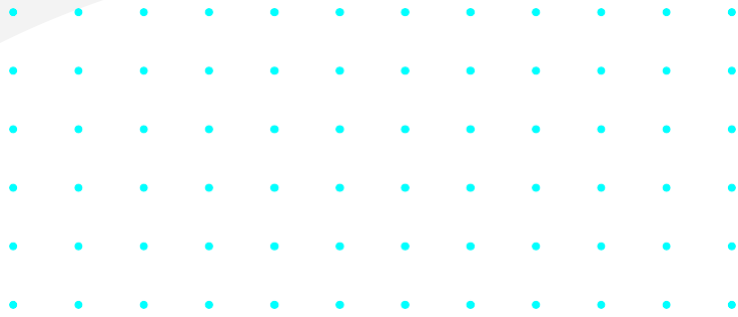


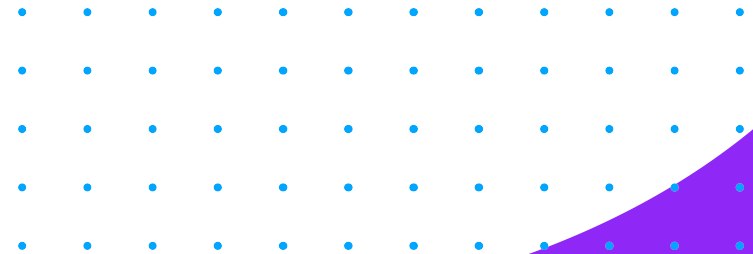
Introducing...

parentzone LOCAL



About us

Parent Zone offers families information and confidence to navigate the digital world. **Parent Zone Local** is a service in your area designed to help parents keep their children safer online and make sure all families have the information they need to understand the places and spaces children go online.



Media literacy

The ability to:

- Access online media
- Evaluate it for bias and authenticity
- Communicate

Why is it important to everyone?

- Save time
- Save money
- Avoid scams
- Know when you're being lied to

The ability to access and critically evaluate different media, and to be able to use media to communicate.

Media literacy simplified

Element

What it means

Data

The pieces of information you share online, whether you know it or not.

Environment

The different spaces you use online (social media, a game) and how they connect.

Content

Every video, article, social post, podcast or anything else created and shared online.

Consequences

The risks you take online and the impacts they might have on your life as a whole.

Positivity

Choosing to participate and make a positive contribution overall.

Your Parent Zone Local resources



It's not easy being a parent in the digital age.

But Parent Zone Local is here to help. We're an information and support service for the families in your area, offering resources, events and advice for everything related to everything you do, everyday, digital.

To get started, select your local borough.



pz LIBRARY

Explore guides, advice and information around all the online platforms and trends at the heart of digital family life.

Got a question or comment on one of our guides? Email librarian@parentzone.org.uk



Featured guide: TikTok

Learn about the safety options available and get some tips for parenting a young person on TikTok.

[Explore TikTok](#)

→ **Activities and resources for families when they need it**

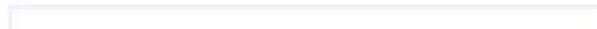
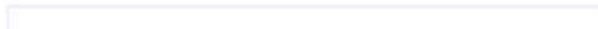
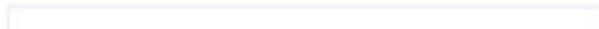


Everyday Digital is a simple but effective approach to feel safer, more confident and in control online.

It has been developed by **Parent Zone Local** to help families like yours develop something called **media literacy**.

Sound complicated? It's really not. By forming **a few simple habits** every day, you can make little changes to help navigate the online world.

Read on below to find out how.



Tech Tips

TikTok Parent Guide

A quick guide to what you need to know
Age: 13+



What is TikTok?
TikTok is one of the most popular social media apps in the world. Users can create or watch video clips of no more than 15 seconds, often featuring music – usually via smartphones.
The app has 700 million users. Although it's intended for ages 13+, it has no robust age-verification process built in, so some younger children are using it.

What risks are there?
TikTok has become famous for viral challenges, as well as potentially harmful or upsetting videos.
Talk to your child about why they should avoid watching or sharing harmful content and not to take part in a trend that could hurt them.

What else should I do?
Be mindful of what they share and what they share with. You can go through the settings together and explore what might be right for them. Make sure that your child knows how to report videos or users and how to block users who are bothering them.
Reassure your child that if they find any explicit content, they can report it. If they find any explicit content, they can report it. If they find any explicit content, they can report it.

What safety settings does it have?
TikTok offers a restricted mode that filters inappropriate content. You can also make your account private, meaning that users must be approved before they can interact with your child's content.
TikTok recently introduced additional default privacy and security settings. Users aged 16-17 will have their direct messaging setting automatically set to 'no one'. They will also be asked to confirm that they are happy for their videos to be downloaded.

Users under 16 will be asked to select who can view their video prior to posting.
Push notifications will be disabled after 9pm for users aged 13-15, and after 10pm for users aged 16-17.

