



WHISPER

What makes Whisper different from other social networking apps is the fact that users don't have an identity when using the service. There are no followers, friends or profiles. The app does use people's locations and allows users to add a school or group but it doesn't ask for photos or email addresses. Users cannot use the search function to search for other users. The primary way of communicating with someone on Whisper is by responding to their Whispers. This can be done by sending your own Whisper or through the chat function. It should be noted that it is much more difficult to maintain your anonymity through the chat or private messaging function. The app is rated 17+ due to frequent mature / suggestive themes. Predators have been known to use Whipser to contact victims. Whisper will reveal a user's location if you have enabled location services on your smartphone. The app requires a pin to look through the history. Teens and Tweens have used Whisper to cyberbully.



YIK YAK

By letting you share news, ask questions, offer support, and interact freely with others who are in the same place at the same time, Yik Yak acts as a springboard for discovering, meeting, and connecting with people in your local community.



KIK

Kik is way more than just messaging. It's the easiest way to connect with your friends, stay in the loop, and explore – all through chat. No phone numbers, just pick a username. It is an alternative texting service, separate from phone history.



SNAPCHAT

This application allows you to have temporary picture posts.



VINE

A user can watch and post 6 second videos. Vine has a **17+ rating** in the Apple app store. If you've set a child's iPod/iPad/iPhone to restrict apps by rating, they will not be able to download Vine. **All profiles are public.** There are no options for setting your Vine account to a private setting like you can on Instagram. That means that any "vine" you create and share could potentially be seen by anyone else using Vine.



CHATROULETTE

Video chat with random strangers. Chatroulette is a social networking site that allows users to be randomly connected with other users across the globe. The entire system is randomized, so users could find themselves speaking with somebody in Japan one minute and somebody in Iceland the next. Chatroulette users need to have a webcam in order to communicate back and forth with other users, as the entire networking aspect of the site is video-based. Users can also fill out their own profiles, but those are mostly for additional information. The majority of the networking on this site is done via video. Even if your teen is simply interested in meeting other people from around the globe and having some innocent, one-on-one conversations with these people, there's no way of avoiding the possibility that the person your child is matched up with is in it for all the wrong reasons.



Tinder

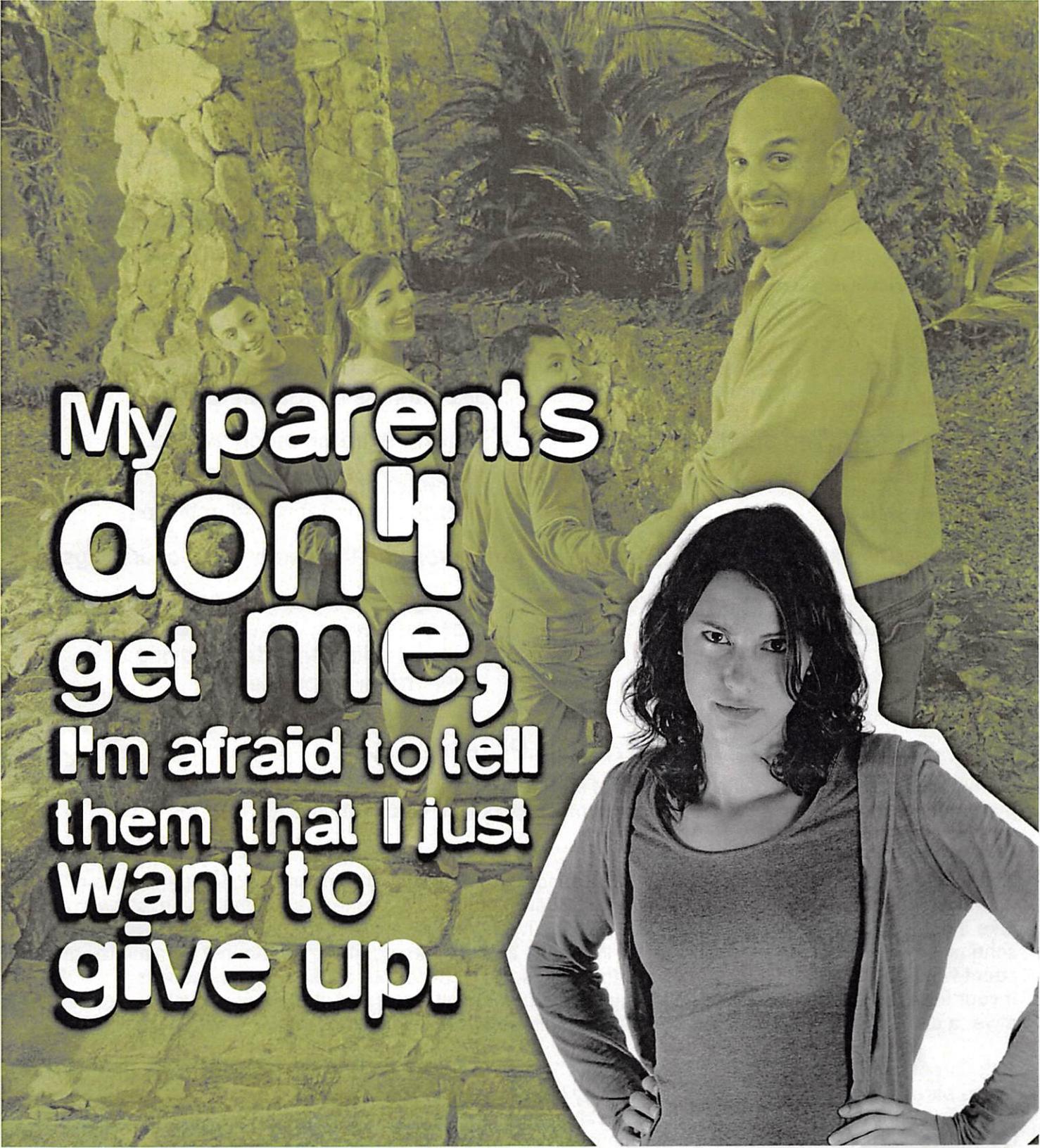
Contact attractive strangers in geographic location based on a picture. This is a dating application. The app has two separate communities – one for 18+ and one for younger teens aged 13-17. When you set up a profile, [Tinder](#) automatically takes information based on your Facebook profile, including photos, date of birth and sex. Once your profile is set up, Tinder will then provide you with a list of relevant matches based on your profile, interests, mutual friends on Facebook, location, sex and selected age range. You can then either swipe right to make a match with another user, tap his/her image to view more or swipe left to continue looking through potential matches.

