



Dear Parents/Carers,

Our College has become aware of a very distressing video that is circulating on TikTok. We believe this video would be harmful to young people. Our understanding is that the video is imbedded in other videos and is also present on Instagram, Facebook and Twitter.

It is our recommendation that all students keep off these apps for the short term. For support or more information please see the below links or the Wellbeing tab of our College website.

The Student Wellbeing Team can also be contacted on the schools main phone number or direct email address [7108-wellbeing@schools.vic.edu.au](mailto:7108-wellbeing@schools.vic.edu.au) for non-urgent matters.

<https://www.lifeline.org.au/> or 13 11 14

<https://www.esafety.gov.au/parents>

<https://headspace.org.au/young-people/how-headspace-can-help/>

Kind regards

Jaime Rees  
Wellbeing Leader  
Lyndhurst Secondary College  
Monday, Tuesday & Thursday  
P: 5996-0144

8<sup>th</sup> September 2020