



# Raising Good Digital Citizens

Where does social media fit in my child's life?

Where should social media fit in to my child's life?

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# Is Social Media Hurting Your Mental Health?

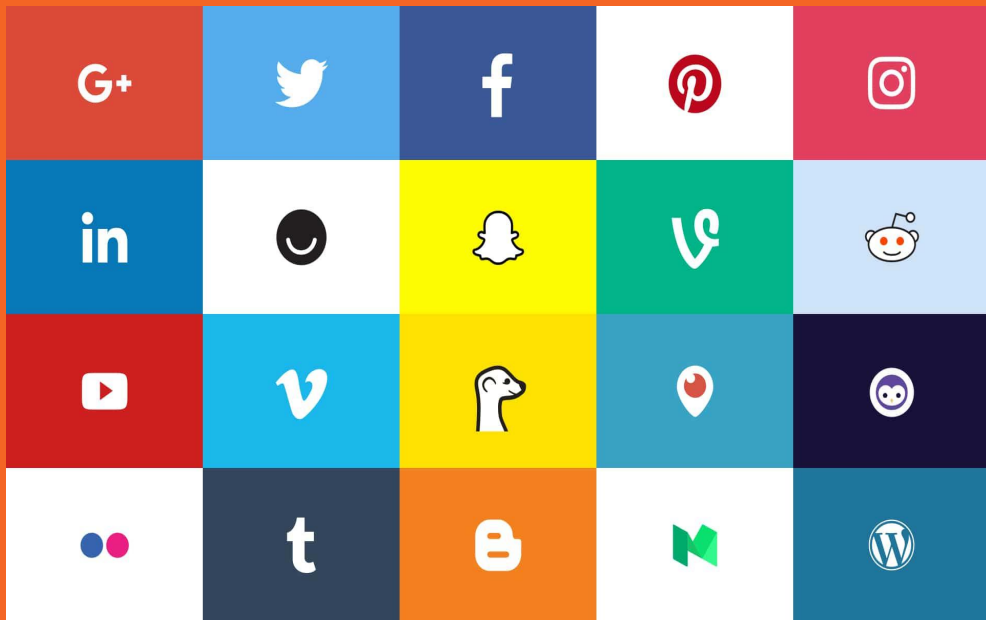
Scrolling through our social media feeds feels like a harmless part of our daily lives. But is it actually as harmless as it seems?



[https://www.youtube.com/watch?v=Czq\\_9C7qw0o](https://www.youtube.com/watch?v=Czq_9C7qw0o)

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# What parents should know about social media...



## 10 APPS TEENS ARE USING THAT PARENTS NEED TO KNOW



**Calculator%**  
This app looks like a calculator but functions like a secret photo vault.



**Omegle**  
A free online chat website that promotes chatting anonymously to strangers.



**Yellow**  
This app is designed to allow teens to flirt with each other in a Tinder-like atmosphere.



**Whisper**  
An anonymous app where the creators promote sharing secrets and meeting new people.



**Ask.fm**  
Ask an anonymous question and get an answer. This app has been linked to the most severe forms of cyberbullying.



