

# PARENTAL GUIDE

2023

What you should know about

# SOCIAL MEDIA



Potential Risks for Children and Teens

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# LETTER FROM THE CEO

## Dear Parent,

We have created ***What You Should Know About Social Media – The Potential Risks for Children and Teens*** to help parents and guardians better understand the warnings of the most popular social media apps. Included in this guide is advice on what steps you can take to protect your children's mental health.

More information is coming out arguing that there is a correlation between the increased use of social media and poor behavioral health. It has become clear that educating parents and guardians would be helpful and impactful.

It is important to understand that children and teens who use social media are at a higher risk of depression, anxiety, low self-esteem, and even suicide. For some, social media has become the catalyst for their social anxiety disorder. Compounding the problem is the fact that social media apps can lure children in and become addictive. Behavioral health challenges may worsen the more time spent on social media. Some people are unable to avoid social media for more than three hours. When users start sharing and comparing their lives to others, the challenges mount and the social anxiety grows. Parents now find themselves in a place that is both unfamiliar and frightening.

The behavioral health challenges facing children and teens is a growing public health crisis and it worsens without a proper mental health infrastructure to address it. ***What You Should Know About Social Media*** is a basic information tool to help you better understand the world of social media, how it can affect your child, and what this may mean to their mental health. Review it, share your comments with us, and start a conversation with your children.

As we learn more about how children and teenagers are using social media, we can further our understanding of how to protect them. And we, as parents, can continue to stay in front of this public health crisis.

If you have questions or comments, please email us at [jeffrey@legacyhealthendowment.org](mailto:jeffrey@legacyhealthendowment.org) or [TKSlechts@cmb.org](mailto:TKSlechts@cmb.org).

Thank you,

Jeffrey Lewis  
President and CEO  
Legacy Health Endowment

Todd Sletcha  
President & CEO  
Covenant Ministries of Benevolence

**This comprehensive guide was developed with the mission to educate parents on the apps that their kids are most likely using, the potential risks that these apps carry, and offer tips to protect children’s mental health.**

**Here’s what parents wish they knew about the five most popular social media apps.**



**50%**

50% of lifetime mental illnesses begin in individuals 14 years and older.



**1 IN 6**

1 in 6 youth ages 6-17 in the United States experience a mental health disorder every year.



**90%**

Suicide is the second-leading cause of death in the U.S. among those 10-34 years old. 90% of those who die by suicide have shown signs of a mental health disorder.

**2007**

IPhones were introduced

**2017**

The number of teenagers who experience depression increased by 59% since 2007.

**2019**

High school students attempted suicide at a rate 41% higher than in 2009.

**2023**

96% of teens and young adults owned a smartphone.

**MOST DOWNLOADED SOCIAL NETWORKING APPS OF 2022**



**MOST SAFETY SETTINGS TO LEAST**



MOST |-----> LEAST



# YOUTUBE

## WHAT YOU CAN DO:

YouTube is a video-sharing platform where visitors can watch and upload videos. Teens often use YouTube to watch music videos, shows, and subscribe to their favorite vloggers (video bloggers). In 2018, 81% of U.S. parents said they allowed their kids ages 11 and younger to watch YouTube. Of these parents, 61% said they had encountered content not suitable for children.

As of January 6, 2020, YouTube made changes to follow federal children's privacy laws. Targeted ads can no longer run on kids' videos, commenting or engaging in other community features on kids' videos is turned off, and YouTube Kids is being advertised to children under 13.

In September 2019, YouTube told video creators they had to label content as "directed to children" or not. This was part of a \$170 million settlement with the Federal Trade Commission over alleged violations of the Children's Online Privacy and Protection Act (COPPA). Anyone watching a video that has been coded as "directed to children" is now seen as under the age of 13, regardless of their actual age. These videos will no longer contain targeted ads and certain features, like the ability to send push notifications, will be disabled. To prevent errors, YouTubers also created ways to label videos for youth if the creator does not.

### ADJUST THE PRIVACY SETTINGS FOR PC AND MOBILE

Go to your profile icon > Click the gear icon or Settings > Change the preferred Privacy settings. The privacy settings on YouTube are limited. However, YouTube profiles can be created through email accounts that have their own privacy settings.

Go to your profile icon > Click on Manage your Google Account > Select Data & Privacy > Review the Privacy suggestions available to choose the settings that are best for your child.

Go to your profile icon > Click on Manage your Google Account > Select People & Sharing > Select Choose What Others See - About Me to control who can see your child's account info.

