

















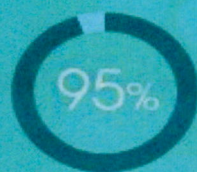


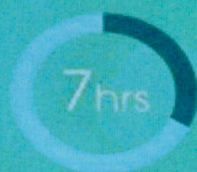
App Name	App Logo	Quick Explanation	Apple Appstore	Google Play		Articles Comments
Kik		Anonymous Messaging App	https://itunes.apple.com/us/app/kik/id357218860?mt=8	https://play.google.com/store/apps/details?id=kik.android	https://smartsocial.com/kik-messenger-app-trouble-teens/	One of the most dangerous apps for teens, and one continually making headlines, is kik. Messaging app kik allows your kids to send messages that you can't see, and verifying the identity of both sender and receiver is very difficult. A popular app for kids under age 18, kik's also very popular with sexual predators; this app should be deleted from your child's phone.
Tinder			https://itunes.apple.com/us/app/tinder/id547702041?mt=8	https://play.google.com/store/apps/details?id=com.tinder	https://themuttonclub.com/teens-tinder-risk/	A dating app. The app gives the users options to chat, send pictures and meet up.
Calculator - Photo Vault & Video Vault hide photos				https://play.google.com/store/apps/details?id=eztools.calculator.photo.vault	https://netsanity.net/vault-apps/	One of several secret apps used to hide photos, videos, files and browser history. There are many different calculator apps that do the same thing.
Secret Calculator - Fake Vault			https://itunes.apple.com/us/app/secret-calculator-fake-vault-private-photo/id1234075918?mt=8		https://netsanity.net/vault-apps/	One of several secret apps used to hide photos, videos, files and browser history. There are many different calculator apps that do the same thing.
Search "Omegle" or "Chat Roulette" in the app store.		Random People Message / Video Chat			https://www.teensafe.com/blog/everything-a-parent-needs-to-know-about-omegle/	The original app was so dangerous it got shut down but if you search for Omegle you will find all the apps that do very similar things in the app store.
Vault - Hide photos and videos			https://itunes.apple.com/us/app/vault-hide-photos-videos/id513852898?mt=8	https://play.google.com/store/apps/details?id=com.netqin.ps	https://www.teensafe.com/blog/teensafe-smartphone-app-blacklist-2018/	An app to hide and protect private photos and videos.
Snapchat		Time Sensitive Messaging	https://itunes.apple.com/us/app/snapchat/id447188370?mt=8	https://play.google.com/store/apps/details?id=com.snapchat.android	https://www.allprodad.com/dangers-of-snapchat/	Many adults are already using Snapchat, so you may already know the basics of using the app. Snapchat allows you to send a photo or video from your phone and determine how long the person on the other end can see the image until it self-destructs. What you may not realize is that teen users are bypassing the "self-destruct" aspect by capturing screenshots of interactions. This can be potentially devastating, as well as fuel for cyberbullying, should your teen share intimate information about themselves with friends. For this reason alone, Snapchat makes our list of the most dangerous apps for kids. Kids are no longer using text messaging. All of their messages back and forth are on Snapchat because it "disappears" and adults cannot see or monitor the conversation.
Blendr - Chat, Flirt & Meet			https://itunes.apple.com/us/app/blendr-chat-flirt-meet/id434528779?mt=8	https://play.google.com/store/apps/details?id=com.blendr.mobile		On Blendr, kids can message, exchange photos and videos, and rate the "hotness" of other users, based upon GPS location -- this, alone, poses an obvious issue with teens and tweens who are basing their identity and self-esteem on the feedback they receive from their peers. There is no age restriction, so your children can potentially be having exchanges with adults through this app.
Jailbreak - Cydia		https://cydia.saurik.com/	iOS devices only			Apps that can make icons appear to "vanish" from view can be misused. Such apps are available on both iOS (once the Cydia store is installed) and Android. Supposedly aimed at helping the user perform other tasks (such as clearing up many screens of app icon clutter), these apps can be employed to hide apps and games. Perhaps not so sinister... but it depends on what is being hidden. Violent games? Dating apps? Worse? Whatever the case, there's really no need to Jailbreak your teen's phone. And it's unlikely that you'll ever need to root your Android in future.
Monkey		Random online Video Chat		https://play.google.com/store/apps/details?id=cool.monkey.android	http://safe.becausefamily.org/monkey-app/	A live video chat app that connects users to random strangers worldwide. Offering group chat and private message options. It claims to be rated for ages 12+ but has mild sexual content and nudity.
Yellow or Yubo - Make new friends		Random online video chat		https://play.google.com/store/apps/details?id=com.yellowapp		An app that connects users to random people. On this app you can video chat, direct message, swipe to meet people nearby. It is similar to Tinder.
Instagram		Way to connect with others	https://apps.apple.com/us/app/instagram/id389801252	https://play.google.com/store/apps/details?id=com.instagram.android&hl=en_US	https://www.connectsafely.org/instagram/	An app where you can post photos, videos, direct message people, comment and like. A few risks to consider: mean behavior among peers, inappropriate photos or videos being shared, overuse and privacy. Users also can search other accounts that can sometimes contain mild sexual content and nudity.
Twitter		Networking	https://apps.apple.com/us/app/twitter/id33	https://play.google.com/store/apps/details?id=com.twitter.android&hl=en_US		It is very difficult to control the information that circulates throughout twitter. As anyone can share tweets, images and videos of another person.
Yolo		Anonymous Q&A	https://apps.apple.com/us/app/yolo-anonymous-q-a/id1462082664	https://play.google.com/store/apps/details?id=com.pops.show.yolo&hl=en_US		A way to post anonymous messages to others. You can link it to your snapchat. The dangers of the app, cyberbullying and not knowing who is sending the messages.
TikTok		Video sharing	https://apps.apple.com/us/app/tiktok-make-your-day/id835599320	https://play.google.com/store/apps/details?id=com.zhiliaoapp.musically&hl=en_US	https://www.nbcnews.com/better/lifestyle/what-tiktok-guide-clueless-parents-ncna1066466	A way for kids to share videos of them lip-synching or dancing to songs. The dangers of the app include inappropriate content and accounts are public unless set to private.
Hoop		Find new friends on Snapchat	https://apps.apple.com/us/app/hoop-new-friends-on-snapchat/id1442571346	https://play.google.com/store/apps/details?id=com.dazz.hoop&hl=en_US		Users are able to add random people to their snapchat based on their profiles on this app. It is like tinder, but to add "friends" to the snapchat account. The dangers, random people getting added to other networking accounts.
YouTube		Stream videos				Place to house and share your videos. Inappropriate content has been sliced into both all ages content and childrens content. Comments can be extremely inappropriate and hurtful. YouTube also has a known pedophile problem.
WhatsApp Messenger		Messaging App	https://apps.apple.com/us/app/whatsapp-messenger/id310633997	https://play.google.com/store/apps/details?id=com.whatsapp&hl=en_US		Allows users to send texts, photos, voicemails, make calls and video chats worldwide. It uses an internet connection on smart phones and computers. Cellular data is not needed.
Houseparty			https://itunes.apple.com/us/app/houseparty/id1065781769?mt=8	https://play.google.com/store/apps/details?id=com.horzick.houseparty	https://wanglefamilyinsites.com/advice/houseparty-app-parent-review/	Houseparty is the face-to-face social network where you can connect with people. It alerts you when your friends are "in the house" and then you can chat in the conversation. It is a video chat room with multiple people at once.

