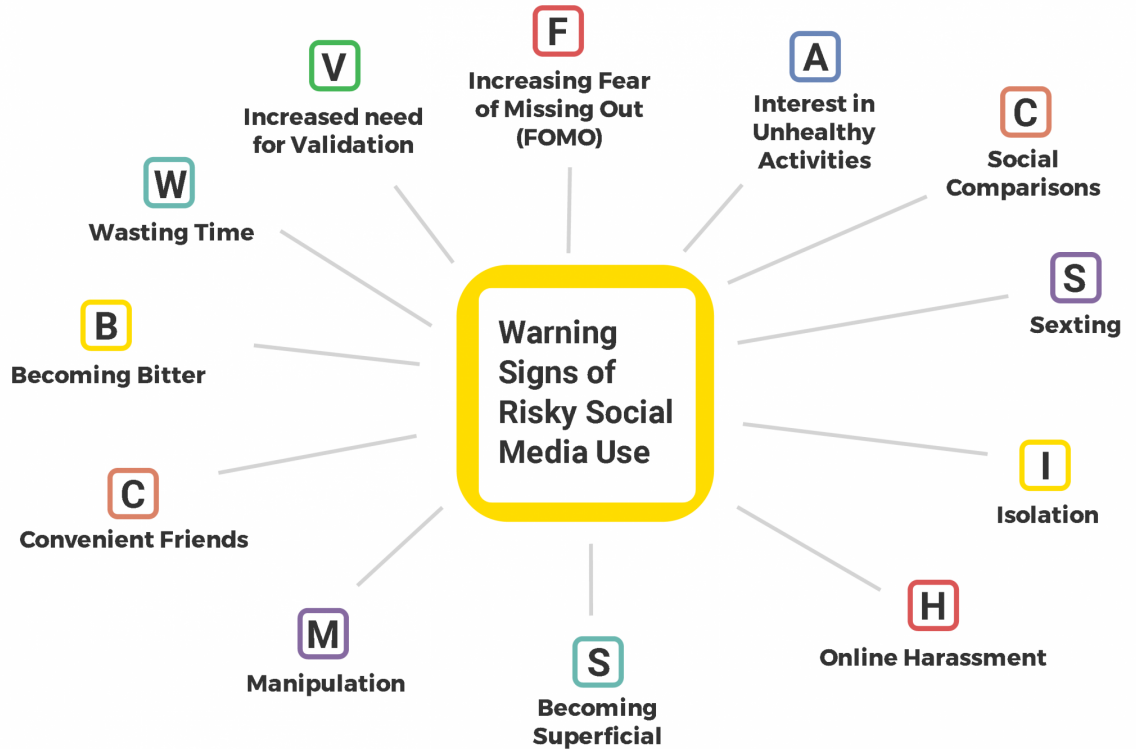




## Popular Social Media Apps to Watch Out For

Social media has the ability to dramatically enhance our lives. However, online engagement of young, naïve, and immature teens presents risks. This is particularly true for those teens that are driven by pleasure seeking activities. At ASAP, our biggest concern regarding social media remains the drug/party culture that teenagers are exposed to online and the effects on your child.

## Warning Signs



- Increased need for validation
- Increasing FOMO (Fear of Missing Out)
- Interest in unhealthy activities
- Social comparisons
- Sexting
- Online harassment
- Becoming superficial
- Convenient friends
- Wasting time
- Becoming bitter
- Manipulation
- Isolation

## Social Media Facts

- Over 75% of teens hide (at least some of) their social media use from their parents
- More than 10% have posted (or sent) nude or semi-nude photos
- 25% report regretting a past social media post.

## 12 popular social media apps you should be concerned about:

Most adults know that anything they post on the internet is there forever. Teens do not yet realize the consequences of their actions. Colleges and future employers have the ability to search online and use the information they find to make life changing decisions regarding teens' acceptance, enrollment, and employment.

Collectively, these apps have the ability to allow teens to chat and view/send/upload pictures and video to the Internet. Some of these apps allow users to even hide the icon behind a different picture (like a calculator).

- ooVoo
- Kik
- Snapchat
- YouTube
- Periscope
- Twitter
- YikYak
- Instagram
- Skout
- 9Gag
- Tinder
- Vine

As you are likely aware, there are always new apps coming onto the market. It can be difficult to keep up with what teens use to evade detection, but being aware of the types of programs can help you stay alert. As a parent you will need to decide how you help your child deal with these influences. ASAP clinicians are available to assist our clients' parents by making recommendations in this area.

## Become Educated about Social Media to Protect your Child:

- Set family [expectations](#) and ground rules based on each child's age.
- Help your child determine [appropriate](#) social media access.
- Have ongoing [discussions](#) with your tweens and teens about the positive and negative uses of social media.

- Maintain oversight of your child's social media accounts. You have the right and obligation as a parent to have your child's passwords.
- Use monitoring apps such as Net Nanny and WebWatcher to track your child's social media behavior if you are concerned.
- Check the privacy settings on your child's phone and apps and be sure you are not excluded.
- If they continue to engage in risky online behaviors replace their smart phone with one without Wi-Fi connectivity.
- Develop paths for children to return to healthy use of technology.
- Expect children to resist changes that limit their freedom. They will struggle with change until they embrace recovery.