### CLEAR SEARCH AND WATCH HISTORY

Click on your profile picture in the top right corner > Select Your Data in YouTube > Click on YouTube Watch History > Manage Your YouTube Watch History > Click Delete Activity on the Left > Select Delete All Time.

Clearing your search history is very similar to clearing your watch history. The difference is that you select YouTube Search History instead of YouTube Watch History.

### INSTALL RESTRICTED MODE

Click on your profile picture in the top right corner > Select Restricted Mode > Click Activate Restricted Mode so that the dot becomes blue.

### INSTALL YOUTUBE KIDS

Screen time management, turning off search, pausing watch history, choosing an experience, and viewing what your child watches are all available settings for parents.

Installing YouTube Kids adds an additional filter to the content your child may see on the original YouTube app.

## TIP:

Video thumbnails (the cover photo on a video) could contain clickbait to entice a user to click on the video. Clickbait is a form of advertisement used to grab attention with overexaggerated emotion or images.



# FACEBOOK

## WHAT YOU CAN DO:

Facebook serves as a way for people to connect with family and friends, be alerted of local events, share personal photos and videos, send private messages, and keep in touch with people from all over the world. In the first quarter of 2022, there were 2.94 billion Facebook users worldwide. Of those users, 3.8% were 13-17 years old. While that may seem like a small percentage, it equates to roughly 1.2 million teens.

### TIP:

Facebook Groups have become very popular, with more users posting in groups than on their personal profile. Groups can be private or public.

### PRIVACY SETTINGS

**PC:**

Click on your profile picture > Select Settings & Privacy > Privacy Center > See the available options for enhancing the privacy of your child's account.

**Mobile:**

Click on the Menu page at the bottom right > Select the gear icon > See the available options for enhancing the privacy of your child's account.

### TAKE THE PRIVACY CHECKUP

**PC:**

Click on your profile picture > Select Settings & privacy > Privacy Checkup > Select any of the available options.

**Mobile:**

Click on the Menu page at the bottom right > Select the gear icon > Privacy Checkup > See the available options.

### ADJUST THE LOCATION SETTINGS

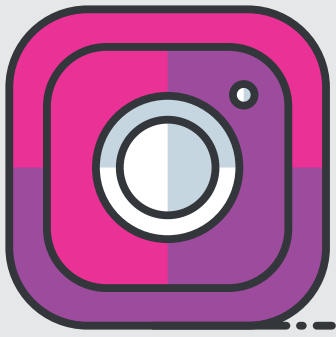
**Mobile:**

Click on the Menu page at the bottom right > Select the gear icon > Permissions – Location > Choose Never so that Facebook does not receive the exact location of your child's device.

### YOU SHOULD KNOW...

Facebook's default settings make accounts public to all users. With a public account, anyone can view what your child is posting and reply with comments. Personal information is also accessible to the public, including the city they live in and their phone number. Most websites now allow you to log-in using your Facebook account and this could also put your child at risk of having their personal information collected.





# INSTAGRAM

## WHAT YOU CAN DO:

Instagram is a platform primarily for sharing photos and videos. Users can also send private messages and follow friends, family, public figures, and brands. In 2022, 62% of teens said they used Instagram.

### TIP:

Some teenagers utilize “finstas,” or fake Instagram accounts, to post private content. Talk to your child to ask if they are posting private content and to ensure that they are posting appropriately.

### ADJUST THE PRIVACY SETTINGS FOR MOBILE

Go to your profile in the bottom right corner > Tap the menu (three horizontal lines) in the top right corner of your screen > Click Settings > Choose Privacy > Adjust the Account Privacy, Activity Status, Story, and Comments settings as desired.

### CLEAR SEARCH HISTORY

#### Mobile:

Go to your profile in the bottom right corner > Tap the menu (three horizontal lines) in the top right corner of your screen > Tap Settings > Tap Security > Select Clear Search History (iPhone) or Search History (Android) > Tap Clear all.

#### PC:

Go to [instagram.com](https://www.instagram.com) > Click on the search bar at the top of the page > Select Clear all.

### REPORT INAPPROPRIATE OR UNWANTED INTERACTIONS

#### To report an account on mobile:

Click on the three dots in the top right corner of someone’s profile or a specific post > Click Report or Report User > Choose the reason as to why you want to report the post or account (bullying, inappropriate content, triggering content, etc.).

#### To report a comment on a mobile device:

Swipe left on the comment you would like to report > Click on the bubble icon with the exclamation point in it > Click Report this Comment > Choose the reasoning as to why.

#### To report a comment on a PC:

Hover over the comment you would like to report > Click on the three bubbles next to Reply > Select Report > Choose the reasoning as to why.

