Family Online Safety Institute
GOOD DIGITAL PARENTING

7 STEPS TO GOOD DIGITAL PARENTING

Social Media Contract for Kids

Now is the perfect time to clean-up your digital footprint.

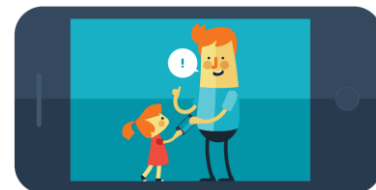**Safe, Smart & Social**
Helping Parents & Students Shine Online

TALK WITH YOUR KIDS

- Stay calm
- Talk early and often
- Be open and direct

EDUCATE YOURSELF

- Search online for anything you don't understand
- Try out the apps, games, and sites yourself

https://www.google.com/search?q=apps+kids+use+to+hide&ie=utf-8&oe=utf-8

✕ Edgenuity Inc. | Login ✕ Edgenuity Family Portal StudyDog Login - Learning.com Pocono Mountain Sch... PerformancePLUS Discovery Education

Google

apps kids use to hide

All   News   Images   Videos   More   Settings   Tools
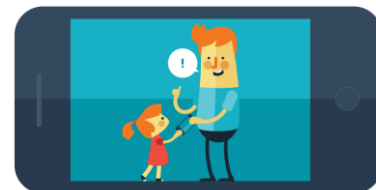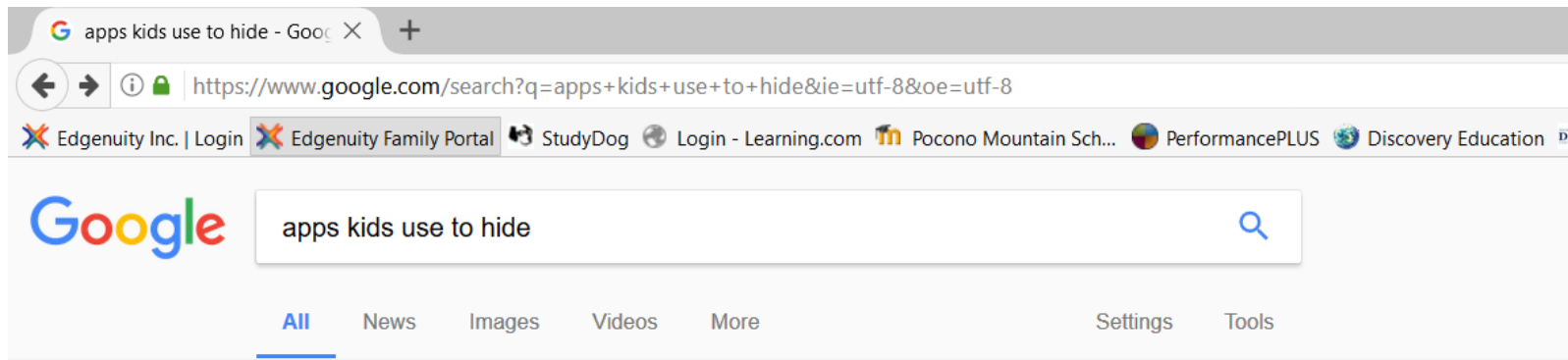
About 9,220,000 results (0.65 seconds)

The 12 Apps That Every Parent Of A Teen Should Know About | HuffPost ←
www.huffingtonpost.com/.../the-12-apps-that-every-parent-of-a-teen-should-know-ab... ▼
Feb 17, 2016 - Kids can hide any app they don't want you to see, Teen Safe says. ... where teens used apps to hide a huge sexting ring from parents and ...

Experts warn parents about apps kids use to hide texts and pictures ... ←
wate.com/2015/.../experts-warn-parents-about-apps-kids-use-to-hide-texts-and-picture... ▼
Sep 2, 2015 - There are programs that allow your kids to hide text messages and pictures behind deceptive apps like one that looks like a calculator app.

People also ask

What is a ghost app?   ⌄
What is the most dangerous social media?   ⌄
How do you hide things from your parents?   ⌄
Can you hide an app on ipad?   ⌄

Feedback

[PDF] WAYS KIDS HIDE APPS - Net Nanny
https://www.netnanny.com/assets/.../Ways-Kids-Hide-Apps-on-Android-and-iOS.pdf ▼
WAYS KIDS. HIDE APPS ... used. AppLocker isn't the only app of its kind; Hide It Pro, Vault Hide, and ... such technology was used to hide photos and videos on ...

