

# Apps your children may have on their phone and what do they do...

Some of these apps are free and some at a cost....new apps are constantly being developed and advertised and shared with children.



**Ask.fm** A global social networking site where users create profiles and can send each other questions, with the option of doing so anonymously.



**Burnbook** Inspired by the 2004 movie "Mean Girls," was created as a social media app where high school and college students could leave anonymous posts, without having to create accounts or user names.



**Calculator** At first glance, the icon looks like a run-of-the-mill calculator, but when you open it and type in the correct passcode, it will open a treasure trove of hidden pictures and files that don't appear anywhere else on your device.



**Cyber Dust** Allow users to send messages that disappear on both the sender and recipient's phones after a certain period of time.



**Down** This app, which used to be called "Bang with Friends," connects using Facebook. Down users pick Facebook friends to whom they think are "hot" and if the friend is attracted to them the app lets them know they are both "down to bang."



**Facebook** Free social networking website that allows registered users to create profiles, upload photos and videos, send messages and keep in touch with friends, family and colleagues.



**Facefeed** An app that allows you to share photos and short messages with people.



**Fess** This app lets you post anonymously to your high school. Only students can make anonymous posts.



**Hot or Not** The purpose of the app 'Hot or Not' is to rate pictures of other people. When you rate somebody as hot, and they rate you as hot, then you become connections. When you're connected, you get to chat with each other. Users also receive a hotness rating out of 10 based on the number of people who rate you as hot, vs. those who don't.



**Houseparty** is a video chatting app that's pretty open. Friends can communicate with each other through live video and texts in chat groups. There's no screening and the video is live, so there's nothing to keep kids from inappropriate content. Users can send links via chat and even take screenshots. There's also nothing keeping friends of friends joining groups where they may only know one person.



**Instagram** Online mobile photo-sharing, video-sharing and social networking service that enables its users to take pictures and videos, and share them on a variety of social networking platforms.



**Jailbreak Programs and Icon-Hiding Apps** "Jailbreaking" an iPhone or "rooting" an Android phone basically means hacking your own device to lift restrictions on allowable applications — meaning, the user can then download third-party apps not sold in the App Store or Google Play store (read: sometimes sketchy apps). Cydia is a popular application for jailbroken phones, and it's a gateway to other apps called Poof and SBSettings — which are icon-hiding apps. These apps are supposedly intended to help users clear the clutter from their screens, but some young people are using them to hide questionable apps and violent games from their parents. **Be aware of what the Cydia app icons look like so you know if you're getting a complete picture of your teen's app use.**



**Kik** An instant messaging application for mobile devices. Kik also allows users to share photos, sketches, mobile webpages, and other content. Kik Messenger requires users to register a username.



**Look** is a free video messaging app. Users can send video (of course), text, emojis and gifs. They can also draw on and use filters on their videos. With Look, strangers can message kids pretty easily, and because there are no content filters, kids can come across inappropriate content. Users have reported cyberbullying activity and have found it difficult to delete their accounts.



**MeerKat and YouNow** (18+) Allows individuals to live stream right from phones and record themselves.



**Meet Me** A free app to meet new people and chat!



**Omegle** Encourages people (kids) to talk to strangers. Kids are able to connect Omegle to their Facebook account to find chat partners with similar interests. When an individual selects this feature, an Omegle Facebook App will receive their Facebook "likes" and match them with a stranger with similar likes.



**Periscope** Allows kids to live stream right from their phone. When you hit the record button, anyone that uses this app can watch the person live.



**Secret** Allows people to share messages anonymously within their circle of friends, friends of friends, and publicly.



**Snapchat** A photo messaging application where users can take photos, record videos, add text and drawings, and send them to a controlled list of recipients. These sent photographs and videos are known as "Snaps." Users set a time limit for how long recipients can view their Snaps (as of April 2014, the range is from 1 to 10 seconds), after which they will be hidden from the recipient's device and deleted from Snapchat's servers.

**StreetChat** (Formerly called Gaggle) a free, live, anonymous, photo-messaging board for schools and colleges. Individuals can post whatever they want and anyone within a two mile radius can see it. Known for gossip and bullying behaviors.



**Swipe** Allow users to send messages that disappear on both the sender and recipient's phones after a certain period of time.



**Tagged** Mature (17 and up), Meet new friends, flirt and play dating games.



**Tango** Makes free voice and video calls. You can send free text messages and share photos, videos, and status updates. Swipe profile cards or join a trending conversation to make new friends.



**Tinder's** developers describe the app as "the fun way to connect with new and interesting people around you." But it's mainly used as a dating tool or an anonymous hook-up (read: one-night stand) locator by 20-somethings, college students, and even younger teens and tweens. (Yikes!) The app is rated ages 17+ but Tinder's privacy policy allows teens as young as 13 to register (the app connects with Facebook — which is also technically for ages 13+ — to pull in photos for users' Tinder profiles). Tinder helps people find others in their geographic location and allows users to view each others' photos and start instant messaging once both people have "liked" one another. The geo-location features and anonymous nature of the app put kids at risk for catfishing, sexual harassment, stalking, and worse.



