

SOCIAL MEDIA
AWARENESS
RESOURCE GUIDE

10 APPS EVERY PARENT/TEACHER SHOULD KNOW ABOUT

INSTAGRAM - <https://www.instagram.com>

SNAP CHAT - <https://www.snapchat.com>

YOUTUBE - <https://www.youtube.com>

OMEGLE - <https://www.omegle.com>

TINDER - <https://www.gotinder.com>

ASK.FM - <https://ask.fm>

WHISPER - <http://whisper.sh>

WHATSAPP - <https://www.whatsapp.com>

YUBO - <https://yellw.co>

KIK - <https://www.kik.com>

WHAT TO LOOK FOR...

IPHONE QUICK TIPS

All App Downloads

- Go to Settings > [Your Child's Name] > iTunes & App Store
- Tap your child's Apple ID & then View Apple ID > Apple ID password.
- Scroll to and tap Purchase History, you'll see recent downloads.
- For full download history, tap Last 90 Days, you can see all apps downloaded by month and year

Last App Used

Did your child just shut down an app really quickly?

- On an (unlocked) iPhone, double-tap the Home button (or swipe up from the bottom on iPhone X) and you can see what apps have most recently been in use

Apps Most Used

- Go to Settings > Battery and scroll down to see which ones are the battery hogs.
- You can check usage over the last 24 hours and the last 7 days

Apps Using Camera

- Settings -> Privacy -> Camera to see which apps have used the camera.
- This will reveal any camera apps disguised as something else

Finding Hidden Apps

- Calculator apps - or other apps that claim to fulfill basic functions typical of decoy apps - shouldn't require over 100MB or so.

WHAT TO LOOK FOR...

ANDROID QUICK TIPS

All App Downloads

- Go to Google Play Store App, select Menu > Account > Order History

Last App Used

Did your child just shut down an app really quickly?

- Settings > More > Application Manager or, for some phones, go to Settings > Apps & Notifications
- Or, you can dial the following sequence on the phone's dial pad: `*##4636##` You'll see a screen that says 'Testing'.
- Select Usage Statistics and you'll see a list of every app, when it was last used, and how long it's been used.

Apps Most Used

- Settings > Battery > and check App usage since full charge

Apps Using Camera

- Settings > Apps > Choose App.
- Scroll down > tap Permissions.
- View list, if Camera is listed, app can use camera. If toggle switch is blue, it is currently being used.

Behavior Signs:

- Regularly hiding the screen from onlookers
- A sudden change in mood or personality
- Spending more and more time online
- Unwillingness to share social media usernames and passwords
- Unwillingness to talk about what they do online
- Disinterest in formerly enjoyable activities

MONITORING & AWARENESS TOOLS



www.meetcircle.com

Circle Home - \$99.99

Circle Go - \$4.99 per mth

Features available on

Circle Home and Circle Go:

- Time Limits
- Shutoff Times
- Scheduled Use Times
- Internet Filtering By Age
- Temporarily Disable Internet
- Monitor Usage
- User-Friendly Setup



OurPact

www.ourpact.com

OurPact Premium
\$6.99 per month
Up to 20 devices

Features Include:

- **Screen Time Scheduling**
- **Manual Blocks & Grants**
- **Individual App Rules**
- **SMS & iMessage Text Blocking**
- **Family Locator**
- **Geo-fencing Alerts**
- **Web Filtering**
- **User-Friendly Setup**



www.qustodio.com

**Premium Plan (5 Lines)-
\$54.95 per year**

Features Include:

- Internet Filtering
- Time Management
- Location Tracking
- Call Tracking and Blocking*
- 30 Day Usage Reporting
- Advanced Facebook
Monitoring
- Games & Apps Blocking
- Panic Button*
- Read and Block SMS*

* Android Phones Only



family.norton.com

**Family Protection Pass
(5 Lines) - \$59.99 per year**

Features Include:

