

10th February 2026

Safeguarding Alert to all Parents and Carers re: Tik Tok

Dear parents and carers,

We have been informed by Cheshire West and Chester's safeguarding unit and Essex Children's Services of an alert from NHS England. It relates to concerns around two young adults who may be having online contact with vulnerable young people and encouraging self-harm. The alert highlights potential links through TikTok.


Please be aware of the following:

- It is the responsibility of parents and carers, and the bill payer of any mobile device, to monitor their content and share any safeguarding concerns.
- Be aware of any contact that young people may be having with the digital community or following online.
- Any information or concerns please contact: MH Risk Management Board at -Essex MH.Risk.Management.Board@essex.police.uk or contact 101 or report via the Essex police website.

Please find the following resources to support you in keeping your child safe online.

- 'What I wish my parents or carers knew...' A guide for parents and carers on managing children's digital lives | Children's Commissioner for England Keeping children safe online. <https://www.childrenscommissioner.gov.uk/resource/what-i-wish-my-parents-or-carers-knew-a-guide-for-parents-and-carers-on-managing-childrens-digital-lives/>
- NSPCC Keeping children safe online <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Regards,



Rachel Hudson
Headteacher