THE DANGERS of TECH

FACT: The average American child spends **40+ HOURS** a week in front of a screen. Which is more than **A FULL TIME JOB!!**



% of teens use the internet



Average screen time per day (TV, video games, tablets, computers, cell phones, etc.)



Average # of texts sent by a teen per day (Average Day: 110-120, Average of all teens: 130)

Symptoms of Technology Addiction



LYING TO OTHERS ABOUT TIME SPENT ONLINE



USING THE INTERNET AS A WAY TO ESCAPE FROM PROBLEMS



GRADUAL INCREASE IN AMOUNT OF TIME SPENT ONLINE



LOSS OF INTEREST IN OTHER HOBBIES OR ACTIVITIES



JEOPARDIZING OTHER OPPORTUNITIES BECAUSE OF ONLINE ACTIVITIES



EXPERIENCING WITHDRAWAL SYMPTOMS WHILE OFFLINE (SUCH AS ANXIETY & IRRITABILITY)



THE NEED TO IMPROVE OR STABILIZE THEIR MOOD THROUGH GAMING



INABILITY TO LIMIT INTERNET USAGE

Higher Chances of:

- Depression
- Having Less Energy
- Performing Poorly in School
- Anxiety
- Having Health Problems
- Having Impaired Self-Control

THE RISKS

- Self-Inflicted Harm
 - Lessening Social Abilities to Interact Offline
 - Developing Unhealthy Relationships
- Childhood Obesity
- Aggressive Tendencies
- Engaging in "Risky Behaviors" in the Future

Unplugging Tips!

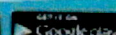


Ask yourself:

"What am I missing out on when I spend so much time on the Internet?"

"What have I always wanted to learn or try?"

- Treat the Internet as a tool.
- Track and limit your screen time. Reward your progress.
- Substitute screen time with other fun & healthy activities.
- Do not eat in front of a computers, TVs, or handheld devices.
- Get a friend and try something new together.
- Develop a new skill or hobby.
- Seek support from family and friends.
- Get help from counselors.



OurPact