### YOU SHOULD KNOW...

When anyone creates an Instagram account, their profile is automatically public to all users, allowing anyone to follow or message them. If the user does not adjust their privacy settings, the user is at risk of exposure to inappropriate content, harassment, and cyberbullying in the comment section of their or other’s posts.





# TIKTOK

## WHAT YOU CAN DO:

TikTok is a video sharing platform that allows users to share 60-second videos of themselves. Pranking, dancing, and comedy videos tend to get the most views on the platform. The app uses a simple and interactive feed system where users can easily swipe up or down to the next video with the ability to like, comment, and even react to other videos. In the U.S., users open TikTok an average of eight times per day, spending a total of 68 minutes in the app. There are 1 billion active TikTok users globally and 28% of all users are under 18.

### TIP:

Every account belonging to a user under the age of 18 will soon automatically be set to a 60-minute daily screen time limit. Once the 60-minute limit is reached, teens will be asked to enter a pass code in order to keep scrolling. For users of TikTok's under-13 experience, the daily screen time limit will also be set to 60 minutes. If the screen time limit is reached, a parent or guardian will need to set or enter an existing pass code to enable 30 more minutes of watch time.

### ADJUST THE PRIVACY SETTINGS

#### PC:

Click the profile picture in the top right corner > Settings > Look at the Privacy settings, which include Discoverability and Data. Discoverability limits who can follow, watch, and interact with your child's account.

#### Mobile:

Go to the profile page of the account > Click the three lines in the top right corner > Settings and Privacy > Select Privacy > See the available settings to make your child's account more safe. Check out Private Account, Suggest Your Account to others, Ads personalization, and the available Safety Settings. It is important to limit Comments, Mentions, Duet, Stitch, and Direct messages.

#### Family Pairing:

Family pairing allows parents to link their account with their child's to control their settings remotely. For example, parents can turn on Restricted Mode and screen time limits and disable direct messages right from their own phone. Children can't change these settings without parental approval. If you want maximum control, Family Pairing is for you.

#### How to turn on Family Pairing (Mobile):

1. Open the parent's TikTok account
2. Go to Profile (the person icon in the bottom right corner)
3. Hit the three dots in the upper right corner to go to Settings > Tap Family Pairing
4. Select Parent under "Who is Using this TikTok account?"
5. A QR code will appear, go to your child's account:
6. Log into TikTok > Go to Settings and select Family Pairing > Select Teen and then scan the QR code to link accounts
7. Now you can adjust their settings to your liking

#### HIDE SENSITIVE CONTENT (IN APP ONLY)

Click on the three lines in the top right corner of the profile page > Go to Settings and Privacy > Go to Digital Well-Being > Limit the time your child can spend on TikTok and help filter out inappropriate content by turning on Restricted Mode. This setting can only be turned off with a pass code.

### YOU SHOULD KNOW...

Now the most downloaded app, TikTok has a major flaw when it comes to the mental well-being of its users. This is due to the algorithm TikTok uses to decide what content appears on the For You Page (FYP). The algorithm is based on how your child interacts with or likes, comments, and shares videos and whether they follow accounts with specific content. The more your child interacts with certain videos, the more they appear on their FYP. This can be detrimental, especially to young people who have a mental health issue. For example, if a user is sensitive to eating disorder content but likes a weight loss or health-related video, TikTok will show any video that has similar hashtags, which often includes pro-ana\* or pro-mia\* content.

\*Pro-ana and pro-mia refer to content that promotes anorexia or bulimia, respectively. This can be done through promoting a harmful mindset or worrisome behavior.







# SNAPCHAT

## WHAT YOU CAN DO:

Snapchat is an app where users can send photos and videos that disappear after they have been seen. It serves as a place for people to send messages, connect with friends, family, and celebrities, and share daily experiences in the moment. In 2022, 59% of teens said they used Snapchat.

## YOU SHOULD KNOW...

Snapchat's Discover Page is a great place for businesses to attract viewers and consumers. Short titles with exaggerated claims serve as clickbait to capture user attention. However, it is also an easy place for your child to come into contact with inappropriate titles and images. To help prevent this, make sure your child's account has the correct birthdate on it. This will help filter what appears on their Discover Page.

The app's disappearing photos and videos (a.k.a. "Snaps") feature also make it easier to send inappropriate photos with less risk of being caught. Despite being temporary, receivers of snaps can screenshot the image. This process notifies the sender, leading many to use another phone or device to take a picture of the screen the snap was sent to.