Searched for "apps kids use to hide"
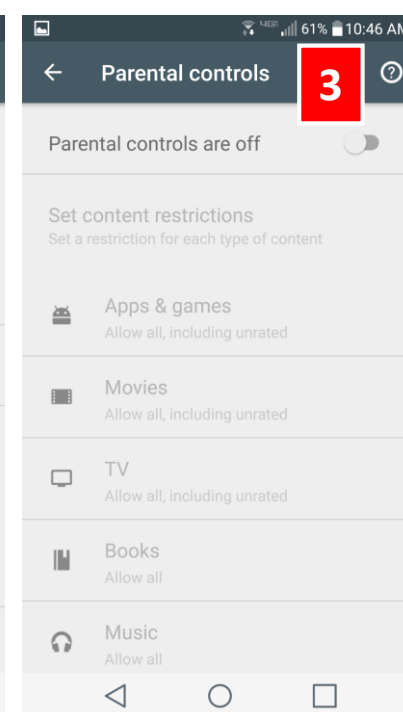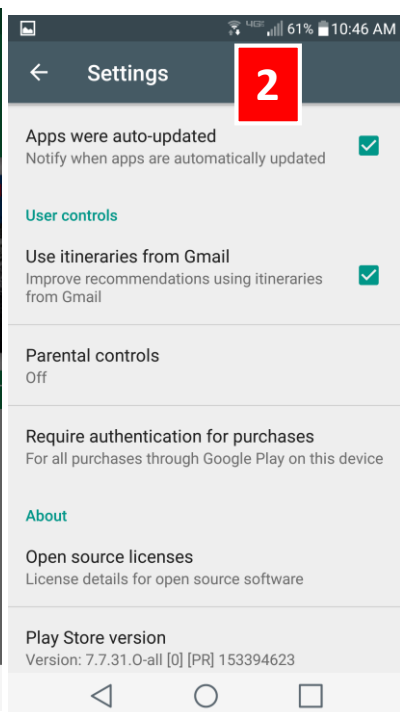
USE PARENTAL CONTROLS

- Activate the safety settings on your technology
- Use the parental controls on your children's phones, tablets, and game consoles
- Monitor your kids' use and their screen time

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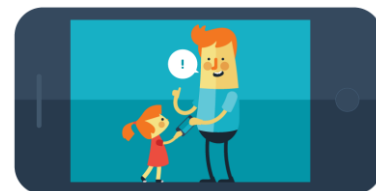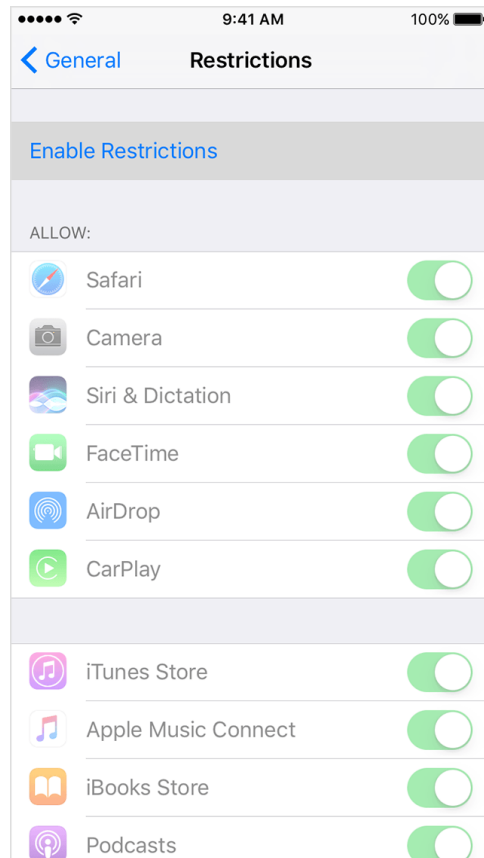
Turn on iPhone Restrictions

1. Tap Settings > General > Restrictions.
2. Scroll down and tap Restrictions, then tap Enable Restrictions.
3. Create a Restrictions passcode. You need your Restrictions passcode to change your settings or to turn off Restrictions.

Settings > General screen

Accessibility	>
Storage & iCloud Usage	>
Background App Refresh	>
Auto-Lock	1 Minute >
Restrictions	Off >
Date & Time	>
Keyboard	>
Language & Region	>
Dictionary	>
iTunes Wi-Fi Sync	>

Restrictions screen

Enable Restrictions

ALLOW:

Safari	On
Camera	On
Siri & Dictation	On
FaceTime	On
AirDrop	On
CarPlay	On
iTunes Store	On
Apple Music Connect	On
iBooks Store	On
Podcasts	On