Find more advice and information at parentzone.org.uk



Twitch Parent Guide

A quick guide to what you need to know
Age Rating: 13+



What is Twitch?
Twitch is a live streaming platform where users can watch live broadcasts of video games, esports, music, and other content.
Twitch is owned by Amazon and is a popular platform for gamers and streamers.

What risks are there?
Twitch has a large number of users, including many who are minors. This means there is a risk of inappropriate content, harassment, and other risks.
Twitch has implemented various safety features, including parental controls and a reporting system.

What else should I do?
Talk to your child about the risks of using Twitch and the importance of staying safe online.
Encourage your child to use parental controls and to report any inappropriate content.

Find more advice and information at parentzone.org.uk





Your helpful digital friend

Say how you're feeling today. See what Ollee has to say about it.

[I am a child](#)

[I am an adult](#)

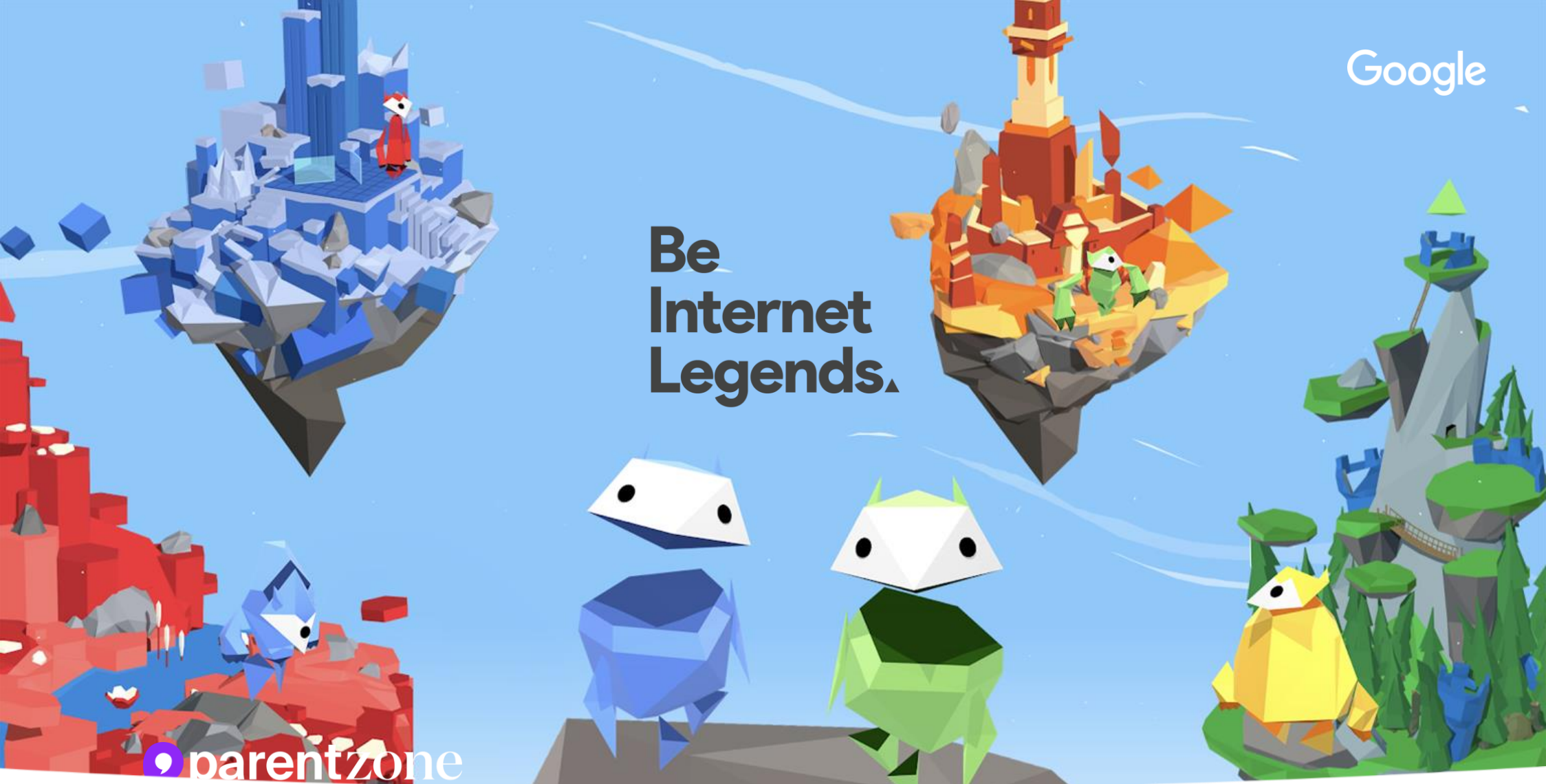


Resilient Families



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Thank you

Ask us a question



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