ZIP IT

Keep your personal stuff private and think about what you say and do online.

BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.

FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

Mobile Phone Safety Advice

What You Can Do

- First of all, find out about the apps your children are using. You should check their phones every day to see what apps they have and then look them up in this [free directory](#) and find out about each app's bullying risk. Saferkid tracks more than 200,000 apps that are inappropriate for children of different ages for various reasons, but we focus on the most developmentally damaging ones including those with bullying risk.

- Then you can talk to your children about the potential dangers of apps that promote anonymous pictures, posts, and messages or have other bullying mechanics. You may also need to prohibit the use of certain apps, but once you've found them in this directory, you'll be able to explain why the app is dangerous. Some apps will seem safe but may have bullies lurking around on them or make it easy for children to bully and shame one another, even just for a few moments. It might also be helpful to do an exercise where you send each other text messages and say the same things looking into each other's eyes to show how much easier it can be to say things in text than to say them in person.

- Keep an eye on your children's social interactions on mobile apps, and if you see anything that concerns you, sit down and have a talk. Don't be accusatory, but do be honest and direct. Tell your child that you've seen something that bothers you and that you want to talk to them about appropriate and inappropriate communication.

- If you hear your child using profanity or crude humour, or if you catch a post on social media, ask them why they chose to use that language or make that particular joke. Encourage more appropriate self- expression and help them work through their emotions, and – if necessary – restrict their access to apps that promote vulgar language and humour until they are old enough to handle it.

WhatsApp. Teenagers use this messaging app to send text, images, audio and video messages to their contacts. What should be noted by parents is that you now have to be over 16 to use the app legally. Whilst the app offers a convenient way of socialising with their peers, as with any online messaging service parents should be aware of potential cyber bullying or stranger contact risks. The app also makes use of location services which shows other users your location. The full parent guide for WhatsApp can be found here.

https://parentinfo.org/article/whatsapp-a-guide-for-parents-and-carers

and advice from the NSPCC here:

https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/chat-apps