Turn on Google PLAY Parental Controls

1. Open the Google PLAY Store
2. Click the 3 lines button
3. Select SETTINGS | Parental Controls
4. Turn Parental Controls on
5. Create a PIN
6. Change the setting to the desired age level.
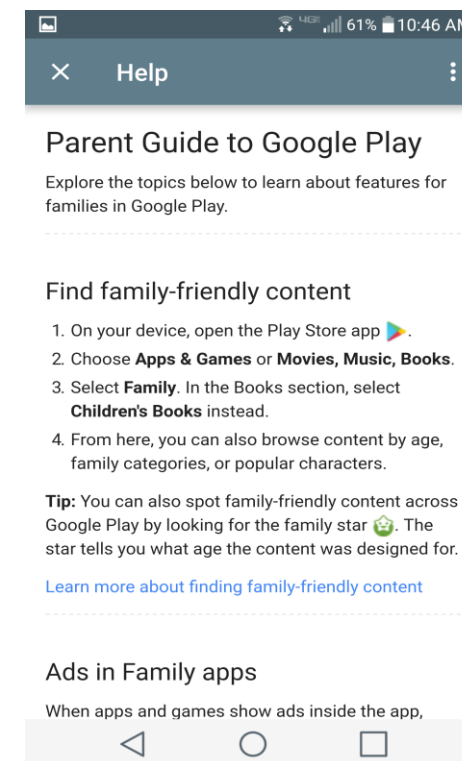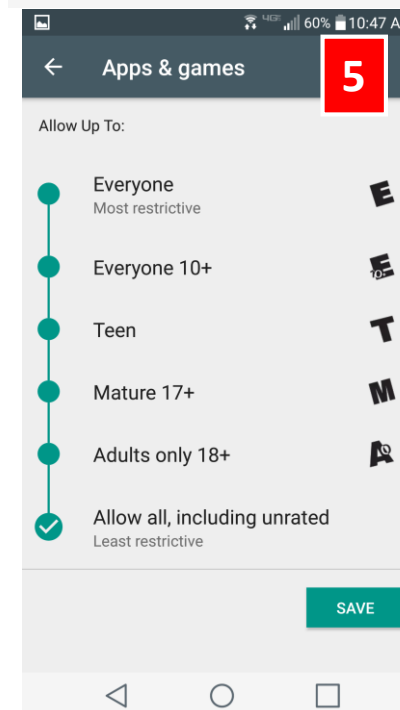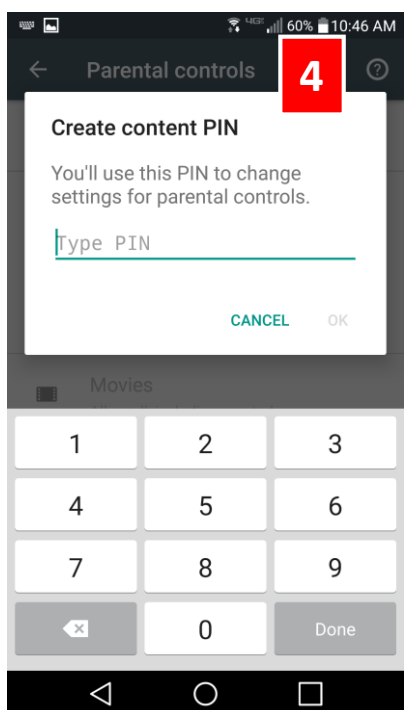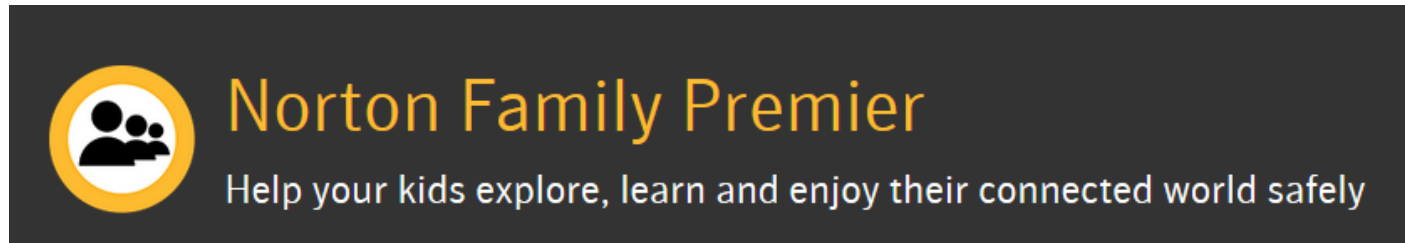
FRIEND AND FOLLOW BUT DON'T STALK

- Friend your kids on social media
- Respect their online space and don't over do it
- Encourage your kids to create a good digital reputation

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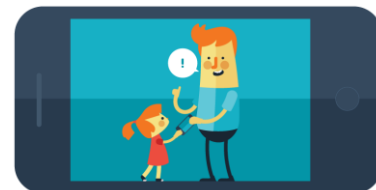
EXPLORE, SHARE, AND CELEBRATE

- Go online with your kids and explore their online world
- Take advantage of new ways of communicating
- Learn from them and have fun

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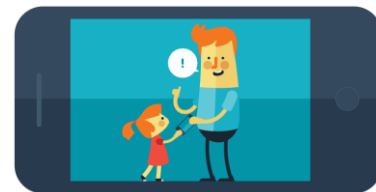
BE A GOOD DIGITAL ROLE MODEL

- Curb your own bad digital habits
- Know when to unplug
- Show your kids how to collaborate and create online

SET GROUND RULES AND APPLY SANCTIONS

- Agree and sign a family safety contract
- Set time and place limits for their tech use
- Enforce sanctions when necessary

Social Media Contract for Kids

imom.com/printable/social-media-contract-for-kids/

Social Media Contract for Kids

Setting Up

☐ I will ask my parents' permission before joining any social media site.

☐ I will allow my parents to set my privacy settings and parental control settings on all of my accounts.

☐ I will give my parents my passwords for all of my social media accounts.