- Internet Filtering
- Time Supervision*
- Search Supervision
- Video Supervision
- Mobile App Supervision*
- Text Message Supervision*
- Location Supervision
- Instant Lock
- Blocked Site Email Alerts
- Access Request Messaging

* Android Phones Only



Uknowkids.com

www.uknowkids.com

Android: \$15/month or \$140/yr

iPhone: \$15/month or \$140/yr + \$50 setup

Android Features:

- All Text Messages
- All Phone Calls/Contacts
- Web History
- Installed Apps
- Photos
- GPS Location
- Text Slang Translation
- FB Monitoring
- Instagram Monitoring
- Twitter Monitoring
- Fake SM Profile Alert
- Email Word Alerts
- Family Locator Map

iPhone Features:

- All Text Messages
- All Phone Calls/Contacts
- FT, WhatsApp, Skype
- Installed Apps
- Photos & Videos
- GPS Location
- FB Monitoring
- Instagram Monitoring
- Twitter Monitoring
- Fake SM Profile Alert
- Email Word Alerts
- Family Locator Map



www.teensafe.com

Unlimited Devices
\$14.95 per month

Features Include:

- **View Sent, Received and Deleted SMS & iMessages**
- **Sent & Received Phone Call Logs**
- **Device Location & Location History**
- **Web Browsing History, Bookmarks & Contacts**
- **Messages Sent Via WhatsApp & Kik Messenger**



www.mspy.com

Unlimited Target Device Changes
\$29.99/month or \$199.99/year

Android Features:

- **12 App Chat Monitoring**
- **GPS Location/Geo-Fencing**
- **View All Text Messages**
- **Phone Call Monitoring**
- **View & Block Contact List**
- **View All Emails**
- **Web Browser History**
- **Calendar Activities**
- **Device Wipeout**
- **Incoming Call Blocking**
- **Photos & Videos**
- **Wifi & Email Keyword Alerts**

iPhone Features:

- **Phone Call Monitoring**
- **View Full Contact List**
- **Sent/Received Text Messages**
- **Skype, WhatsApp Chats**
- **Web Browsing History**
- **Calendar Events**
- **Notes**



www.webwatcher.com

Unlimited Devices
\$14.95 per month

Android Features:

- View All Texts
- Photos
- Website History
- Call Log History
- GPS Location
- Instagram Monitoring
- FB Messenger Monitoring
- WhatsApp Monitoring
- Kik Monitoring
- Viber Monitoring
- Snapchat Monitoring

iPhone Features:

- View All Texts
- Photos
- Website History
- Call Log History
- GPS Location
- Tinder Monitoring
- WhatsApp Monitoring
- Kik Monitoring
- Viber Monitoring



www.xnsPY.com

\$149.99 per year/per device

Android Features:

- Call & Contact History
- Watchlist Contacts
- All In & Out Text Messages
- Watchlist for Text Messages
- 9 App Chat Monitoring
- Calendar Events
- Web History & Bookmarks
- All Photos & Videos
- Record Surroundings
- KeyLogger
- Remote Screenshots
- Location/GeoFencing

iPhone Features:

- Call History
- Watchlist Contacts
- All In & Out Text Messages
- Watchlist for Text Messages
- WhatsApp Chats
- View All Contacts
- Watchlist Contacts
- Calendar Events
- Web History & Bookmarks



www.spyzie.com

Android: \$99.99 per year
iPhone: \$39.99 per month

Android Features:

- Call & Contact Logs
- Text Messages
- GPS Location
- Geofencing
- Wifi Alerts
- Calendar Events
- Browser History
- Photos & Videos
- Email
- Voice Memos
- Keylogger
- 12 App Monitoring
- Keyword Alert

iPhone Features:

- Call Logs
- Text Messages
- iMessages
- WhatsApp
- Contacts
- Apps
- Calendar Events
- Reminders
- Notes
- Browser History
- 3rd Party App Photos
- 3rd Party App Videos
- Voice Memos
- Location History

**THIS RESOURCE GUIDE
WILL BE UPDATED
PERIODICALLY**

**For additional
information or
any questions,
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