In 2014, more than 200,000 Snapchat videos and photos were leaked. These photos were from Snapchat and then stored in a third-party website called Snapsaved.com. Since Snapchat is only available on mobile phones, Snapsaved.com attracted users by offering Snapchat through a computer. Without users knowing it, people's login details and the photos and videos they were sending were being stored on the site. Using third-party websites like Snapsaved.com puts your child at risk of having their pictures and videos leaked as well.

If your child's Contact Me settings are not set to My Friends, this may open the door for scammers or strangers trying to get in touch with young users. The messages sent by unfamiliar people could be deceitful, abusive, manipulative, or inappropriate.

## TIP:

Video thumbnails (the cover photo on a video) could contain clickbait to entice a user to click on the video. Clickbait is a form of advertisement used to grab attention with over-exaggerated emotion or images.

### ADJUST THE PRIVACY SETTINGS

Click the profile picture in the top left corner > Select the gear icon to the right> Go to Privacy Controls settings > Change the setting to your preference to best protect your child.

### CHANGE THE LOCATION SETTINGS

Click the profile picture in the top left corner > Select the gear icon to the right> > Go to Privacy Controls settings > See My Location > Enable Ghost Mode. Although this is one of the "Privacy Controls" settings, we feel it is especially important to enable this feature. This ensures that your child's location is not available on Snap Map.

### TO PREVENT HACKING

Click on the profile picture in the top left corner > Select the gear icon > Two-Factor Authentication > Click Continue. This security feature ensures the user receives a second login code via text message in order to log into the account.

### INSTALL A THIRD-PARTY SOFTWARE

Software, like Bark, helps parents monitor their child's Snapchat more in depth. This software allows parents to set screen time rules and monitor devices for cyberbullying and inappropriate content.



# TWITTER

## WHAT YOU CAN DO:

Twitter is a communication platform where users can send out short messages known as tweets that are limited to 280 characters. Users can follow each other, like and retweet others' posts, and be informed of what's going on in the world. It's one of the most popular platforms used mainly for mass communication. In 2022, 23% of teens said they used Twitter.

### ADJUST THE PRIVACY SETTINGS

#### PC:

Click the three dots or More > Settings and Privacy > Select Privacy and Safety > Check the Content you see, Direct Messages, Discoverability and Contacts, and Location Information settings to ensure your child's personal information and privacy are protected.

#### Mobile:

Click on your profile in the top left corner > Go to Settings and Privacy > Check the Content you see, Direct Messages, Discoverability and Contacts, Security and Account Access, and Location Information settings to ensure your child's personal information and privacy are protected.

### HIDE SENSITIVE CONTENT

#### On computer

Go to Settings and Privacy > Privacy and Safety > Safety > Click Mute and block > Filter the content your child sees while on the Twitter.

#### On mobile app

Click on your profile in the top left corner > Go to Privacy and Safety > Click Mute and block under Your Twitter activity > You can choose to mute words, accounts, and notifications so they no longer appear in notifications or on the account's timeline.

## TIP:

Topics on the Explore page, where trending topics are typically featured, cannot be filtered through the muted words feature.

## YOU SHOULD KNOW...

Twitter's commitment to free speech opens the door for anyone to experience harassment and cyberbullying. In addition, Twitter's policies and default settings make it easy for your child to encounter tweets or accounts that are ill-suited for children. Simple clicks on a hashtag or username could lead them to material that may be detrimental to their mental health. If you come across an account you wish to not see, you can block this user by going to their profile, clicking the three dots in the top right corner, and clicking "Block" or "Report" if you think this user is abusive or suspicious.





## What Is Reddit and is it Safe?

Known as “the front page of the Internet,” Reddit is a popular message board that features a vast amount of content for users to read, contribute to, and share with other people. Reddit is the fifth-most visited website in the U.S., in the same company as web giants Google, YouTube, Facebook, and Amazon. Its never-ending stream of content draws kids and adults alike to the platform.

Put simply, Reddit is an enormous message board composed of millions of smaller message boards that cover any topic you can imagine — from TV shows, sports teams, and movies to dogs, .gifs, and politics. On these specialty boards, which are called “subreddits,” content rallies around the theme. For example, the subreddit about dogs (which is written r/dogs) will only feature content on that topic.

Community members are known as “Redditors,” and they can submit content (everything from text and links to articles, images, or videos) to these subreddits.

Reddit is a site made by and for adults, and as such, there’s an incredible amount of content inappropriate for children. While there is some moderation, the sheer volume of content means that almost anything can be found, including pornography, violent material, hate speech, and suicide tips.

## How to keep kids safe on Reddit

It is important to have regular conversations about the communities your child is visiting. Ask your child about things that happen on Reddit and what kind of content they see in their communities. If they are comfortable to speak with you about the positive things, they might be more likely to come to you with concerns.

