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CH/kl

Wednesday 27th January 2021

Dear Parent/Carer,

We have been made aware of a new challenge on TikTok called the 'Choke' or 'Blackout Challenge.' The challenge is about cutting off the oxygen supply to the brain to induce a 'black out.' This has been looked into and at the moment, this challenge has not gone viral, but please be aware that there are existing hashtags and videos that show mock choking practices.

It is unlikely that the children in your care will have seen this content. Therefore, our advice is to sensitively check in with them. Do this by having an open conversation but do not directly mention the challenge by name. Suggest that you have heard there is some disturbing content being circulated in an online challenge and ask if they have heard of anything like that? This is the best way to open an indirect conversation that enables the child to talk to you about any concerns without inciting them or their friends to seek out the actual content. Ensure that children and young people in your care know who they can talk to if they come across something that upsets or distresses them online. If during the conversation, they talk to you about challenges you can visit the following websites for more advice and support:

- www.nationalonlinesafety.com
- www.childline.org.uk

I have also attached an information sheet on TikTok with some information on that you may find useful.

Kind Regards,

Claire Hankers
Safeguarding Manager / Online Safety Lead

