Monday 12th October 2026

Dear Parents and Carers,

We have become aware of a concerning activity being described as a social media challenge, involving young people squeezing another person's neck until they signal to stop or "tap out".

This is extremely dangerous and must never be treated as a game. Please speak with your child about this and reinforce that they must never participate, encourage others, or film and share videos of it. Challenges appearing on TikTok and other social media platforms can make dangerous behaviour seem harmless or entertaining.

Please encourage your child to walk away from unsafe situations, resist pressure from friends and tell a trusted adult if they see this happening or are asked to take part. Please reassure them that asking for help is the right thing to do.

We will address this in school through our safeguarding and personal development work, but we are asking for your support in reinforcing these messages at home.

Please contact the school's safeguarding team if your child shares any concerns or information about this activity.

Thank you for helping us keep our young people safe.

Yours sincerely,

Charlotte Neves
Assistant Headteacher
Designated Safeguarding Lead
cneves@sph.srscmat.co.uk