Implement privacy and security settings where possible. Although Reddit has minimal privacy and security settings, there are some that are useful. Browsers, app stores and broadband also have parental controls you can set to encourage safety. You can consider the following as well:

**On both iOS and Android, just use the Reddit app without logging in. You can browse subreddits, but Not Safe For Work (NSFW) content will be blocked by default. You can also:**

- Collapse “disruptive” comments that contain rude or disrespectful content while browsing
- Appear invisible online
- Keep your child’s account out of Google search results

**If a parent wants to make sure their child doesn’t have access to Reddit:**

- Add [www.reddit.com](http://www.reddit.com) to a list of blocked websites on the smartphone. For iOS, this is done in Screen Time. On Android, this is done through Family Link.
- Remove the App Store (iOS) or Google Play (Android) so that the app cannot be downloaded.
- Use CleanBrowsing’s Family DNS, which automatically blocks access to Reddit.

# TIP:

It is crucial to be aware of the content your kids are viewing on Reddit. While there are some subreddits that are appropriate for kids, such as r/pokemon, there are also many that aren’t.





# BeReal APP

## WHAT CAN YOU DO:

BeReal is a French social media photo-sharing app released in 2020 that continues to gain popularity. BeReal has recently soared up the app rankings, with a user increase of more than 29,000% in the last year. BeReal is a social photo-sharing app with a twist. Each day, at a random time, the BeReal app prompts you and your friends to take a picture of what you're doing and upload it to your feed. When taking a picture, both the regular camera and the front-facing camera are snapped, meaning that along with whatever you're doing, BeReal also captures a selfie of you "enjoying" the moment.



### How it works

When a user downloads the BeReal app, they must add their phone number, name and age. They then create a username and password to use the app. At this point, they are asked to create their first BeReal post to start seeing others' photos too.

## Posting a photo

- Every day at a different time, the app alerts users that it's time to take a photo of what they are doing in the moment. Users have two minutes to take a photo and submit it to BeReal for others to see. The picture features whatever the user focused on as well as an image of the user in their current state in the top corner.
- Before submitting the photo, they must choose an audience (friends only or everyone). Users can also share their location and save the image to their device. After the user posts the photo, they can add a caption. If the photo is shared outside of the standard two-minute window, other users can see a note that tells them this.

## Benefits of BeReal

In an age where social media features heavily edited photos, an app like BeReal can encourage authenticity. Many young people have embraced the app because of this, seeing many benefits.

- Photos cannot be edited and filters cannot be added. They only have two minutes to submit their photo. It may help teens move away from the pressures often associated with other social media services.
- Users can only post once per day, which helps to regulate the amount of time spent on the app especially when it comes to the content they're posting.
- Anyone who wishes to comment on a photo must be friends with the user, which reduces the likelihood of strangers commenting on photos.
- There are no posted follower counts, hashtags or anything else that promotes influencer culture in the same way as on other social media platforms.
- Users cannot contact others privately. Any comments are public for all to see.

## What to watch out for:

Like any app or platform where users might interact with strangers, BeReal has some features that parents should be aware of:

- **Pictures are unmoderated, which increases the risk of your child seeing inappropriate content.**
- **There are no formal parental controls.**
- **Photos use the front and back camera. It's important for young people to be aware of their surroundings to avoid posting anything they don't want online.**
- **Some people are photographed without their permission. Scrolling through BeReal reveals images that users have taken that feature other people who may not be aware they are being photographed.**





# GAS APP

## WHAT YOU CAN DO:

Gas is an anonymous app geared solely toward high school students. The app uses location data to let users choose their high school. You can then answer a series of anonymous questions curated by the app. On the plus side, the app was designed with positivity in mind. Bier describes the app as "an app to compliment your friends" with multiple choice questions that ask who is the person you're down to date or the coolest kid in school.

According to the app store listing, "Gas is where friends tell you what they love about you. And no, they won't dunk on you like other anonymous apps."

Gas App has skyrocketed in popularity since its launch in late August 2022. The name "Gas" stems from the idea of "gassing" someone up, which is Gen Z slang for making people feel good about themselves. Users select their school and grade from a pre-populated list based on their location to begin building their contacts, according to a review by Common Sense Media, a nonprofit that studies youth and technology.

After adding friends or contacts, you get to vote multiple-choice style for the person you know who most fits the answer to polls like "Looked at the eclipse without eclipse glasses," "Down to date them," or "Most likely to be Batman." If someone selects you, you'll get an anonymous message in your inbox that "a girl" or "a boy" chose you for an answer to one of their questions. You can then share a screenshot on Instagram or Snapchat but you don't ever find out exactly who picked you.