POOF!

@KNOACH
KIDNEY HEALTH

- The Poof App allows users to make Apps disappear on their phone with one touch. Kids can hide every app they don't want you to see on their phone. All they have to do is open the App and select the ones they don't want you to see.
- The good news about this App is it is no longer available. But, if it was downloaded before it was deleted from the App store, your child may still have it.





**My parents
don't
get me,
I'm afraid to tell
them that I just
want to
give up.**

Don't give up - You're not alone.

Teen peer counselors are here to listen and to help!

If you need to talk, call **800.248.TEEN**



Teen Lifeline
teenlifeline.org

This publication was developed (in part) under grant no. SM59177 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

Don't give up - You're not alone.
If you need to talk, call **800.248.TEEN**



Teen Lifeline

SUICIDE WARNING SIGNS

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ◆ Talking about death or wanting to die or looking for ways to die such as searching online.
- ◆ Feelings of "falling apart".
- ◆ Acting impatient or impulsively; behaving recklessly.
- ◆ Changes in sleeping or eating habits.
- ◆ Having a hard time concentrating or having trouble at school.
- ◆ Feeling depressed, sad or hopeless lasting for more than 2 weeks or feeling like there is no reason to live.
- ◆ Having extreme mood swings.
- ◆ Isolating or withdrawing from family, friends, or usual social activities.
- ◆ Increasing the use of alcohol or drugs.
- ◆ Giving away favorite things or leaving poems, diaries, drawings, or letters to be found dealing with death, dying or overwhelming problems.

What Can Parents Do?

Many times a teen who is having thoughts of suicide give some type of warning ahead of time. So it's important for parents to know the what to do if you suspect your teen is struggling.

Watch and Listen:

Keep a close eye on a teen who seems depressed and withdrawn. It's important to keep the lines of communication open and express your concern, support, and love. If your teen confides in you, show that you take those concerns seriously. A fight with a friend might not seem like a big deal to you in the larger scheme of things, but for a teen it can feel immense and consuming. It's important not to minimize or discount what your teen is going through, as this can increase his or her sense of hopelessness.

If your teen doesn't feel comfortable talking with you, suggest a more neutral person, such as another relative, a clergy member, a coach, a school counselor, or your child's doctor.

Ask Questions:

Some parents are reluctant to ask teens if they have been thinking about suicide or hurting themselves. Some fear that by asking, they will plant the idea of suicide in their teen's head.

It's always a good idea to ask, even though doing so can be difficult. Sometimes it helps to explain why you're asking. For instance, you might say: "I've noticed that you've been talking a lot about wanting to give up. Have you been having thoughts of suicide?"

Get Help:

If you learn that your child is thinking about suicide, get help immediately. Your doctor can refer you to a psychologist, psychiatrist, or counselor. If you need to talk to someone about how to get help for your teen or if your teen is in a crisis situation, please call Teen Lifeline, **800-248-8336**.



REDLIGHT REBELLION

Sex Trafficking Prevention: Parent Resources

Books/articles about sex trafficking:

- Sex Trafficking Prevention, by Savannah Sanders
- Renting Lacy, by Linda Smith
- How to Talk to Your Children about Human Trafficking: <http://trustaz.org/downloads/aw-trust-how-to-talk-to-your-children.pdf>

Resources for pornography prevention:

- Fight the New Drug, fightthenewdrug.org
- Fortify Program, fortifyprogram.org
- 30 Days of Sex Talks, by educateempowerkids.org (found on Amazon.com)

Programs for sex trafficking prevention and information:

- Red Light Rebellion, redlightrebellion.org
- Training and Resources United to Stop Trafficking, trustaz.org
- Shared Hope International, sharedhope.org

If you suspect someone you know is involved in sex trafficking, please call the National Human Trafficking Hotline Number and police right away:

National Human Trafficking Hotline Number

888-3737-888

Dangerous Social Media Sites

Whisper

Anonymous secrets and geographic location

YikYak

Anonymous post to those in geographic location

Kik

Alternative texting service, separate from phone history

Snapchat

Temporary picture posts

Vine

Watch and post 6 second videos

ChatRoulette

Video chat with random strangers

Tinder

Contact attractive strangers in geographic location based on picture

Poof

Hide app on phone