**Hot or Not**  
Strangers rate your profile. Goal is to lead to a hook up.



**Burn Book**  
Post anonymous rumors about people through audio messages, texts, and photos.



**Wishbone**  
An app that allows users to compare kids against each other and rate them on a scale.



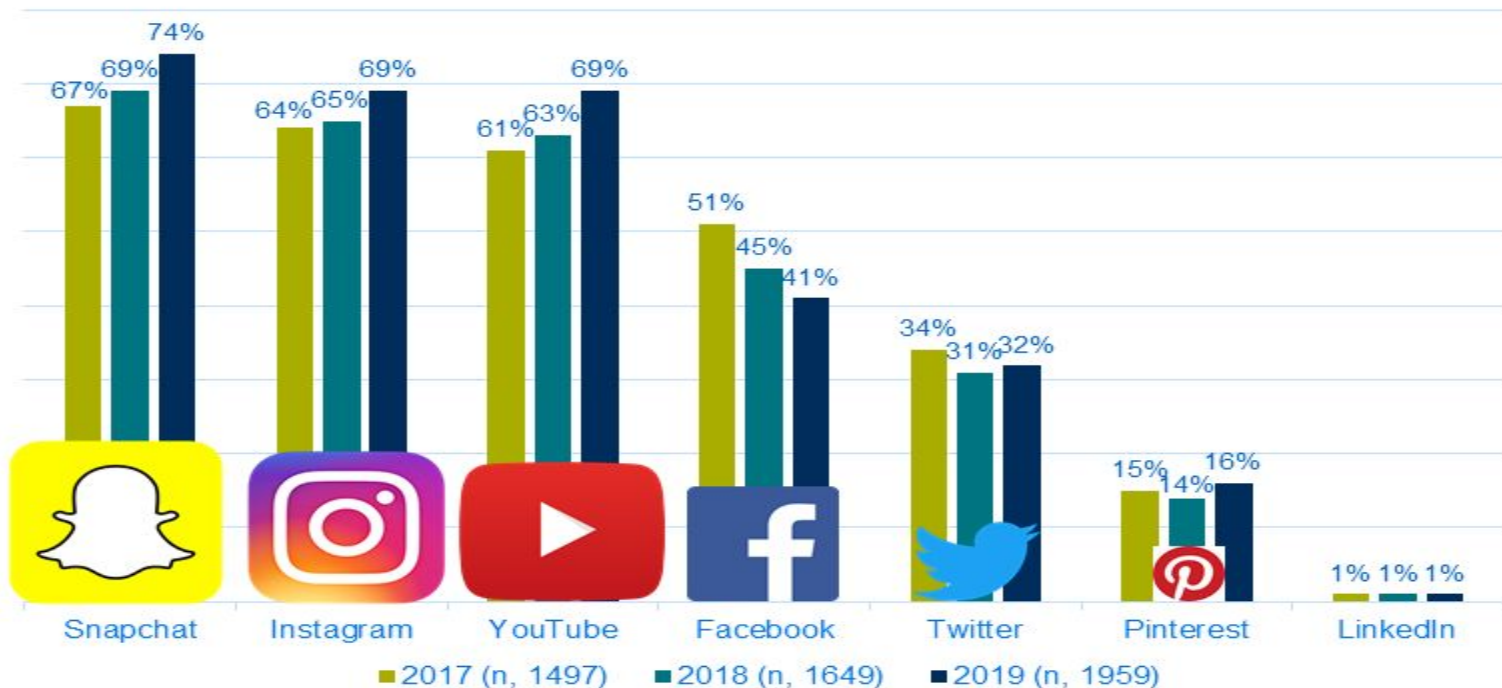
**Kik**  
Messaging app. Kik has built in apps and web content that would be filtered on home computer.



**Instagram**  
Many kids are now creating fake accounts to hide content from parents. Kids also like to text using Instagram because messages are deleted once a user leaves conversation.

FOR MORE INFO: APPSOLUTELYAPRIL.COM

## Social used **daily** by prospective students: Snapchat, Instagram, YouTube & Facebook



# First let's talk Snapchat

When you download the app and you register an account it can then tell by looking at your phone's contact list which of your friends are on snapchat. You can then request to connect with your friends and you can send invites to anyone else in your address book to connect with you on snapchat.

In essence, the app allows you to

→ **Take a photo**

1. (Or a 10 second vide) and then add text or drawings / doodles to the image.

→ **Send the snap to a friend**

2. You can then send the snap to a friend or group of friends and it will self destruct within a set period of time (Between 1 – 10 seconds). The image then disappears forever (well, sort of).

→ **Your friend can then reply**

3. Your friend can then reply with another image / message or they can simply instant message you back.

→ **"Your story"**

4. The other option is to post the photo to "Your story" where all your snapchat friends will be able to see the photo for 24 hours before it self destructs.

# Snapchat Basics

## → Snaps

Every Snap starts with a photo or video. Snapchatters can layer text, emojis, doodles, and more on top, and choose how long they want the Snap to be displayed (up to 10 seconds). Then, you can send the Snap to one or more friends.