### How does GAS work?

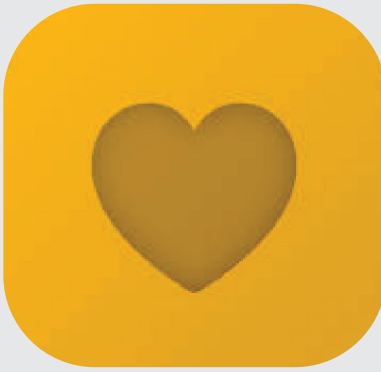
- Join your school (it uses location services to show you schools close-by).
- Add friends (it really pushes to gain access to your contacts).
- Answer polls (positive and uplifting).
- Get flames when picked (blue = boy, pink = girl, purple = non-binary).

### IS IT SAFE?

Gas ensures that every poll is positive and uplifting. The founders strive to make it a bully-free zone. If any user breaks the terms and conditions, Gas will remove them. Gas could be rewarding to high schoolers who need to boost their self-esteem once in a while. Hopefully, Gas will continue to motivate teens to build each other up.

The issues posed by Gas will vary and you know your child's health best. It doesn't seemingly pose the same risk as other apps like Snapchat or Instagram. Keep in mind, though, that it may cause stress and anxiety about figuring out crushes and may prompt cyberbullying.





# LOCKET APP

## WHAT YOU CAN DO:

Locket was released at the beginning of 2022 and the app blew up on social media within days of its release. More specifically, Locket went viral on TikTok. Users discovered the app, quickly started making videos about it, and the '#loketwidget' hashtag on TikTok now has more than 20 million views. With much of TikTok's user base made up of kids between 10 and 17 years old, there's a good chance your child wants to use (or is already using) Locket.

The premise of Locket is that it allows users to instantly send photos to each other's home screens. Users download the app, add the Locket widget to their phone, and can then send/receive pictures on their home screen from other Locket users. While that sounds risky, there is a significant feature to consider. Unlike other social media apps - which make kids' profiles accessible to millions of other people - Locket can only be used with up to five close friends or family members. The only way to add friends is by sending an invite message to their phone number. If someone doesn't have the phone number for another person, they can't invite/communicate with them on Locket. The driver behind the app is to have a fun way to share photos with a small group of close friends, not random strangers on the Internet.

A safety concern for parents is how Locket handles users' pictures. Once again looking at Locket's terms of service, Locket says, "For all content you submit to the Services, you grant Locket and our affiliates a worldwide, royalty-free, sub-licensable, and transferable license to host, store, cache, use, display, reproduce, modify, adapt, edit, publish, analyze, transmit, and distribute that content." In short, all photos shared through Locket can be re-used however the company sees fit without notifying the user.

## Risks Posed by Locket Widget :

- Zero parental controls
- No age verification
- Requires app permissions
- The app requires permission to access contacts to work. However, the app claims it does not save users' contact lists in its database. It syncs with your phone's contacts and allows you to invite your friends. Once that is done, users can share pictures on the app, and people in your contacts will be able to see your photos on their home screens.
- Claims ownership Over All Shared Photos



# SCREEN TIME MANAGEMENT

To make sure kids aren't spending an unhealthy amount of time looking at a screen, parents can use screen time management tools on their children's smartphones. Although Android devices are limited in their ability to manage screen time, Google has created two apps, Google Family Link and Digital Wellbeing, that can be installed. Apple devices have built-in screen time management settings that include options for individual app limits and alerts when time is up.

## INSTALL IPHONE SCREEN TIME SETTINGS:

### GO TO SETTINGS

- Click Screen Time
- Choose App Limits to manage daily time limits on specific app categories.
- Choose Content & Privacy Restrictions to turn on restrictions for specific phone settings.



## How to Manage Screen Time for Windows, Xbox and games on Android

Microsoft just recently released a new app called Family Safety. It's available for both iPhone (opens in a new window) and Android (opens in a new window). You use it to limit screen time across Windows and Xbox devices, as well as games on Android.

The app lets you set limits on how much time your family members can spend across Xbox and Windows devices. You also have the option to set time limits on specific apps or games on Xbox, Windows, and Android. Your kids can request time extensions too, which you can approve or deny in real time via the app.

# PARENTAL CONTROL APPS



## BARK



- \$14/MONTH PER FAMILY OR \$99/YEAR PER FAMILY
- Bark monitors social media, texts, and emails on Android and iPhone devices for signs of cyberbullying, self-harm, violence, sexual predators, and more. The app notifies parents of any red flags it comes across.
- Monitor any number of children
- Unlimited apps
- 24/7 monitoring
- Can use across every device.

