkYouKnow.com](https://www.thinkuknow.com)
- Report bullying happening at school to your schools safeguarding team.




**WE ARE HERE TO HELP YOU
BLOW AWAY THE STORMS**

**SUPPORTING YOUR
CHILD TO UNDERSTAND
WHAT BULLYING IS
AND HOW IT CAN
EFFECT OTHERS..**



 **Talk to your child and explain what bullying is and how it can make people feel.**

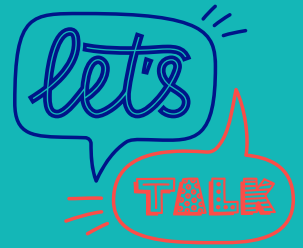
 **Some children and young people don't realise what they are doing is bullying, and how their words and actions effect others. It is important to let them know their behaviour is unacceptable and reassure them that you can help them to put it right.**

 **Teach empathy, ask your child to think about how they would feel if they were experiencing bullying.**

 **Sometimes, bullying is a communication that the child needs support. It is important to address the behaviour and find out what support the child needs.**



CONVERSATION STARTERS



Talking regularly with your child is the greatest tool to help keep them safe online. Talking regularly and making it part of daily conversation, like you would about their day at school, will help your child feel relaxed. It also means when they do have any worries, they're more likely to come and speak to you.

But it can also be easy to become overwhelmed with the different technology, the language that children use, the huge number of games and apps which are available and the potential risks.



THESE CONVERSATION STARTER SUGGESTIONS CAN HELP



- Ask your child to tell you about the sites they like to visit and what they enjoy doing online.
- Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
- Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.
- Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.
- Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?

KEEPING YOUR CHILD SAFE ONLINE..

Check privacy and security settings! Talk about why this is important!

Talk to your child about social media. Ask them who their favourite TikTok creator is, how many followers do they have? What's their favourite app? For more conversation starters use the link below
<https://www.thinkuknow.co.uk/parents/home-activity-worksheets>

Did you know that most platforms require users to be age 13+. Does your child have the social and emotional skills to manage an online profile? To help decide if your child is ready for social media, use the link below.
<https://www.thinkuknow.co.uk/parents/articles/is-my-child-ready-for-social-media/>

NSPCC



internet matters.org

Talk to your child about what they can do if anything on social media makes them feel worried or uncomfortable. Make sure they know they can always talk to you.

Talk to your child about the apps they are using, do they know how to block/report content or users if this is making them feel a negative way?

Talk about being respectful

Healthy Peer Relationship Practitioner

Visit the link below for further support around Online Safety planning with Internet Matters
https://www.internetmatters.org/resources/online-safety-guide/?gclid=EAlalQobChMI2djCmLnv_AIVztLtCh3i2wENEAAYASABEgJcmfD_BwE



Where can children and young people find support?

If in immediate danger: **Call the police on 999**

Report online sexual abuse and grooming:
www.ceop.police.uk/safety-centre

Being bullied or in need of someone to talk to:
Call Childline on 0800 1111

Help to remove a nude image or video of themselves online:
www.childline.org.uk/remove

childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



YOUNGmINDS
fighting for young people's mental health

childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

**WHO ELSE CAN
SUPPORT US?**



 **01904 666371**

 **INFO.BARNSLEYMHST@COMPASS-UK.ORG**

 **COMPASS-UK.ORG**



KIRSTY TAYLOR
HEALTHY PEER
RELATIONSHIP PRACTITIONER



Text **YM to 85258** for free mental health
crisis support, any time of the day.

YOUNGmINDS
Crisis Messenger

koeth

**Your online mental
wellbeing community**

Free, safe and anonymous support

NSPCC 
HELPLINE
0808 800 5000
help@nspcc.org.uk