☐ I will NOT give my passwords to anyone other than my parents.

☐ I will NOT change any of my passwords without my parents' permission.

☐ I will NOT set up any private or secret social media accounts.

Sharing

☐ I will NOT post or share: my name, age, address, school, interests, or other personal information, without my parents' permission.
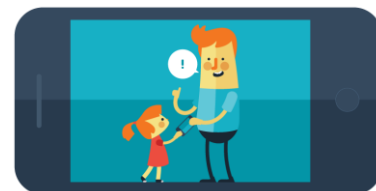
☐ I will NOT post or share photos of myself without my parents' permission.

☐ I will NOT post or share photos of my family or my friends without their permission.

☐ I will NOT post or share offensive or inappropriate images, language, video, or other content.

Conduct

☐ I will NOT meet anyone in person who I have met through social media.

☐ I will NOT engage in online bullying including leaving unkind comments on others' posts or photos.

☐ I will let my parents know if I am the victim of online bullying.

☐ I will meet academic standards set by my parents.

☐ I will follow my parents' rules regarding time limits for online use

☐ I understand that the posting of certain types of photos and information on social media sites is punishable by law.

Consequences

I understand that I risk the following consequences for violating any of the above:

1._____

2._____

3._____

I, _____, agree to the above conditions for using social media. I also understand that my parents are setting these conditions because they love me and want to keep me safe.

Signature / Date: _____   _____

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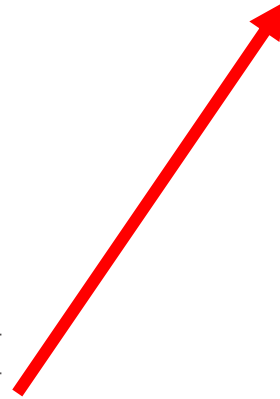
Now is the perfect time to clean-up your digital footprint.

dictionary.com - One's unique set of digital activities, actions, and communications that leave a data trace on the Internet or on a computer or other digital device and can identify the particular user or device.

Passive digital footprint - created without our consent or knowledge

Active digital footprint - especially on social media, can more easily be managed.

fosi.org/good-digital-parenting/clean-your-digital-footprint/

Now is the perfect time to clean-up your digital footprint.

✔ SEARCH YOURSELF ONLINE

Do a quick Web search of your first and last name. Don't forget to try slightly different spellings, too. Find something about yourself you don't like? If it's posted by a friend, ask them to take it down. Or try contacting the site administrator and request they remove any unwanted content.

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✓ **CHECK PRIVACY SETTINGS**

The privacy settings on your favorite website or social network may have changed since you last checked. Take time to understand current settings so you know just what you're sharing, and update them if there are things you don't want public.

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settings

push notification settings

animated thumbnails

manage block list

manage best fan forever list

only friends can direct.ly me

hide location info

private account

when your account is private, only people you approve can see your musical.lys

my coins

with coins you can buy virtual gifts on musical.ly
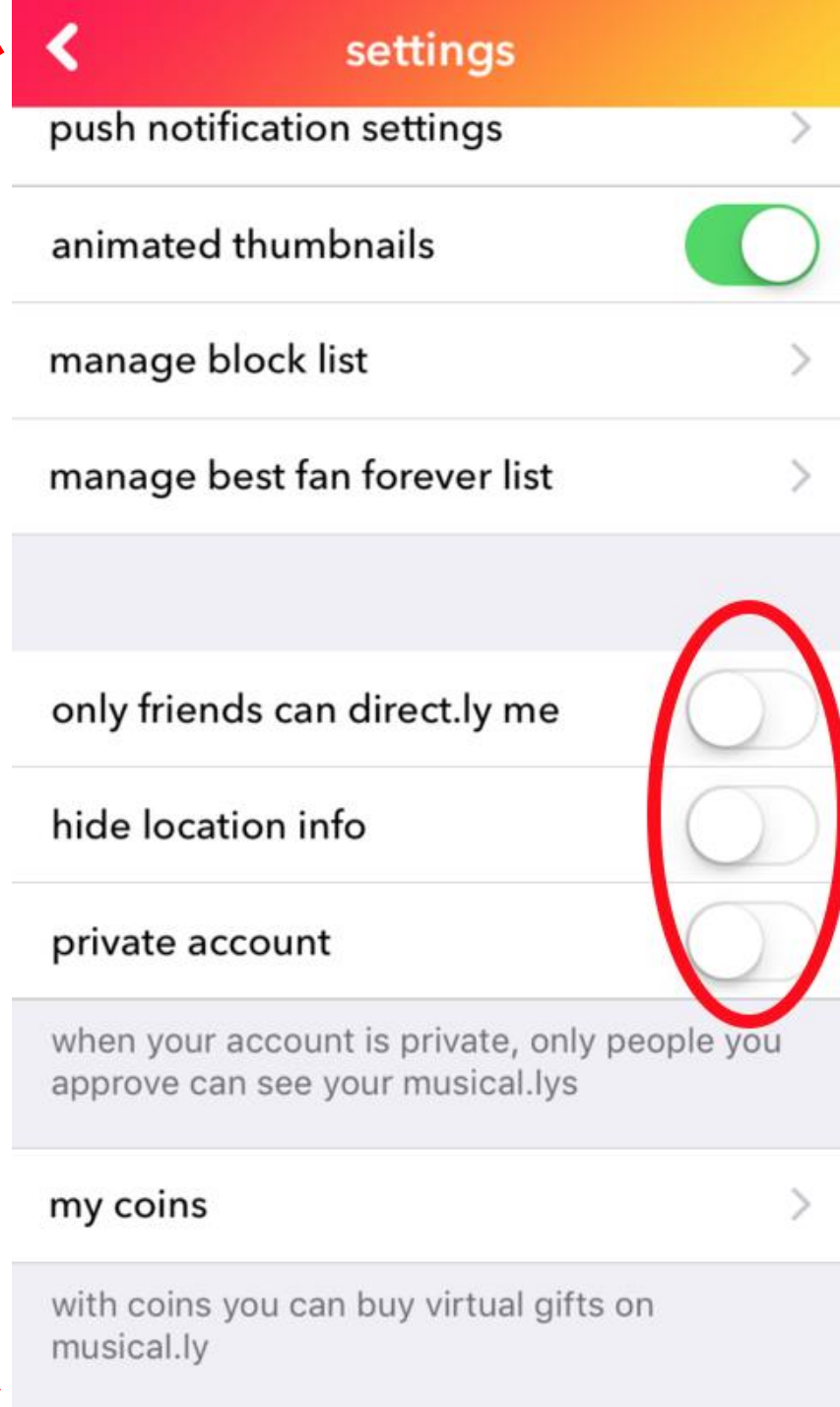
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✓ **USE STRONG PASSWORDS**

