Do you remember life before a cell phone? What about access to social media accounts like Instagram, Twitter, Snapchat, or Tik Tok? Children are now growing up in a completely digital run world. 95% of children ages 13-17 report having access to a smartphone (Pew Research). Because of this, we now, we need to learn how to raise our children in a world that is run by how many “likes” and “comments” one gets on an Instagram post or Tik Tok. Our children are learning to see their self-worth through the eyes of social media apps, which is very dangerous. These same apps are now capable of pinpointing our children’s exact location through “Geotagging.” So, what do we do as parents and educators of children? We must choose to educate ourselves and our children on how to safely use technology.

One of the first safety precautions one can take is to share your child’s location with yourself. This will give you a piece of mind that any moment in time if your child has their phone on them, you can pinpoint their location in seconds. To do this for an iPhone go to the search bar in your child’s phone and type “Find My” and click on the application. From there you will see a “Start Sharing Location” button click it and type in your phone number. Once you have typed in the desired phone number push “send” on the top right corner. After selecting send, you will see three different options for how long you wish to share the location. Choose one of the three options and your child’s location is now shared with the desired phone number.

Next, make sure that all the apps that your children use are not sharing their location with other App users. For example, if your child is using the app Snapchat, make sure that they have set their “Snap Map” to “Ghost Mode” so no users can see their current location. Also, check to see what their settings are for who can view their Snapchat Stories, who can contact them, and if there is a setting to approve friend requests.
Most apps ask you to share your location before opening the app for the first time. Many parents are shocked to hear that even gaming apps have location settings and chat options within them. **Always teach your children to opt out of sharing locations for all applications and staying on private mode.**

Educate yourself and your children on how **child perpetrators are now accessing children through these apps and gaming systems.** While a stranger they are communicating with may seem very friendly, it is never a good idea to communicate or share location information with people they or their parents/caregivers do not actually know.

As your children get older and become more interested in different apps and using technology - consider making an **online agreement** between the two of you. **Online agreements set immediate boundaries for your child and upfront expectations of how they will use social media and technology.** Examples of rules include asking you before downloading any type of app to their phone - including free ones, or accepting "friend" requests from people not known them or your family. Adopting a no phone while in bed policy is also common among phone agreements.

There are apps out there to help making monitoring your children's' use of phones and social media easier. One such app is called "**MamaBear**" which allows you to have access to social media posts, alerting you of certain words whether they be indicative of bullying or inappropriate language-based off a restriction list you create. MamaBear also lets you know if your child drives or is in a car that goes over a designated speed limit you choose. There are different versions of this app to choose from including a free version. **To download "MamaBear" go to your App store on your phone.**

Social media and technology can be a scary topic for parents, but if you stay informed and teach children from an early age, online safety technology be a great tool instead of a fear.
App Safety Tips

- Educate yourself on the apps your children are using.
- Teach your children that once something is posted it is out there forever, even if they delete it.
- Enforce app age requirements.
- Turn Location Settings off on all apps.
- Create and enforce rules with your child when it comes to using apps and technology.

<table>
<thead>
<tr>
<th>App</th>
<th>Description</th>
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<tbody>
<tr>
<td>MeetMe</td>
<td>A dating social media app that allows users to connect with people based on geographic proximity. As the app’s name suggests, users are encouraged to meet each other in person.</td>
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<tr>
<td>Grindr</td>
<td>A dating app geared towards gay, bi, and transgender people. The app gives users options to chat, share photos, and meet up based on a smartphone’s GPS location.</td>
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<tr>
<td>Skout</td>
<td>A location-based dating app and website. While users under 17-years-old are unable to share private photos, kids can easily create an account using a different age.</td>
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<tr>
<td>WhatsApp</td>
<td>A popular messaging app that allows users to send texts, photos, make calls, and video chats worldwide. WhatsApp uses an internet connection on smartphones and computers.</td>
</tr>
<tr>
<td>TikTok</td>
<td>A new mobile device app popular with kids used for creating and sharing short videos. With very limited privacy controls, users are vulnerable to bullying and explicit content.</td>
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<tr>
<td>Badoo</td>
<td>A dating and social networking app where users can chat, share photos and videos, and connect based on location. While the app is intended for adults only, teens are known to create profiles.</td>
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<tr>
<td>Bumble</td>
<td>Similar to the popular dating app ‘Tinder’ however, it requires women to make the first contact. Kids have been known to use Bumble to create fake accounts and falsify their age.</td>
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<tr>
<td>Snapchat</td>
<td>One of the most popular apps in recent years. While the app promises users can take a photo/video and it will disappear, new features including ‘stories’ allow users to view content for up to 24 hours.</td>
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<tr>
<td>Kik</td>
<td>Allows anyone to contact and direct message your child. Kids can bypass traditional text messaging features. Kik gives users unlimited access to anyone, anywhere, anytime.</td>
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Become KNOW & TELL Educated TODAY!!!

In-Person Trainings

Reach out to Stephanie Arroyo
sarroyo@cac-nh.org
603-864-0216
to schedule your In-Person Training Today!

Online eCourse

Looking for a self-paced online course to become KNOW & TELL Educated - Take our eCourse!

In-Person Training Request

Registration Directions & Links
DCYF 24/7 Hotline

If you have a suspicion a child is being abused or neglected, call DCYF (24/7) at 800-894-5533 or 603-271-6562. For immediate safety concerns, call 911.

SHARE your KNOW & TELL Moment!

We’d love to hear how KNOW & TELL is impacting your reach! Tell us about your training experience, KNOW & TELL moments, hopeful stories and outcomes!

NOTE: Please do not share identifying information of children in your email.

Educate  Inform  Protect

We can only help the children we can reach. THANK YOU for all that you do to help New Hampshire’s most vulnerable children and families. We are so GRATEFUL for YOU!

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