

Friday 31 March 2023

Dear Parent/carer

### **Social media concerns**

I am writing today to express my concerns about social media and the impact this can have in school.

You may be aware of a craze that has gone viral on Tik Tok called the 'Blackout Challenge' or the 'Tap Out Challenge.'

The 'Blackout Challenge' involves a child holding their breath until they pass out, needless to say, this is alarming and extremely dangerous.

The 'Tap Out Challenge' is when one person is held in a 'choke hold' by another child with their neck squeezed until they almost pass out, the child then taps the other when they want them to stop. This is also deeply concerning and unsafe. If students engage in this behaviour it places them in imminent danger and at risk of serious harm, which can result in long-term damage.

We are underway with engaging with students about this activity to highlight the risks, but I would very much appreciate your support and ask that you also have these same discussions with your child, allowing us to work together to protect our young people.

Finally, I'd like to thank you for your ongoing support of our growing concerns regarding the use of social media and its impact on children inside and outside of school. It is greatly appreciated. I will continue to keep you updated with any further developments or information that I think needs to be shared.

Yours faithfully



**Principal**