Whether email or banking, it's a good idea to have different passwords for different sites. Change the passwords across your various accounts to a combination of words, numbers and symbols that are easy for you to remember but hard for others to guess.

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iL0veAlb3rt Gat0rg00d

1234RuSrs? F1rstcl@ss1853

F@Ntast!c B3atEv3ry0ne!

TurL1ngt0n gre4t2BaFLgat0r

A11_k!nds_0f_w34ther

- **Has at least 12 characters**
- **Includes numbers, symbols, capital letters, and lower-case letters**

- **Isn't a dictionary word or combination of dictionary words**
- **Doesn't rely on obvious substitutions**

D8£jk32&! Gr3Atfu!!4u

sk!10v3dr3am$

k@ss!an8!Kr

Now is the perfect time to clean-up your digital footprint.

✓ **UPDATE SOFTWARE**

Computer viruses and spyware can wreak havoc on your computer. Check for software updates you may have previously ignored or download one of the many safe programs available online to ensure you have the most up-to-date security for your system. You can even schedule automatic updates and let your computer do the work for you!

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9to5   Media   Social   Utilities

Activity   Strava   Withings   Dark Sky

Safari   Headspace   Blinkist   Instagram

Photos   Camera   Reminders   Music

Sonos   YNAB   iCloud Drive   Remote

1Password   Clock   Notes   Settings

Phone   Messages   Mail   Calendar

9:41 AM

Settings

Q Settings

Airplane Mode

Wi-Fi   Tuck's >

Bluetooth   Off >

Cellular   >

Notifications >

Control Center >

Do Not Disturb >

General   1 >

Display & Brightness >

Wallpaper >

Sounds & Haptics >

Siri >

9:41 AM

< Settings   **General**

About >

Software Update   1 >

Spotlight Search >

Handoff >

CarPlay >

Home Button >

Accessibility >

Storage & iCloud Usage >

Background App Refresh >

Restrictions   Off >

3:15

Android System Update Scheduled...

This software update will improve the security of your Nexus 5X with the 2016-10 patches. Downloading updates over a mobile network or while roaming may cause additional charges.

Update size: 77.6 MB

RESTART & INSTALL

Now is the perfect time to clean-up your digital footprint.

☑ **THINK BEFORE YOU POST**

Your digital footprint is more than the information available about you on the Web; it's about your interactions too. Before you put anything online, ask yourself if it's something you really want others to see or know about you.

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THINK before you Post!

T = Is your post TRUE?

H = Is your post HELPFUL?

I = Is your post INSPIRING?

N = Is your post NECESSARY?

K = Is your post KIND?

robertcatalano.com

Now is the perfect time to clean-up your digital footprint.

✔️ ## MAINTAIN YOUR MOBILE DEVICE

Take time to understand your mobile device settings and set a password. It's also a good idea to review any apps you've downloaded and their information-sharing policies. Delete ones you just don't use.

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Facebook: People use Facebook to stay connected with friends and family, to discover what's going on in the world, and to share and express what matters to them.

13

- Friend your children on Facebook.
- Don't comment or like their posts.
- Use their posts to know what's going on in their life.
- Use privacy settings to keep your kid's pages private.
- Sit down with your kids and say "let's look through your Facebook page." Ask questions as they walk you through their photos.
- Teach them to T H I N K before they post!

