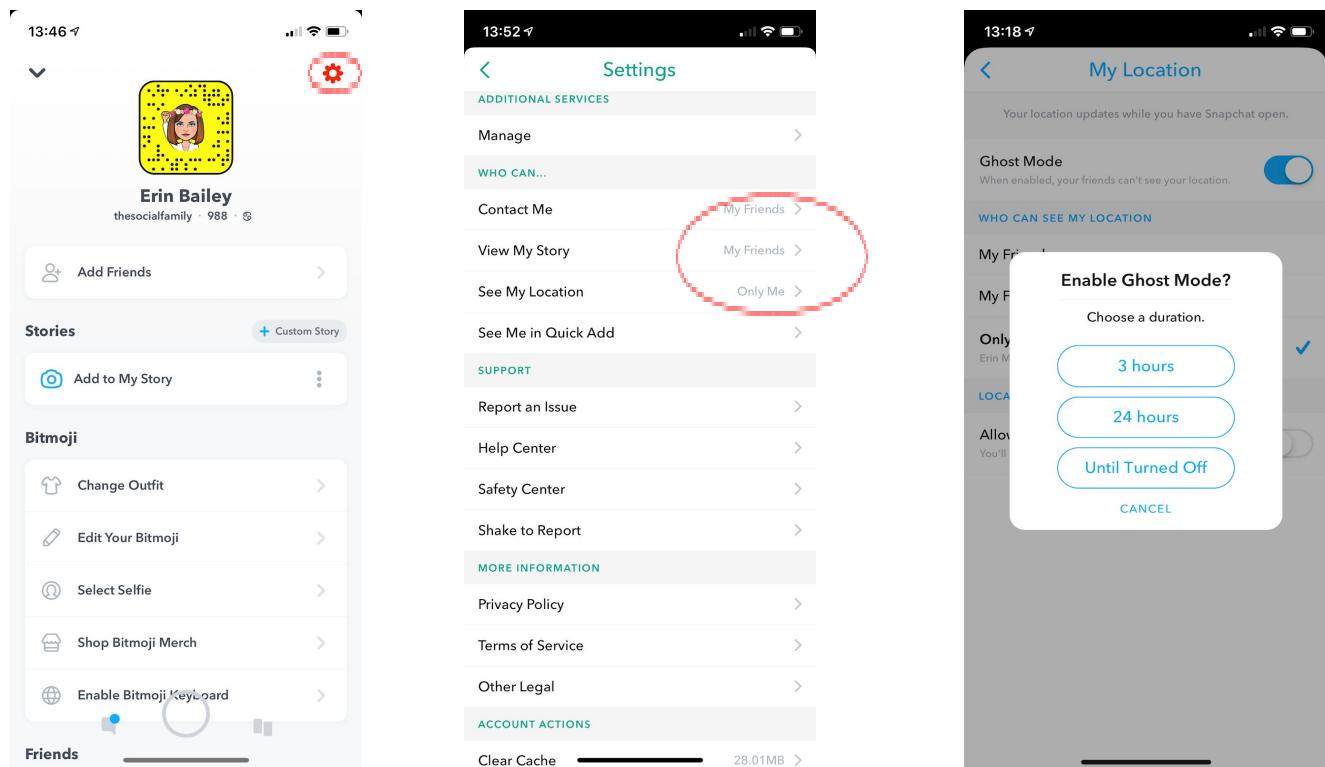


# *Privacy Settings for:*

# SNAPCHAT

As of March 13, 2020

1. Open SnapChat and tap your Bitmoji in the upper left corner.
2. Tap the red Settings wheel in the upper right corner.
3. Scroll down to the green category called **Who Can...**
  - + Make sure that “**Contact Me**” is set to MY FRIENDS.
  - + Tap “**See My Location**.” Turn Ghost Mode ON and tap “Until I Turn Off.”
  - + Under “**See My Location**,” make sure “Allow friends to request location” is OFF.
4. Optional - tap “View My Story” and show it only to certain people (only the soccer team, only the people attending your sleepover, not everyone you know? This can be changed to suit the situation and helps reduce jealousy / FOMO / stalking.)
5. Scroll down to the green category called **Account Actions**.
  - + Notice the commands “Clear Conversations” and “Clear Search History.” Hiding your SnapChat activity is very easy. Choosing to allow SnapChat in your home means monitoring it closely while have a great deal of trust in your young people.