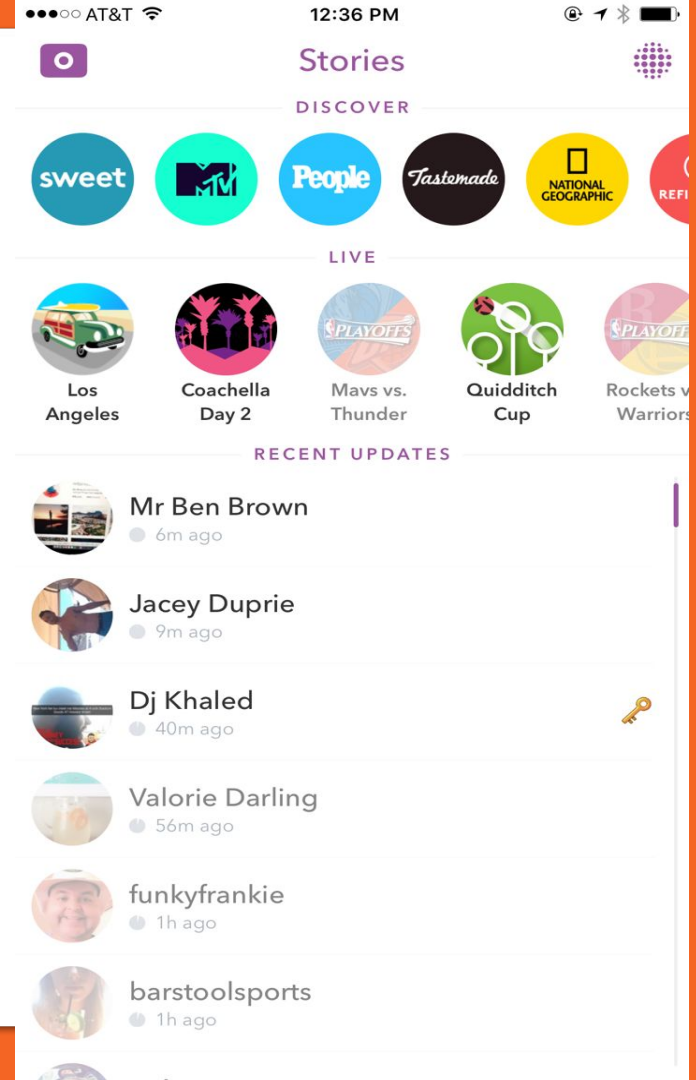
- During a **Snapstreak**, an emoji shows up next to a friend's name. This means you and your friend have Snapped each other within 24 hours for more than one consecutive day. Your privacy settings determine who you can receive Snaps from.



# Snapchat Basics

## → Stories

Stories is a feature that lets you string Snaps together into one longer narrative that stays available for 24 hours. When you take a Snap, you have the option to add it to your Story. Each Snap you add helps to tell a Story in chronological order, the way you actually experienced it.



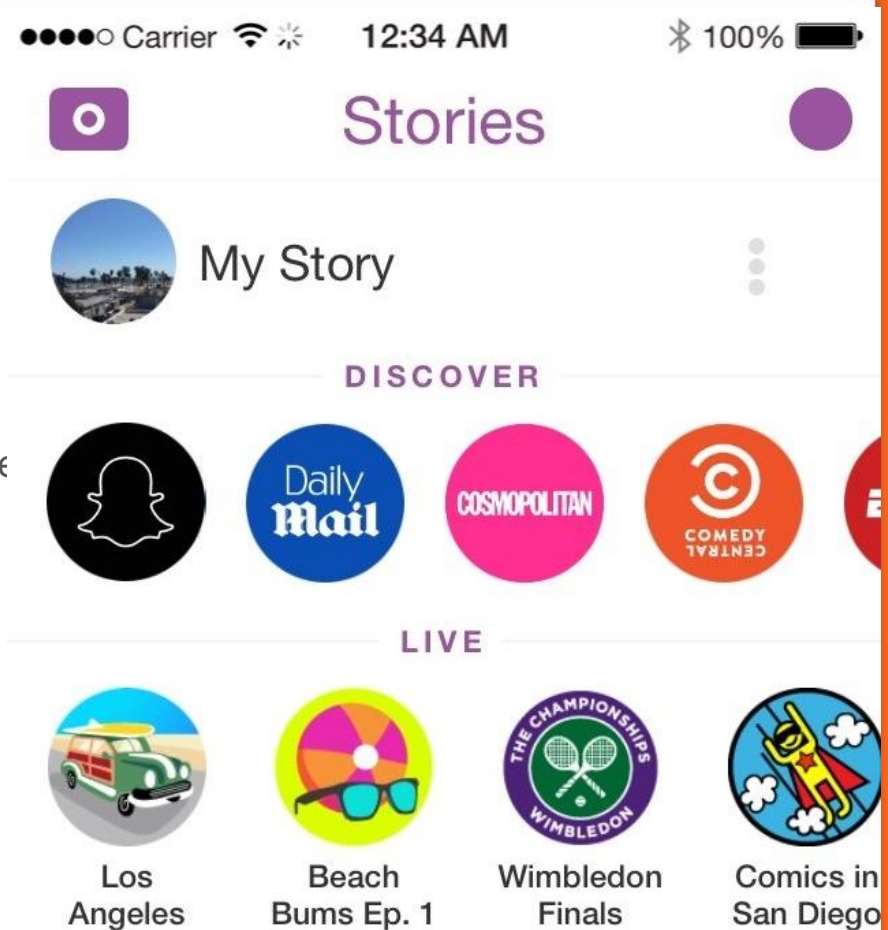
# Snapchat Basics

## → Live Stories

Live Stories are compilations of Snaps submitted by Snapchatters from events and locations around the world. Live Stories might feature a local concert or sporting event or offer a unique perspective of a city or a news events.