## QUSTODIO



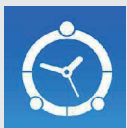
- FREE VERSION OR \$55-138/YEAR PER FAMILY (DEPENDING ON LEVEL OF PLAN)
- With more than 4 million parents using Qustodio, many parents are happy with the screen time management, safety filtering, and reinforcement of positive habits this software presents. Additional controls include monitoring activity, tracking calls and SMS, locating your children, and daily/weekly/monthly reports of your child's online activity.
- Available on a wide range of platforms (Windows, Kindle, Chromebook, and more).
- Provides many services for parents to monitor their child's online activity.

## INTEGO



- \$19.99/ YEAR PER MAC DEVICE
- Intego blocks problematic websites, allows for time limits to be set per user, and anti-predator chat-monitoring. For Macs, this software provides parental controls specific to this device. It also has a 30-day money-back guarantee for any parent looking to test out how the software works for their family.
- Mac device only.
- Per Mac device (not for more than 1).

## FAMILY TIME



- FREE VERSION OR \$68.99/YEAR PER FAMILY
- FamilyTime is a dynamic application that offers innovative ways to keep kids safe online. It appeals to the parental community due to its compatibility, easy-to-use design, affordability, and extensive features. For instance, parents can use its Call & Text Monitoring, TikTok Monitoring, App Blocker, and Screen Time Limit feature to ensure kids prioritize their digital safety while having fun with friends.

# PARENTAL CONTROL APPS

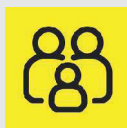


## AURA



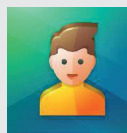
- \$14/MONTH PER FAMILY OR \$99/YEAR PER FAMILY
- Aura provides both social media and gaming coverage. Parents are able to customize what they monitor to keep their child safe, while also setting healthy time limits and filtering content. Aura provides anti-virus, anti-malware, anti-spyware protection, a password manager, dark web monitoring, and data breach alerts.
- Can use across every device.
- 24/7 monitoring

## NORTON



- \$4/MONTH PER FAMILY OR \$50/YEAR PER FAMILY
- Norton Family helps parents foster a healthy balance for their children. Through location services, time limit management, and filtering of the internet, parents are able to establish healthy habits for their children.
- Manages home, school, and online classwork
- Limited controls compared to apps like Bark and Qustodio.

## KASPERSKY



- \$14.99/YEAR
- Kaspersky Safe Kids provides parental controls to protect children online. Blocking access to harmful content, setting screen time limits, and tracking locations are the key features that this software presents. Parents are also able to filter what their kids can search on YouTube to ensure all results are age- and maturity-appropriate.
- Includes per child and per device capacity to customize each based on parental preferences.
- Reduced monitoring of sexual content, cyberbullying, and depression compared to apps like Bark.

## RESOURCE GUIDE



- [PSYCOM](#)
- [ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA](#)
- [FAMILY ZONE](#)
- [COMMON SENSE MEDIA](#)
- [HEALTHY CHILDREN](#)
- [FAMILY ONLINE SAFETY INSTITUTE](#)
- [CHILD MIND INSTITUTE](#)
- [ORGANIZATION FOR SOCIAL MEDIA SAFETY](#)
- [SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION](#)

# KEEP THESE OTHER APPS ON THE RADAR

01



## KIK MESSENGER

Users can text each other for free. The messages are only visible through the app and offer greater anonymity than normal texting.

02



## GROUPME

Users can direct and group message for free, while sending photos and videos. Users have access to an in-app Internet search bar that increases the likelihood of exposure to sexualized content.

03



## DISCORD

Discord is a free app for mobile and PC that lets people chat via text, voice, or video in real time.

04



## TINDER

Tinder is one of the most popular dating apps primarily used by teens and young adults. Over the past few years, parents have become more aware of their children using this app.

05



## YUBO

Yubo is a social discovery feature that encourages friendship with people from all over the world. Users swipe between profiles and videos being live streamed to meet new people with similar interests.

06



## TUMBLR

Tumblr gives users the ability to create blogs and share them with followers and friends across a number of social platforms.

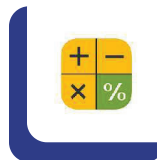
07



## WHISPER

A way to anonymously share feelings with pictures and words, and if so desired, connect with individuals through a messaging option.

08



## CALCULATOR%

Calculator vault apps, commonly disguised as regular-looking apps like the calculator app, have been around for a long time. Many young people have discovered these are a great way to hide inappropriate content from the prying eyes of their parents.

