

# Caution Apps for Parents:

The apps listed in this section are a caution flag for parents. If you see these on your child's handheld device, check on how it is being used, & verify if kids should use it. If you do not allow it on their devices have them delete it. If they use your handheld device make sure you do not have these either where they can access them. *This handout was adapted from Ryan Smith, MFT's website at*

<http://www.yourbestfamily.com/caution-apps.html>



Ask.fm allows users to interact anonymously if they choose. Cyberbullying is rampant amongst teens on this app. If your kid has this app, look around on it on a regular basis. If you do not want them anonymously chatting with strangers, go ahead and delete this one.

This app **MUST** be deleted off your child's handheld device! This was originally called "Bang with Friends." Now it is called "Down." **DELETE** and talk to your kids about sex.



Tinder must be deleted off your child's handheld device! It's in the category of "hook-up" apps. It's a dating app.

SnapChat should also be deleted because it can lead to cyberbullying, sexting, etc. It allows users to send messages that delete themselves after a few seconds unless the recipient takes a screenshot.



This is a creepy app. Cuddlr allows you to find a complete stranger in your area to "snuggle with."



The above apps are **FireChat**, **Whisper**, **KiK**, and **YikYak** all allow anonymous posts. These are not all horrid apps, but they must be used with caution. Many have inappropriate language, inappropriate conversations and can allow anyone to post adult-bashing, cyberbullying, sexting comments. You must be cautious when allowing these. You would need to monitor these sites to see what your child is saying. Many of these allow GPS tracking. No one needs to find your child or teenager anonymously on a phone.

**\*\*DISABLE the location services for apps.\*\*** This could lead to many dangerous situations. Be cautious.

**For more great ideas on technology and creating technology rules in your household go to:**

<http://www.yourbestfamily.com/creating-a-family-tech-plan.html>

**To find more apps to help your family, go to: <http://www.yourbestfamily.com/>**