## → Discover

Discover allows you to explore channels from established publishers who curate their own content. The Discover screen in Snapchat also includes a selection of the day's Live Stories.

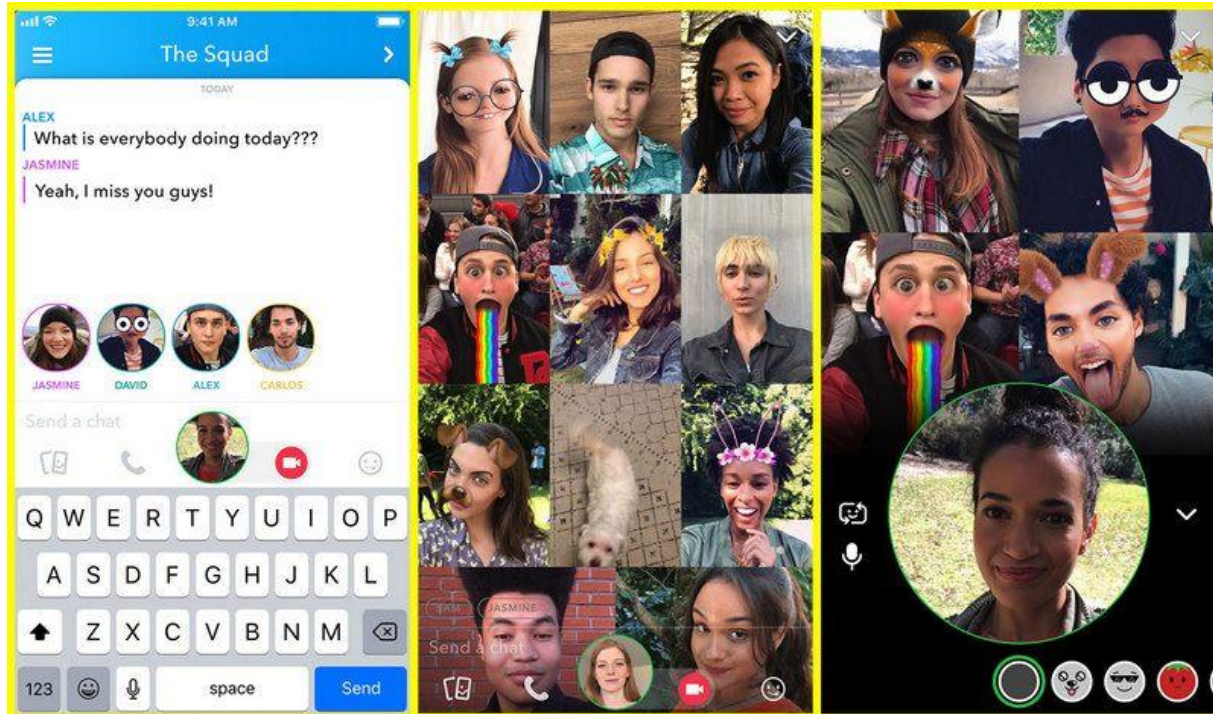




# Snapchat Basics

## → Video & text chat

Snapchat also allows for one-on-one chat or group chats. Like Snaps, chats are cleared when a recipient leaves the Chat screen. But you always have the option to save a message you'd like to keep.