09



## GRINDR

Grindr is an application used by men looking to connect with other men for friendship, companionship or sexual encounters.

10



## LIVE.ME

LiveMe is a popular live streaming social network. It allows you to live stream your special moments, watch great live streams, and video chat online with people worldwide.

# GLOSSARY

## App

An application on a mobile device.

## Bio

A small section in a profile that gives a glimpse of who the user is. The user can customize what they want their bio to say.

## Block

A term used when the user prevents others from viewing their profile. This includes preventing others from following you, messaging you, and more.

## Comment

A response to a post or message.

## Digital Wellbeing

A TikTok feature that allows users to enable Restricted Mode. This filters out inappropriate content and allows parents to place a limit on the amount of time their child can spend on the app.

## Direct Message

A private message that only the user can see. It may also be referred to as a “DM.”

## Duets

A TikTok feature that allows a creator to collaborate with another user’s video.

## Facebook

An app that lets users keep in touch with friends and family through photo sharing and status updates.

## Fans

The term used to describe people who like your Facebook business page.

## Feed

The content that appears on the home page of a social media platform.

## Follower

Someone who can view a user’s profile and what they share.

## FOMO

Short for “fear of missing out.” Users may experience this when they can see what everyone is doing on a social media app.

## For You Feed

A page on TikTok that recommends videos based on the users, creators, and videos your child has liked or interacted with.

## Friend

A person you connect with on Facebook or another social platform. A friend is a two-way connection; both you and your friend have to endorse the relationship by accepting follow requests.

## GIF

A file in GIF format appears as an animated or moving image.

## Handle

The term used to describe someone’s username.

## Hashtag

A word or phrase that comes after the “#” sign. These make it possible for others to find content with specific themes.

## Header Image

The large photo displayed at the top of a profile.

## Instagram

A social media app used to share photos and videos.

## Like

An action taken by a social media user that shows approval or enjoyment of a post.

## Live streaming

A video that is being displayed in real time.

## Lurker

A person who reads discussions but rarely or never participates.

## Meme

A humorous photo or piece of media that spreads from person to person via sharing.

## Mention

The inclusion of a username in a post to attribute a piece of content to someone or start a discussion.

# GLOSSARY

## **Messenger**

An app that allows Facebook users to send messages through a smartphone. Facebook's Messenger app is now a necessity to access messages from a Facebook profile.

## **Post**

A social media status update, photo, or anything shared on a profile.

## **Private**

A setting on a social media account that protects content from the public. Users must request to follow private accounts to see the content.

## **Reactions**

An emotion or emoji that the user chooses to react to a post.

## **Retweet**

The action of taking another user's tweet and making it available on your account. Users can choose to repost the tweet as it is or repost the tweet with a comment.

## **Screenshot**

A photo that captures what is on a computer or smartphone screen in an instant.

## **Snapchat**

A social media app used for sharing photos and videos. Once you view a message received on Snapchat, it is gone forever.

## **Snapchat Discover**

A page on Snapchat that displays a collection of videos from news outlets.

## **Snapcode**

A unique, scannable code provided to each Snapchat user. Users can point their phone's camera at another person's snapcode to add them as a friend on Snapchat.

## **Snapstreak**

When two Snapchat users send posts to each other for a consecutive number of days.

## **Stories**

A post on Facebook, Instagram, or Snapchat that disappears after 24 hours.

## **Tag**

When a user mentions another account in a post or comment.

## **TikTok**

A social media app used to create, share, and discover short videos.

## **Trend**

A topic or hashtag that is popular on social media at a given moment.

## **Troll**

A social media user who makes offensive comments to anger others.

## **Twitter**

A social media app that allows users to broadcast short posts called tweets.

## **Unfollow**

The action of removing a friend on a social media platform to no longer see the content they post.

## **Unfriend**

To remove someone as a follower of your account and vice versa. After unfriending someone, you will no longer see their content on your home page or feed.

## **Views**

The number of users who have seen a post.

## **Viral**

A term to describe an instance where a photo or video achieves massive popularity.

## **YouTube**

A social media app and website that allows users to upload videos.





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# Mission

**To improve the health and healthcare of all residents residing within Stanislaus and Merced Counties (19 specific cities and zip codes) under Legacy Health Endowment's (LHE) jurisdiction, by increasing access to various healthcare services and educating people about healthy lifestyle decisions. Our objective is to dramatically improve the quality of life within the Greater LHE Community by bringing together resources, expertise, vision and the belief we can – and will – make a difference.**



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