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*Overview of:*

# SNAPCHAT

As of September 21, 2019

## SnapChat Terminology:

1. **"Add me on Snap"** = become friends on SnapChat. "Follow" is for TikTok & Instagram.
2. **"Filter"** = a stamp you add to a SnapChat photo or video, such as the time, date or location.
3. **"Lense"** = the effect you add to a selfie. It might put dog ears on your face or change your voice or include an ad. SnapChat keeps trying to make the term "lense" happen, but most young people refer to these as "filters" too.
4. **"Streak"** = snapping someone every 24 hours. This can be harmless fun. It can also become as addicting as a video game. During the teenage years, young people are still learning to regulate and channel their most volatile emotions. Delete the app if it starts causing rages or addictive behavior.

## What's the positive side of SnapChat? Its smaller focus.

If your young person is:

- + struggling with friendships & bullying
- + or obsessed with being popular
- + or eager to be famous & amass more and more and more followers

then SnapChat may be a better choice for them than Twitter, Instagram or TikTok.

Why? Those other apps push young people to attract huge numbers of followers any way they can. By contrast, SnapChat encourages rapid-fire communication with a smaller group. Having only five Instagram followers would be devastating; adding only five people on Snap would be cool and elusive. True, parents & guardians won't be able to see every snap your young person sends because snaps disappear, but limiting their SnapChat friends to a small select group gives you a safer place to start.

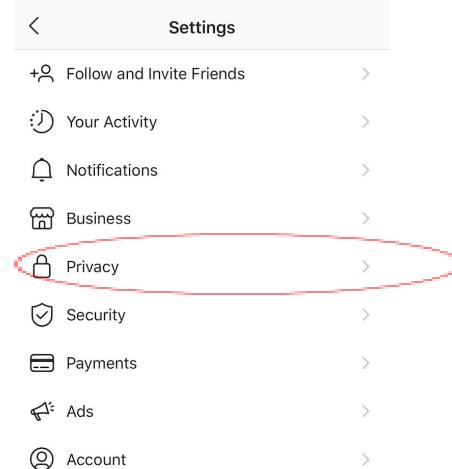
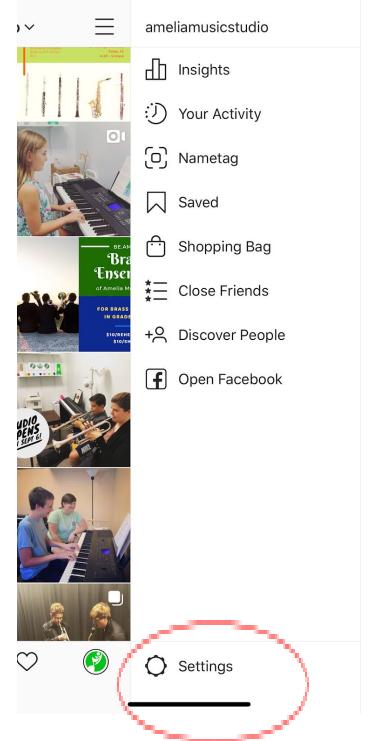
You can still:

- + check some of their Snaps to get a general idea of their activity
- + see the Stories they post via the Memories section of Snap
- + and let them prove they're trustworthy enough to add more people.

# Privacy Settings for: Instagram

As of March 13, 2020

1. Open Instagram and tap your profile in the lower right corner.
2. To access Settings, tap the three lines in the upper right corner.
3. A list will appear. Look at the bottom of the screen for the word “**Settings.**”
4. Scroll down to “Privacy”
5. **Comments:**
  - + Allow Comments From: People You Follow and Your Followers
  - + Hide Offensive Comments: ON
  - + Manual Filter: If your child has been bullied or called a certain name, then you can type that word here and no one will be allowed to write it in a comment. For example, many celebrities block the “snake” emoji due to its negative connotations.
- Filter Most Reported Words: ON.
6. **Tags:**
  - + If people are sharing something unkind about your young person, you can stop their photos or videos from showing up on your profile by: 1) unchecking “Add Automatically,” and 2) tapping “Hide Photos & Videos of You” to remove photos/videos you’re already tagged in.
7. **Story:**
  - + Choose if you’d like to hide your story from certain people (ex: that cousin you follow but don’t know very well).
  - + Allow Message Replies: FOLLOWERS YOU FOLLOW BACK
  - + Allow Sharing: OFF
  - + Save to Archive: ON
8. **Activity Status:** OFF
9. **Account Privacy:** Private Account ON
10. Resharing to Stories: OFF (some parents keep this on)



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*Overview of:*

# Instagram

*As of March 13, 2020*

## Instagram Terminology:

1. “**Follow me on Instagram**” = become friends. “Add” is for SnapChat & Facebook.
2. “**Filter**” = the effect you add to a photo. It’s usually a color scheme like making the photo black & white.
3. “**Finsta**” = Fake Instagram / an insta that you keep private for only a few people.
4. “**Mute**” = Keep following someone, but avoid seeing their posts.