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safesmartsocial.com
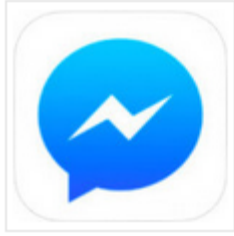
Facebook Messenger: Facebook messenger allows you to chat with anyone on Facebook. To initiate a conversation with users you need to add them to your Facebook friend list.

13

- Don't rely 100% on blocking apps or tracking apps.
- Have a dialog with your students about their future (and what they can do on their phone to get them there).
- Remind students not to share their personal phone number with anyone online they don't know.
- Remind your students these usernames attract predators: sexy, hot, beautiful, single, bored, nice, girl/boy or anything similar.
- Students should never reply to messages from people they don't know (especially on Kik app).
- Other apps exist: Instagram and Snapchat also have robust chat messaging systems your kids might use.

13

Instagram: Instagram is a free photo and video sharing application that allows users to take photos and one-minute videos and share it on the app.

- Kids are addicted to the app.
- Kids work hard to get many likes, comments, and followers so they feel popular.
- Kids usually don't think a lot before posting pictures.
- Their pictures are (usually) visible to all Instagram users.
- Their self esteem is tied to their latest Instagram post.
- Follow your kids on Instagram and see what are they posting.
- Don't comment or like their posts.
- Use their posts to know what's going on in their life.
- Always report inappropriate content or hacked and hate accounts. Instagram has a Report Something guide.

LinkedIn: LinkedIn is the world's largest professional network. It is an important tool for children who want to improve their Google results when applying to college. It is the best place to start an online image to impress colleges and future employers.

14

- **Birthdate** – is hidden for everyone between 14-18 years of age
- **Not a public profile** – your account won't show up in public search engines (such as Google or Bing) when you are 14-18 years of age
- **Profile photo** – will be visible only to your 1st-degree connections
- **Headline** – won't be shown in search results
- **Personal information** – only shows first name, last name initial (instead of full last name), and general region (without city)
- **Partner InMail messages** – children won't receive these sales emails
- **Data sharing with 3rd-party applications** – LinkedIn won't share your information with any applications.

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safesmartsocial.com

13

Pinterest: Pinterest is a great source of inspiration. Students can find crafting, cooking, photography, drawing, fashion, and more on the site. They can also find guides, tutorials and instructions. Pinterest can also be helpful while working on school projects.

- There's some not-for-kids stuff on Pinterest (for example pins that include nudity in the lingerie category or pictures of people drinking alcohol in the wine/beer section).
- Pinterest accounts (especially those that are under real names) are searchable online and Google will find them.
- Pictures that your kid pinned on their online boards can appear when colleges and employers search for your kid's name online.
- Pinterest has become a new type of online shopping site. Most of the pins of clothing, shoes and cosmetic products are linked to online stores.

Twitter: Twitter is an online social network, which allows you to send instant messages (called Tweets) up to 140 characters in length

13

- Tweets are visible and can spread in a matter of seconds.
- To find your kids on Twitter, you need to know their @usernames.
- Kids are using Direct message to talk privately to each other.
- Anyone can contact your kid publicly. Your kid must follow them to receive direct messages.
- Some children use Twitter to bully other kids (by tagging their @names).
- Kids sometimes freely share personal information, without knowing that it can all be searched.
- It's easy to find tweets by #hashtags, keywords, location, user, or other criteria by visiting search.twitter.com

13

YouTube: YouTube is a free platform for watching and uploading videos.

- Children under 13 years are not permitted to set up a YouTube account.
- When filming videos of your friends, classmates, or other minors, remember that you should never be sexually suggestive, violent or dangerous.
- Remember "The Grandma Rule": Is what you're filming or posting something you'd want your grandmother, boss, future employer, parents, or future in-laws to see?

13

Houseparty: Houseparty is a video chat app that lets children video chat with 2-8 people at the same time. All chats are unmoderated which means students can come in contact with inappropriate content or cyberbullies.

- Review the features of the app with your child, if you decide Houseparty is okay for your child, then:
- Encourage them to exit the chat if a stranger enters the conversation
- Teach them to keep their chats in private mode
- Remind your child to ask themselves "How would I feel if this conversation was shown publicly to my peers, neighbors, or to my relatives?" before texting or saying something in a group chat. Even if they think the chat is private

7

Minecraft: Minecraft is the best selling PC game of all time. While Minecraft may be used for educational purposes, players can encounter bullying, inappropriate content and even viruses when playing this game.

- Set devices to "play offline" to prevent your child from using multiplayer mode
- Teach time management and enforce time limits by setting up a visual timer next to the device your kids are playing on
- Progressing in the app requires complex skills. Consider challenging your child to build these skills and strategize how they will play the game
- Watch gameplay videos before your child to ensure that the content is appropriate
- Encourage your child to spend time doing Minecraft activities they can do offline like planting seeds or visiting a geology museum
- Show interest in your child's gameplay, ask them about their game and what their goals are

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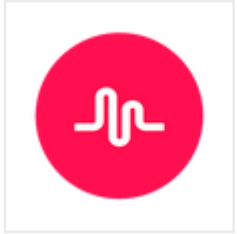
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Musical.ly: Musical.ly is a popular app that let's users create lip-syncing videos to their favorite songs. While this app may be fun for children it may be scary for tweens due to the adult songs that can be found on this app.