**Tumblr** A microblogging platform and social networking website that allows users to post multimedia and other content to a short-form blog. Users can follow other users' blogs, as well as make their blogs private.



**Twitter** An online social networking service that enables users to send and read short 140-character messages called "tweets." Registered users can read and post tweets, but unregistered users can only read them.



**uMentioned** Where students can post gossip about their school (spread rumors too). Mature material, profanity and drug use references are mentioned.



**VaporChat** Allow users to send messages that disappear on both the sender and recipient's phones after a certain period of time.



**Vine** A short-form video sharing service. The service lets users record and edit five to six-second-long looping video clips and rewine, or share others' posts with followers. Some Vines are revined automatically and are shared on other social media platforms.



**Viber** is a free cross-platform instant messaging app used on smartphones. Send texts, pictures, voice messages, contacts, locations, links, stickers, emotions and more to your friends and family. Create groups and "like" each other's texts and follow Public Chats, forward and share information on social platform.



**Voxer** A walkie talkie app that allows users to share short messages that make the experience similar to chatting back and forth on a walkie-talkie. Images and texts can also be shared. Users can chat one on one or in groups. The app shares the users current location by default which can put kids at risk.



**VSCO** is a photo creation app that gives users the tools to shoot, edit and post images to a profile, kind of like Instagram. However, you should know that you have to manually turn on privacy settings and limit location sharing. There are also in-app purchases for more serious photo editing tools that could cost you some serious money if your kid decides to download them.



**WhatsApp** An instant messaging app for smartphones that operates under a subscription business model. The proprietary, cross-platform app uses the Internet to send text messages, images, video, user location and audio media messages.



**Whisper** Free app which allows users to send messages anonymously, and to receive replies. Users post messages which are displayed as text superimposed over an image, similar to greeting cards.



**Wishbone** is a survey app asking teens to choose between two various things. Teens use this app to compare each other and rate them on a scale.



**Yik Yak** Anonymous social media app. It allows people anonymously to create and view "Yaks" within a 10 mile radius. It is intended for sharing primarily with those in close proximity to the user, potentially making it more intimate and relevant for people reading the posts. All users have the ability to contribute to the stream by writing, responding, and liking or disliking yaks.



**YouTube** A video-sharing website that allows users to upload, view, and share videos, and it makes use of Adobe Flash Video and HTML5 technology to display a wide variety of user-generated video.



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# BE A HERO



The end of bullying will begin with me!

# STOP BULLYING

**EDUCATORS and PARENTS:** When adults respond quickly and consistently to bullying behavior they send the message that it is not acceptable. Research shows this can stop bullying behavior over time. There are simple steps adults can take to stop bullying on the spot and keep kids safe.

**DO**

- ...listen and ask questions.
- ...intervene immediately. Get another adult to help, if needed.
- ...separate the kids involved, make sure everyone is safe.
- ...meet any immediate medical or mental health needs.
- ...stay calm. Reassure the kids involved, including bystanders.
- ...model respectful behavior when you intervene.

**DON'T**

- ...ignore it. Kids can't always work it out without an adult.
- ...immediately try to sort out the facts.
- ...force other kids to say publicly what they saw.
- ...question the children involved in front of other kids.
- ...talk to the kids involved together, only separately.
- ...force the kids to apologize or patch things up on the spot.

Are You Ready To Make A Difference?



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SOURCE: stopbullying.gov

# BE A HERO



The end of bullying will begin with me!

# STOP BULLYING

**CHILDREN:** Most kids have been teased by a sibling or a friend at some point. And it's not usually harmful when done in a playful, friendly, and mutual way, and both kids find it funny. But when teasing becomes hurtful, unkind, and constant, it crosses the line into bullying and needs to stop. There are simple steps children can take to stop bullying on the spot and keep yourself safe.

**DO**

- ...tell an adult if you are being bullied.
- ...stand up for yourself, by speaking up.
- ...tell your bully how he/she makes you feel and do it publicly.
- ...be kind to others. Treat people how you'd like to be treated.
- ...your part to stop bullying.

**DON'T**

- ...keep your feelings bottled up.
- ...tease and/or fight others.
- ...be judgmental.
- ...say mean or hurtful thing to anyone.
- ...be a bystander. Stand up for someone who may be getting bullied.

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# bullying definition...

The definition of bullying may vary from source to source; however, it can be agreed that bullying is when the behavior intentionally hurts, harms, or humiliates another person physically or emotionally.

**Bullying is an imbalance of power between the aggressor and target.**

In certain situations where teasing or a mean behavior occurs, this may affect one person more while another person experiencing the same situation may be unbothered by it. Therefore, this behavior can be perceived differently by individuals. There are many different types of bullying and it's important to know when to differentiate between actual bullying or just an unkind behavior.