## What's the positive side of Instagram? Its simplicity.

If your young person is:

- + highly artistic or musical
- + passionate about something like sports, activism or entrepreneurship
- + trustworthy, reasonable, not obsessed with social media

... then Instagram's simplicity may be a good fit for them.

TikTok, Twitter and SnapChat push young people to always be engaged. By contrast, Instagram is chill. Being “too into it” is uncool. No one will think you’ve died if you haven’t posted on Instagram in three days. The app’s privacy settings are lengthy, but fairly comprehensive.

## Be aware:

- + Instagram lets you “unsend” direct messages you’ve already sent to other people. Teens can hide inappropriate messages from adults very easily.
- + You won’t find this in any official social media safety books, but two behaviors to avoid are begging for followers or threatening to remove a picture if it doesn’t gather enough likes. By themselves, these behaviors aren’t inherently dangerous, but they’re just... sad. Don’t beg people to like you. Be yourself. Be proud. Be fun. Focus on making the world a better place and the followers will come.

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*Privacy Settings for:*

# TikTok

As of March 13, 2020

1. Open TikTok and access your profile by tapping “Me” in the lower-right corner.
2. Access your settings by tapping the **three dots** in the upper right corner.
3. Explore 3 settings: MANAGE YOUR ACCOUNT, PRIVACY & SAFETY and DIGITAL WELLBEING.

**Tap 3 Dots and Tap “Manage Your Account:”**

4. Has anyone else logged into your TikTok account? Has your student logged into it from another person’s phone when they weren’t supposed to be using it? Find out by tapping “Manage Your Account” and “Manage Devices.” TikTok will show you a list of all devices using your TikTok account. You can log out of any that don’t look familiar.

**Tap 3 Dots and Tap “Privacy & Safety:”**

5. Turn “Private Account” ON.
6. Turn “Allow Others to Find Me” OFF (if your student proves to be a safe TikTok user, then you may choose to allow this later).
7. Turn “Personalize Ad Data” OFF (because it’s creepy).
8. You’ll see a list of “Who” questions (ex: Who can post comments). Switch all of these to Friends Only.
9. Turn “Who Can View Videos I Liked” to ONLY ME (if your student proves to be a safe TikTok user, then you may choose to allow this later).
10. Tap “Comment Filters.” Turn everything on. This filters ONLY the comments on your student’s videos. Under “filter keywords,” you can block any specific words that would hurt your child, such as a version of their name that they don’t like to be called (I’m Chet, not Charles!) or a religious / ethnic / orientation slur.

**11. IMPORTANT: Turn “Allow Download” OFF.**

**Tap 3 Dots and Tap “Digital Wellbeing:”**

12. Turn “Restricted Mode” ON. This blocks some inappropriate videos, but does not block those with explicit language.
13. **Optional:** Turn “Screen Time Management” ON. This limits the app to 120, 80, 60 or 40 minutes of use per day.

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*Overview of:*

# TikTok

*As of March 13, 2020*

## TikTok Terminology:

1. “**Follow me on TikTok**” = become friends. “Add” is for SnapChat & Facebook.
2. “**Duet**” = you and a friend each make videos, then TikTok merges them into one.
3. “**Hearts**” = likes.

## What's the positive side of TikTok? The work ethic!

If your young person is:

- + very body-conscious for their age
- + highly artistic or musical
- + a social butterfly and genuinely supportive friend

... then TikTok may be a better fit for them vs. SnapChat & Instagram.

Twitter, Instagram and SnapChat value selfies over everything else. By contrast, TikTok is 100% videos. In studies comparing photos and videos, teens tended to feel worse about themselves after looking at filtered photos, but felt better about themselves after watching videos. Why? A photo captures one perfect millisecond, while a video tells a story over time. That's why TikTok is a great fit for teens who are very body-conscious – TikTok's focus is what you can do, not what you look like.

TikTok also requires **hard work**. You can take a SnapChat pic in two seconds, but those 15-second TikTok videos often involve strategy, rehearsal and editing! You learn the lyrics, plan your dances, coordinate your outfits and show real talents like acrobatics, parkour, singing, musical instruments & choreography. Let that creativity shine!

## Be aware:

- + If you don't let TikTok have your phone number, then you can't direct message anyone. This is fantastic! It protects new TikTok users from the dangers of DMs. Once parents and students are comfortable with the app, you can always add the ability to DM later.
- + TikTok's audience is primarily 9-14 years old. Block any random adult trying to follow you – especially if they claim to be casting a music video!

- + Talk with your student about the explicit language used in most TikTok videos. Let them know what types of songs & clips they're allowed to post. Encourage them to make their own!

