

Top apps among children – what to listen out for

APP NAME	WHAT IS IT?	LISTEN OUT FOR PUPILS TALKING ABOUT:
WhatsApp 	<ul style="list-style-type: none"> You almost definitely know what this is already – a messaging app. You can also share pictures, videos, and your location, and be part of group chats 	<ul style="list-style-type: none"> Group chats, especially bullying behaviour or children being excluded from groups Sharing locations, images and videos
Instagram 	<ul style="list-style-type: none"> Picture and video sharing, with 'followers' or publicly You can gain 'followers' and follow other people, and interact through likes, comments and private messages 	<ul style="list-style-type: none"> Instagram in general, especially pupils who you have mental health concerns about (it can be used to share self-harm and suicide content) Strangers they've made contact with Weight loss content, often with terms like 'thinspo' or 'proana'
Snapchat 	<ul style="list-style-type: none"> Picture, video and message-sharing with contacts 'Snaps' disappear and aren't saved on phones Known for 'sexting' (sending naked or explicit photos and videos) 	<ul style="list-style-type: none"> Sharing explicit images Requests for photos Screenshots of 'Snaps' being shared Strangers they've made contact with
TikTok 	<ul style="list-style-type: none"> Users share short videos of themselves, often lip-syncing to music, and watch other people's videos You can gain 'fans' and follow other people 	<ul style="list-style-type: none"> Videos that sound inappropriate 'Trading' videos with others Strangers they've made contact with

Remember – always watch out for changes in pupils' behaviour, and report any concerns to the DSL.

Sources

This factsheet was produced by [Safeguarding Training Centre from The Key](http://www.thekeysupport.com/safeguarding): www.thekeysupport.com/safeguarding

- > [Instagram eating disorder content 'out of control', BBC News](https://www.bbc.co.uk/news/uk-47637377)
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- > [Instagram 'helped kill my daughter', BBC News](https://www.bbc.co.uk/news/av/uk-46966009/instagram-helped-kill-my-daughter)
<https://www.bbc.co.uk/news/av/uk-46966009/instagram-helped-kill-my-daughter>
- > [TikTok app safety – what parents need to know, Internet Matters](https://www.internetmatters.org/hub/esafety-news/tik-tok-app-safety-what-parents-need-to-know/)
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- > [Instagram, Net Aware](https://www.net-aware.org.uk/networks/instagram/)
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