## Bullying

Bullying is unwanted, aggressive behavior among school aged children and adults that involves a real or perceived power imbalance, causes harm to others, and is intentional. The behavior is repeated, or has the potential to be repeated, over time. If not managed, the aggressor and the target may have more serious and lasting problems in the future.

### Types of bullying:

- Verbal bullying includes teasing, name-calling, taunting, threatening
- Social bullying includes leaving someone out on purpose, telling other children not to be friends with someone, spreading rumors about someone, embarrassing someone in public
- Physical bullying includes hitting/kicking/pinching, tripping/pushing, taking or breaking someone's things
- Cyber bullying includes sending a mean/inappropriate message or harmful content through text, email, and/ or social media
- Sexual bullying occurs when an individual or a group of individuals harass others through comments and actions that are sexual in nature. It can occur online or in person.
- Emotional bullying is saying or doing something to hurt ones' feelings (e.g., cruel teasing, talking viciously about people behind their backs, spreading humiliating rumors, and excluding kids from group activities).

## Difference between Bullying and Harassment

Bullying and harassment are often used interchangeably when talking about hurtful or harmful behavior. They are very similar, but in terms of definition, there is an important difference.

### Bullying and harassment are similar, as they are both about:

- power and control
- actions that hurt or harm another person, physically or emotionally
- an imbalance of power between the target and the individual demonstrating the negative behavior, the aggressor
- the target having difficulty stopping the action directed at them

The distinction between bullying and harassment is when the bullying behavior directed at the target is also based on a protected class, that behavior is then defined as harassment. It can include unwelcome conduct such as verbal abuse, graphic or written statements, threats, physical assault, or other conduct that is threatening or humiliating.

Protected classes include: race, color, religion, sex, age, disability and national origin.



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## What is NOT bullying?

Kids, especially young kids, are still learning how to get along with others. But what many people do not realize is that not every unkind thing kids do constitutes bullying. Bullying may involve pushing, shoving, and calling people names. Aggressors also might engage in cyber bullying, relational aggression and countless other types of bullying. Children need parents, teachers and other adults to model kindness, conflict resolution, inclusion and responsibility. They may occasionally do or say something that is hurtful. And while it is important to address the behavior, it is inappropriate to label them a bully. Instead, try to distinguish between hurtful or unkind behavior, teasing, and bullying behavior.

### Here are some unkind behaviors that may get labeled as bullying when in reality they shouldn't:

#### 1. Expressing Negative Thoughts and Feelings *Is Not Bullying*

Children are often open and honest with their thoughts and feelings and they may not think about the consequences after saying certain remarks. These unkind remarks may not always be bullying and usually come from a place of innocence. It is important for adults to give children the tools on how to ask questions or say things in a way that isn't offensive. Children on the receiving end of these remarks also should be taught to communicate their hurt feelings effectively and in an assertive manner when someone is unkind.

#### 2. Being Left Out *Is Not Always Bullying*

It's natural for a child to have a close group of friends, but unrealistic to be friends with every peer they know. Some children may get invited to a birthday party, while others may not. It's important to let children know that at times this happens, and there may be moments where they too won't include everyone in regards to a birthday or play date. However, exclusion is different, particularly because that is when a person is intentionally causing harm by leaving the other person out. If exclusion occurs, that is considered bullying.

#### 3. Experiencing Conflict *Is Not Bullying*

Kids may have disagreements at times and dealing with conflict is a normal part of growing up. If a fight or disagreement happens between friends, it is not considered bullying. It is important for children to know when a disagreement is happening and to handle it in a peaceful and respectful manner.

#### 4. Good-Natured Teasing *Is Not Bullying*

Kids at times may get teased by siblings or friends, or mutually make fun of each other in a friendly manner. It is not bullying when both kids find it funny and there is no conscious effort to hurt another person. Teasing can become bullying when kids make demeaning comments, engage in name-calling, spread unsavory rumors and/or make threats.

#### 5. Not Playing Fair *Is Not Bullying*

Wanting games to be played a certain way is not considered bullying. This behavior may come from being assertive or from selfishness. However, when a child begins to consistently threaten or physically hurt other kids, then that can transform into bullying. At that point, a child has crossed the line of selfishness to having total power and control in the relationship. It's key to let children know if they have friends who behave in a controlling manner to let them know that things can be tried their way; however, it's important to try other ways of doing things as well.

## Conclusion

If you sense or know that your child is a target of bullying, it's important to communicate with them and take action right away. Have open conversations with them on the situation and always let them know that what they are experiencing is not ok and not their fault. Keep a written record of all bullying incidents as reported by your child and report them immediately to their school or local authorities, when appropriate. Building positive relationships between the school, parents, and students will ensure that a plan and time line of action can be quickly set in place to prevent further bullying.

References - [antibullyinginstitute.org](http://antibullyinginstitute.org), [pacer.org](http://pacer.org), [stopbullying.gov](http://stopbullying.gov), [verywellfamily.com](http://verywellfamily.com)



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