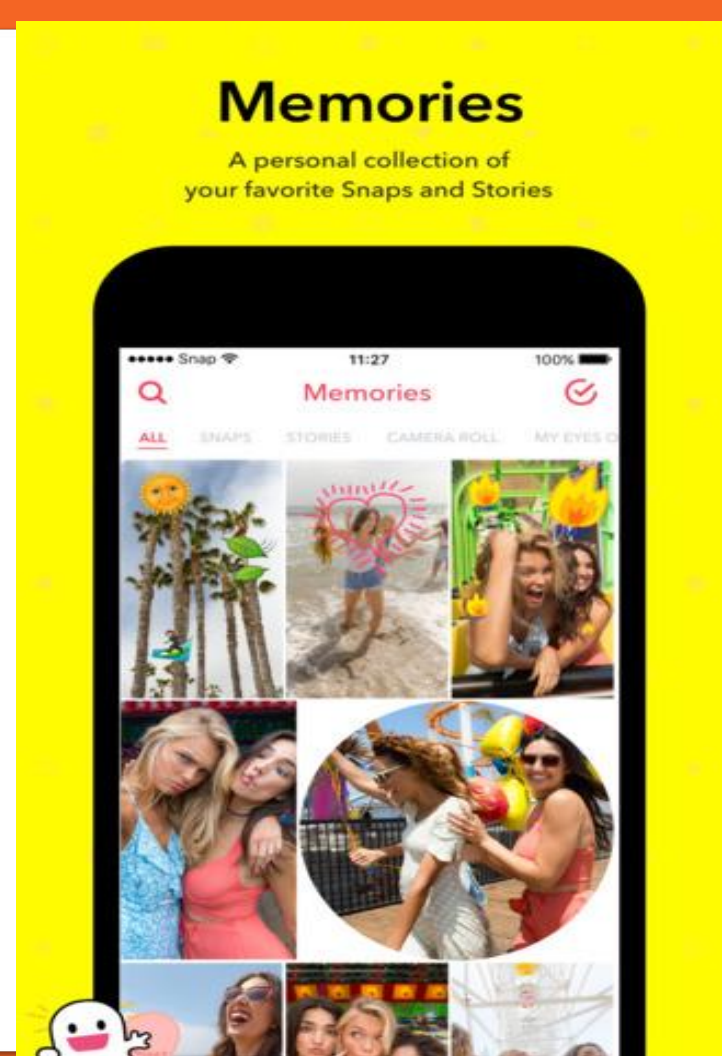
## → Snap Map

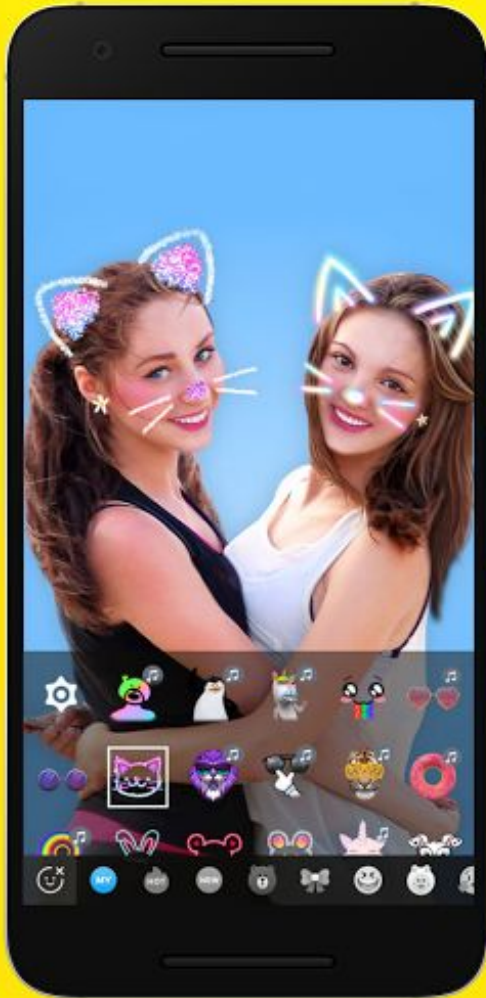
Snap Map makes it easy to see Snaps and Stories of events, breaking news, and more from around the world. The Map also lets Snapchat users see where their friends are, as long as these friends choose to share their locations with them. Location sharing with friends via the Map is optional and is off by default; however, if you submit a Snap to Our Story, it may appear publicly on the Map in the exact location it was taken. Once you opt-in, whatever audience you're sharing with can see your location updated, every time you open the Snapchat app, regardless of whether you send them or anyone else a Snap. Click here for information on how to control who can see your location in Snapchat.



## → Memories

is a private collection of the Snaps and Stories that you choose to save and that don't disappear. You can use Memories to create new Stories and Snaps. You can also choose to store certain Memories in the password-protected "My Eyes Only" section, which is an important feature for parents to be aware of.





### → Lenses, Filters and Stickers

There are a ton of ways to customize the look of your Snaps. Lenses add real-time special effects and sounds to a Snap. Filters offer different design overlays, like the current time or weather. Geofilters are a popular way to customize your Snap at specific locations or events around the world. Stickers are colorful images and cartoons that give you additional ways to express yourself.