Even though this app is relatively new and hasn't received a lot of media attention, it is very popular with children. There is mature language and sexual content in the songs that are popular on the app, and there is no way to filter the content. Videos can contain mature situations.

Periscope: It allows users to watch and broadcast real time videos from their phones. It's easy to find your kids on Periscope if you know their Twitter usernames. Most of the content on this app is unmonitored and your students can watch live videos from all over the world.

13

- This is a location based app. Sometimes, younger kids share their school name and what they are going to do after they finish recording.
- Kids are sharing their names and personal information. This information is available for every registered user.
- Kids use the Periscope app as a chat app. Everyone can send them a message and/or ask a question.
- It's easy to find users if you know their Twitter username.
- Some children get in trouble using the Periscope app:
  Two Utah children were arrested after livestreaming on Periscope how they broke into a truck and stole tubs of ice cream – NBC News
- *Periscope is ALREADY on its way to becoming a parent's worst nightmare following numerous reports of sexual harassment and bullying – Daily Mail*

Pokémon Go: Pokémon Go is an augmented-reality mobile game for iOS and Android devices. While quickly becoming one of the most popular apps of all time, it has raised some safety concerns. Learn how your kids can have fun and still stay safe if they play Pokémon Go.

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- "Authorities are warning [Pokémon GO] could possibly bring your kids in contact with unsavory elements." –NBC New York
- "If you use [Pokémon GO] or have children that do we ask you to please use caution" –Missouri Police Department
- "Keep location tracking on your kids' phones when they're out searching for Pokemon." –FOX
- "Police are concerned [Pokémon GO] could be the latest way online criminals attempt to target victims." –iTV

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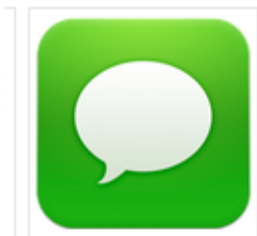
SMS Text Messaging: SMS text messaging is one of the primary apps that each phone has. All accounts are connected to phone numbers. SMS messenger is relatively safe for students – trackable and least difficult for parents to monitor.

None

- Users need to have a phone number.
- You need to know a user's phone number.
- Anyone, who has your phone number can text message your son or daughter. Numbers can be blocked.
- Visit iPhone Settings > Messages > Filter Unknown Senders This will allow you to sort people that are not in the contact list.
- Safest for students – trackable and least difficult for parents to monitor.
- Remind students not to share their personal phone number with anyone online they don't know.

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Snapchat: Snapchat promises your kids they can take a photo/video, send it to a friend and the content will only be viewed once and then will disappear. We as adults know that's not true, but students feel ok sharing very personal moments on Snapchat as they begin to trust people. Snapchat also has a "story" feature that lets users share some videos/posts for 24 hours on their feed. Snapchat is quickly growing and is one of the more valuable social media startups we have seen. It's not going away anytime soon. Parents should add their students on the app and occasionally view their content.

- Due to its temporary nature, many children might post riskier content on Snapchat than on other social networks
- Snapchat is very popular among children and one of the reasons it's so popular is because most parents are not using the app
- 3rd party apps make it easy for users to screenshot Snaps without Snapchat notifying the original poster that a screenshot has been taken of their post
- Anyone with your child's username can see their Snaps or send them direct messages

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Afterschool - The After School App was launched in October 2014, and in it's first two months on the market it has already been rejected from the app store twice due to complaints from parents and teachers.

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Messages posted on the After School App include the following content:
- Cyberbulling
- Sexting
- Pornography
- Alcohol, tobacco, or drug references.

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Ask.fm - Ask and answer. Find out what people want to know about you! It is a Q&A app where you find out more about your friends by seeing their answers to questions you send their way.

- Ask.fm is based in Riga, Latvia, which is why U.S. and British authorities often have a long wait to gather data from the site. From [Chicago Now](#)
- It's very easy to find any user on Ask.fm. Most of the kids are revealing personal information, such as first and last names, age, location, and links to their social webpages.
- Kids often have no way of knowing who is bullying or harassing them on the site.
  From Chicago Now
- At least 9 childage suicides were linked to cyber-bullying on social network Ask.fm. From [BuzzFeed](#)

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Blue Whale – Blue Whale is a twisted suicide challenge that appears to goad vulnerable children into killing themselves.

- **Delete this app**
- The challenge as a whole is meant to harm students and slowly gets them to trust the game
- The Blue Whale Challenge creates new opportunities for predators to target victims on social media
- Players of the challenge can't stop playing once they've started; they are blackmailed and cyber bullied into completing the "game"
- "Group administrators" are typically adults and older children
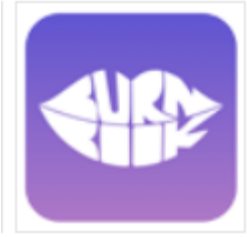
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BurnBook - Burn book is the newest of the anonymous apps that causes problems on school campuses. BurnBook is an anonymous app for posting text, photos and audio rumor messages about others.

