

Below you'll find a list of app icons that include (but is certainly not limited to just those listed) apps that have been researched and found to be potentially dangerous for your child and ways that you can help them safely live in this new social media world.

As a parent, the new world we live in can be scary. The most important thing you can do is COMMUNICATE WITH YOUR CHILDREN! Make sure you research apps, stay updated (as things constantly change) and always be honest and open with them.

Here are some other tips to help them:

1. **BE THE PARENT.** Do not allow your child to roam free in the dangerous and unhealthy environment of the social media world! Know your child's password, randomly and frequently check their device. Click on the apps. Remember that even the "innocent" apps usually have a way to communicate privately within the app.
2. **Discuss the dangers of social media.** Some children (even your teenager) may not recognize the hidden dangers. They need to be taught to NEVER share their name or location. Make sure your child also understands that nothing is ever really private and nothing is ever truly deleted once it is sent, posted, tweeted, etc... (especially now that we have "the cloud").

The laws are changing as well, if your child is participating in something and they are under the age of 18, if caught, the consequence they face for their actions could very likely be out of your hands and they need to know that as well.

3. **Set restrictions on every device.** Example: You may want to have a "charging station" and enforce a time to where all devices must be turned off and on the "charging station" (the kitchen counter, the dresser in your bedroom, etc...) at a particular time each night. There should not be any GOOD reason for your child to have to privately use their device during the night while everyone else is sleeping.
4. **Internet filters** are also a great tool, however, no filter stops everything. Continuously checking your child's device, setting restrictions and establishing yourself as someone your child can come talk to and is vital to their safety.

Other resources that may be helpful:

<http://www.webmd.com/parenting/features/social-media-and-tweens-teens>

<http://www.parents-space.com/tips-for-monitoring-unhealthy-social-media/>

<http://www.steamfeed.com/parents-child-uses-social-media/>

<http://wiat.com/2015/12/09/apps-brighten-and-after-school-causing-teacher-parent-concern/>

<http://educateempowerkids.org/dangerous-apps/>