## ➔ Snapcash

Snapchat's payment feature is not for users under 18, but parents will want to know about it so nobody "borrows" their debit card to pay someone back or receive money via Snapchat.

Snapchat partnered with Square, Inc., to enable users to link their Snapchat and debit card accounts to be able to make "peer-to-peer" payments (for things like paying someone back for movie tickets, lunch, etc).



## → Spectacles

Spectacles consists of sunglasses with a built-in video camera. The glasses light up to show that you are taking a Snap, though this may not be obvious to everyone at first so if your kids are using Spectacles, talk with them about protecting other people's privacy by asking permission before recording them. You can connect the glasses directly to a phone via Bluetooth or WiFi to add videos to Memories.



Snapchat, Inc.

### Spectacles by Snap Inc. - Teal

★★★★☆ ▾ 11 customer reviews

| 14 answered questions

Price: **\$129.99** ✓prime | FREE One-Day

**In Stock.**

**Get it tomorrow, July 19.** Order within **2 hrs 44 mins**

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Sold by [Spectacles by Snap Inc.](#) and Fulfilled by [Amazon](#). Gift-wrap available.

Color: **Teal**



# — Why Do Kids like Snapchat?

Tweens and Teens love using it because:

\*It is a fun way to send messages. Why just send a text message saying “I’m bored” when you can send a selfie of yourself making a stupid face and a drawing / doodle saying “I’m bored” .

\*The fact that the photo disappears so quickly means it is a “no pressure” alternative to the permanence of Facebook and Twitter where whatever they post stays around forever.

## — Why Do Kids like using snapchat?

\* Some kids love it because it isn't possible for parents to monitor their messages . All messages and images shared in the app disappear and cannot be viewed by a parent who picks up the phone. Also, if you have parental monitoring software on the phone it cannot monitor what is shared on Snapchat.

\* Parents can see images that the teen has been tagged on in Facebook and Instagram but Snapchat images that are sent directly to someone (not shared to all contact via the "Story") are not visible to parents.





# — What are the Dangers?

## Sexting

\*Even though Snapchat has been associated with “sexting” in the news, the vast majority of kids are not using Snapchat for that purpose. If your child is using Snapchat it is wrong to assume that they are “sexting”. However, sexting does happen amongst teens and it is something that you should be aware of as a parent.

\*Many parents think that sexting involves 2 people sending either risqué or explicit text messages to each other. However, sexting more typically involves people taking;

\*Selfie photos / videos of themselves either in their underwear or in the nude. Lots of these images existing on the internet where teenagers take the shot facing the bathroom mirror and these are referred to as either nude selfies, mirror selfies or underwear shots.

## — Sexting Cont..

\*These photos are then typically sent to the persons boyfriend or girlfriend and usually sent either by text message or via a messaging service such as Whats App, Kik messenger or Snapchat.



## Sexting...

The self destruct feature gives a sense that the image won't be saved or shared. This is a false sense of security however because;

- The person who receives the explicit image can take a screenshot and save it to their phone. (The sender will be notified if a screenshot has been taken.)
- There are lots of apps available that integrate with Snapchat and allow the recipient to easily save the image before it self destructs. An example is an app called Snap Save.

# Sexting...

## Signs Your Teen Might Be Sexting

**Most parents think, “not my kid” when it comes to the idea of sexting. However, there’s no certain type of child who is more likely to engage in this practice than another. Here are some signs that your child might be sexting, especially if you notice two or three – or even more.**

1. They’re protective of their phones. Your teen may do their best to hide their phones from you, or they may go as far as to sleep with their phones under their pillows at night.
2. They refuse to text their friends in such a way that anyone else can see the messages. They may turn their backs to send or read their messages.
3. Your teen becomes angry or defensive when they are questioned about their secrecy.
4. Their grades may drop, or they may fail to keep up with their household responsibilities.
5. Your child seems to become more withdrawn from friends and spend much of their time on their smartphone or with a certain person.

## What You Need to Remember

If you think your teen may be sexting, there are a few things to keep in mind. First, remain calm. Teens sext for a number of reasons: They are exploring their sexuality, they think it is a normal part of teen culture, or they feel peer pressure to do so. Find a time to talk to your teen without distractions and ask open-ended questions. Remind your child that nothing they send to anyone else is ever truly private, no matter how it might seem. Explain clearly that they should never share explicit photos of themselves with anyone.

The best way to prevent your child from sexting is to regularly talk about the potential consequences presented by sharing such photos or even sexually-explicit texts. Use Bark or an app like it to monitor your child's behaviors online to provide you with alerts to potential risks your child is taking on social media, email or text messages.

