



Wellness Today

For Parents & Families

Why Are These Apps Dangerous?

- Show users' location.
- Keep sent chats, photos, and videos private or hidden.
- Allow or invite sexting and cyberbullying.
- Hide true identity of other users. Users can lie about their age to gain access to the app or to try to connect with target users.

How to keep your kids safe:

- **Manage app permissions** and privacy settings and set appropriate restrictions. Use **apps** or software to have more parental control over the content.
- Limit screen time and restrict phone time after bedtime.
- Caution kids to avoid friending or chatting with strangers.
- Educate yourselves. New apps are always coming out.
- Be on social media.
- Use apps to **manage** and monitor your kids' technology use.
- Converse with your children if they seem defensive, hide their screen from others, or suddenly change friends, online or otherwise.

21 Apps Parents Need to Know About

There's an app for nearly everything these days. Unfortunately, some apps are exploited and used negatively. Below are just **twenty-one apps parents need to look out for.**



Snapchat: Share photos and videos.

Holla: Meet people via video chat.



Whatsapp: Messaging app to communicate with people worldwide.



Hot or Not: Rate and meet up with other users.



Whisper: Social media app that lets you share secrets anonymously with strangers.

Best Secret Folder: Hides videos and photos.



Monkey: Live video app to connect users to strangers.

Badoo: Location-based dating and social media app.



Bumble: Dating app that lets women make the first contact.

Calculator%: Hides files, browser history, photos, and videos.



Plenty of Fish: Dating app that encourages chatting with strangers.

Grindr: Dating app, mostly for LGBT community.



Skout: Location-based dating app.

Kik: Messaging app mostly used for sexting.



Ask.FM: Ask strangers anonymous questions.

MeetMe: Dating app to connect users to people in their location.



Live.Me: Live-streaming app that shares location.

Mocospace: Social networking and dating app.



Zoosk: Dating app that matches users with strangers.

HILY: Dating app that helps users meet up with each other.



TikTok: Make and share short videos.