**Safeguarding Social Media**

A number of our pupils have reported concerns regarding a social media account called ‘Momo’. The account is highly unpleasant and is frightening young people. Many platforms should not be accessed by children under 13 and we would strongly recommend that primary aged children do no access YouTube unsupervised.

Please see our advice regarding keeping safe on line below.

**1. Tell them it's not real**

This may seem obvious but children can be easily frightened or distressed by horror stories or urban myths and this is no different. Making it clear to your child that Momo is not a real person and can't hurt them will calm them down. It's also important to tell your child not to go searching for the Momo content.

**2. Be present**

It is vital to be present while your child is online. This will give you a much better understanding of what they are seeing and doing. It will also provide you, as a parent or carer, the opportunity to talk openly and support them. As part of the game, each task becomes progressively worse, so it's important to look out for and recognise any behavioural changes your child may show.

**3. Talk regularly with you child**

Make sure you talk about the game openly with your child. This will give you a better understanding of their online behaviours and will help your child feel comfortable in coming forward with any concerns they have. It's important to be able to have honest and frequent conversations with your child about the online world.

**4. Use device settings and parental controls**

Make sure you set up parental controls on all your devices at home. This will ensure that your child won't be able to view certain types of content and will enable you to monitor their activity. Apps such as Qustodia allow you to monitor online behaviour.

**5. Talk about peer pressure**

Even scary and distressing viral challenges can be tempting to children. Talk to your children about resisting peer pressure and not doing anything they don't feel comfortable with. Tell your child to talk to you or another trusted adult if they feel unsure about something online.

**6. Real or hoax?**

Not everything online is true and it's important to check the validity of sources and be mindful of what you share as it could cause more worry and harm.

**7. Report and block**

While parental controls are often helpful, they can't always been relied on to block potentially harmful content; Flag and report any content you deem to be distressing, inappropriate or harmful as soon as you see it. It's also important to block the account to prevent your child from coming across it.

**8. Further support**

If you're worried about your child seeing the Momo challenge or any other online activity, please speak to school.

Thank you