# — What are the other Dangers?

## Cyber Bullying

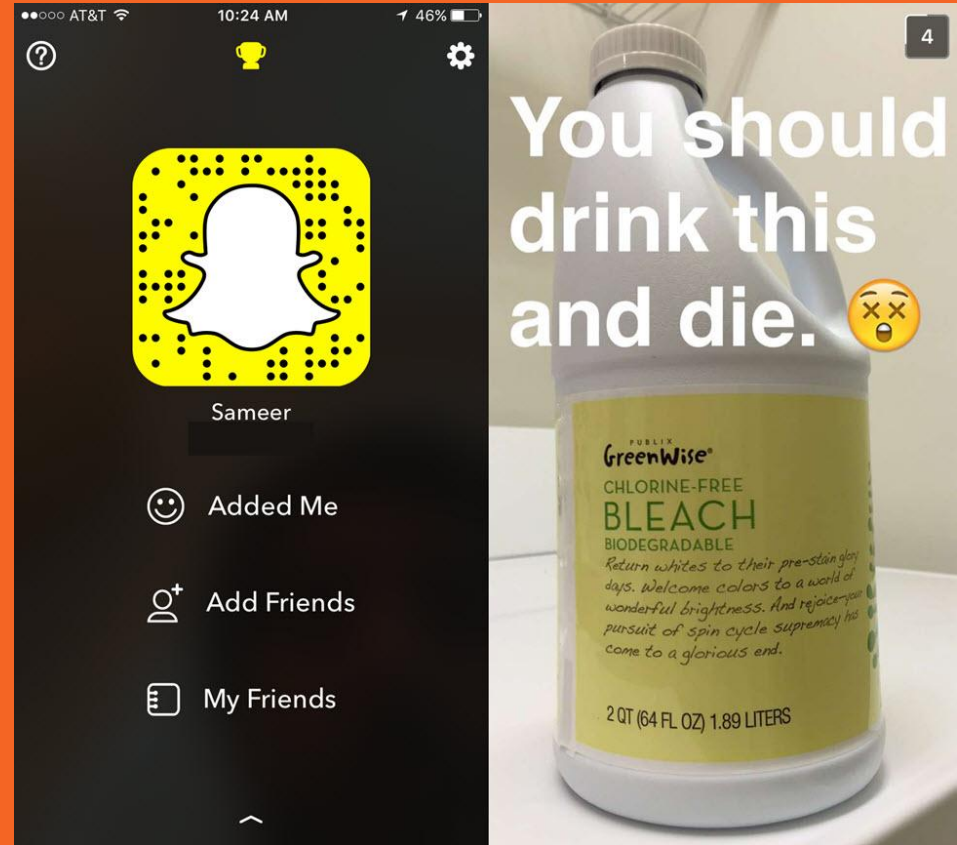
Social media is increasingly being used by bullies to torment victims and the main social networks that are used, because of their sheer size, as Facebook and Twitter. View our digital parenting guide to cyber Bullying

However, Snapchat is also being used by cyberbullies in the following ways:

- A. Because the message disappears
- B. Using images to bully
- C. Feeling excluded

## — Because the message disappears

Because the message and therefore the evidence, disappears within 10 seconds it is a perfect medium for bullies. For the victim it adds to the torment because they cannot show their parents the message and how they are being bullied.



## – Using images to bully

Bullies often send images of ugly animals with text comparing the victim to the animal or if they can take embarrassing photos of the victim they then send them to a large group on Snapchat – again, knowing that the image will disappear.





## — Feeling excluded

Many kids deliberately post photos to their “Story” of themselves doing activities or at a party with their friends, in part to show who is there and who was not included. For the person who is being bullied / excluded from the group this compounds their feeling of exclusion.





# Tips for you and your kids

## → **Manage your settings:**

Snapchat's privacy settings are important to understand. The default "My Friends" setting only allows users to send and receive media from users they have added to their friends list. We recommend that any minor using Snapchat continues to use this setting. For more help with this, visit <https://support.snapchat.com/a/privacy-settings>.

## → **Personal information:**

Remind your kids to be careful about sharing any personally identifiable information. Information like phone number, home address, financial and medical information should never be shared.

## → **Saving Snaps:**

Even though Snaps aren't saved by default, it's always possible for the creator to save a Snap before sending it or for a viewer to take a screenshot. One can even take a picture of the screen with another camera or use other tools to save a copy. So it's important to remind kids to never send Snaps that are illegal, could get them in trouble now or in the future, or would be embarrassing if seen by people like grandparents or college admissions officers.

