



14th December 2017

Dear Parents/Carers,

3am Challenge

It has been brought to our attention that some children in KS2 have been talking about the '3am Challenge', which is a YouTube video fad in which the participant performs a specific action at 3:00am, such as calling strangers on the phone or playing with fidget spinners, until he or she supposedly encounters a paranormal phenomenon. Some of the children have alleged that they have watched these video clips at home.

This is understandably causing upset and unnecessary distress amongst the children and I would urge you to check your internet filters to ensure your children are safe online.

The internet is constantly changing and new issues, challenges and online platforms are arising all the time. We would advise parents and carers to have an open and honest conversation with their children. Ask your children about what they're seeing online and be prepared to talk about some difficult topics. The NSPCC has some great advice for when you need to talk about difficult topics.

Please find links below for further information and advice.

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/
www.thinkuknow.co.uk/
www.childnet.com/blog/online-challenges-advice-for-parents
www.internetmatters.org/parental-controls/networks-wifi/
www.commonsemmedia.org/app-lists?page=1

Kind regards,

Donna Wealleans
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