- **<u>Delete this app</u>**
- If your kids have this app – have a conversation with them immediately
- Discuss bullying issues. Tell your kids that they can always come to you if they have a problem or a concern
- Explain that anonymous posts end up public
- If you threaten someone else you will get caught by the police

4

Calculator% - This "Private Photo" app is designed to help students hide photos and videos behind an innocent looking calculator app

- Calculator% app's icon looks similar to other calculator apps. However, in the iTunes store the app logo is slightly different.
- When you open the app it looks like a regular calculator.
- To access secret photos you need to type a "." (period) then a 4 digit passcode, and then a "." (period) again.
- The Calculator% app allows you to store photos and videos.
- Only the person that knows the passcode can access the secret pictures.
- Calculator app allows you to take pictures using this app or you can select photos to hide from your existing pictures.
- Pictures can be shared via email.
- If you buy a full version for $0.99 you unlock more features.

Parents & Teachers
there are thousands of secret apps
that look like Calculator app

kik·

17

Kik - Kik allows anyone on the app to contact your child and directly message them.

- It has been known to allow adults to communicate with children
- Very difficult to discern who is a predator and who is real.
- Some adults have been known to use this app to pretend like they are tweens and children.
- Kik allows students to bypass text messaging features of their phone.
- Users can connect with anyone on the network and aren't limited to their phone's contact list.

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17

Ogle - Ogle is an anonymous app that automatically searches your location for nearby schools when downloaded. Since there is little formal registration, bullies and predators can easily masquerade as students and friends.

- "[The Ogle] app is offensive and contributes to a culture that lacks compassion or kindness"
- "This app has made life in my school (for everyone) a living [nightmare]"
- "I can't believe how cruel [the Ogle] app is. The developers allow high school students to bully and destroy other students lives and reputations anonymously with no repercussions"
- "[The Ogle] app is the worst it focuses the hate from every school and there is no way to stop it. Do not download"

18

Omegle - Omegle is an anonymous text and video chat room that connects strangers to talk with each other. The app allows you to share personal information, and also contains inappropriate and unmoderated content. Omegle's slogan is: "Talk to strangers!" Omegle also has a video chat feature. The content in video chat rooms is not moderated by administrators.

- This chat "encourages" an age restriction of 18+ because of inappropriate content. However, no one monitors the content. Younger kids can access the chat without any problem.
- The service only offer users to choose "Adult" or "Unmoderated Section", where no one monitors and no one is responsible for the content of the chat room.

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ooVoo - ooVoo is one the world's largest video and messaging apps. Parents should be aware that ooVoo is used by predators to contact underage kids. The app can allow users to video chat with up to twelve people at one time.

- **Consider deleting this app**.

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Secret - Secret is an app that allows people to share messages anonymously within their circle of friends, friends of friends, and publicly.

- Don't post threats.
- Don't share or encourage self-harm.
- Don't bully or harass.
- Don't post hate speech.
- Don't post graphic content.
- Don't post pornography.
- Don't post people's private information.
- Don't post things that don't belong to you.
- Don't post spam.

Guess what?

It all goes on anyway!!!

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13

Wishbone (girls) & Slingshot (boys) - Both are comparison apps that allow users to vote or create polls. Slingshot/Wishbone users can create any type of poll, including polls that are not appropriate for kids. In the beginning, this app would force students to watch inappropriate videos before moving onto the next poll.

- These apps are very popular with students
- Polls get hundreds of thousands of votes
- These apps may allow your student to view inappropriate content
- Ads on these apps appear every 30-60 sec and there's no way to skip them before they end
- Some of the ads are not appropriate for younger children
- children can compare their classmates, ask adult questions, or make fun of other children
- These polls can be shared with their friends and published publicly online
- Bullying can happen in the comments once someone has voted

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StreetChat - StreetChat a live photo-sharing board designed for middle school, high school and college students that doesn't require access to your location. You don't need to be a student of the chosen school – and you can change the schools every 24 hours in the app.

- **Cyberbullying** – The StreetChat app is tied to location, so students often use real names of their classmates or teachers in their posts or jokes
- **Anonymous** – Kids feel more freedom in sending mean posts since this app isn't tied to their real identity
- **Private messaging** – The app also has a private messaging option. Usernames are not verified, so you never can be sure who you're talking to

Yik Yak - Yik Yak acts like a local bulletin board for your area by showing the most recent posts from other users around you. It allows anyone to connect and share information with others without having to know them.

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- A school experienced a 24-hour onslaught of ugly rumors and comments about students and administrators.
- A school was evacuated twice in one week after anonymous threats were made via Yik Yak.
- Schools in Chicago, Connecticut and California have reported serious disruptions, too, including shooting threats.
- In another school, a 16-year-old and 14-year-old were arrested after three schools essentially shut down for a day because of threats posted on Yik Yak.

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Now is the perfect time to
clean-up your digital footprint.