## → **Device-level controls:**

Android and iOS operating systems offer parental controls for mobile devices. Use these to actively manage your child's phone usage.

# Tips for you and your kids

## → **Protect passwords:**

Like all services, make sure your kids have a strong and unique password that they don't share with anyone. If someone has their password, it's possible for them to impersonate them or to compromise their account. For more on this, visit <http://www.connectsafely.org/tips-to-create-and-manage-strong-passwords/>.

## → **Keeping it real:**

Snapchat is a service designed for "real life" friends, but there are still ways for your kids to find people they don't know (such as finding their Snapchat username on other services). Remind your kids that it's not safe to meet-up with a person they meet online.

## → **Bullying:**

Bullying violates Snapchat's Community Guidelines and is not tolerated on the platform. Make sure to talk to your kids about why bullying is wrong. Also remind them to talk to you or any other trusted adult if they are ever on the receiving end of bullying or unwanted content. For more advice on talking to your kids about cyberbullying, visit <http://www.connectsafely.org/cyberbullying/>.

## → **Nudity:**

Aside from violating Snapchat's community standards, teens need to know that exchanging nude or sexually explicit images of anyone under 18, including themselves, can be a serious crime. For more on this, see <http://www.connectsafely.org/tips-for-dealing-with-teen-sexting/>

# Tips for you and your kids

## → **Block another user.**

Snapchat allows users to block someone from sending them Snaps. For more information on how to block another user visit <https://support.snapchat.com/en-US/article/block-friends>.

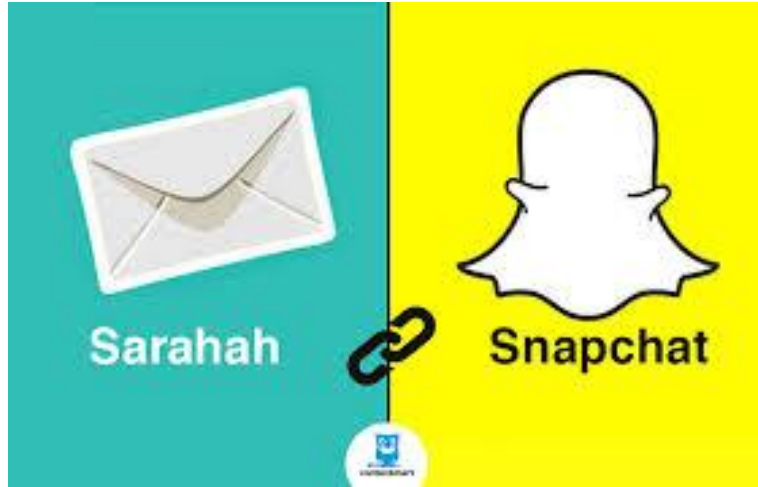
## → **Report abuse.**

If anyone receives inappropriate photos or someone's harassing him or her, contact Snapchat's Safety team by going to <https://support.snapchat.com/en-US/ca/policies-and-safety> and navigating to the "Report a Safety Concern" tab in the menu. In the event you encounter anything that appears to be illegal or dangerous, or if you have reason to believe someone is at risk of harm or self-harm, immediately contact local law enforcement.

## → **Delete the account:**

You can delete your child's account by going to [https://accounts.snapchat.com/accounts/delete\\_account](https://accounts.snapchat.com/accounts/delete_account) as long as you have the username and password. If you wish to delete the account without your child's username and password, you can submit a deletion request at [snapchat.com/static\\_files/deletion\\_request.pdf](https://accounts.snapchat.com/static_files/deletion_request.pdf).

# Other Bullying





## What to do about harassment or unwanted messages:

If your child's settings are set to "My Friends" but they are still receiving abusive Snaps from another user, they should block the user and report them to Snapchat's Safety team.

## Helpful Links/Videos

Bark Advertisement: <https://youtu.be/2NHZ9GoE3-4>

Bark Talk Show:

<https://www.youtube.com/watch?v=YNaQNMXT3dY>

Online Gaming Dangers:

<http://abcnews.go.com/GMA/video/kids-online-gaming-dangers-39323033>

Parental Control Board - \$12 per year

[https://www.youtube.com/watch?v=lFomkcK\\_\\_eQ](https://www.youtube.com/watch?v=lFomkcK__eQ)

Parental Monitoring Apps-What's wrong with them?

<https://www.youtube.com/watch?v=Wv6xA59xRLs>