



# Candy Gibbs

## Stats for Pre-teens & Teens' Technology Use

- 91% of Gen Z use YouTube  
<https://blog.ryan-jenkins.com/how-generation-z-uses-technology-and-social-media>
- 88% of students surveyed use Instagram and Snapchat
- 81% of students surveyed use Facebook
- 51% of students surveyed said they use Snapchat more than 11 times per day
- 90% of Snapchat users surveyed said they enjoy the Geo-Filters
- 50% of Snapchat users surveyed said they'd feel disconnected from friends if not for Snapchat
- 25% of Snapchat users surveyed said indicated Snapchat is essential to their relationships  
[www.socialmediaweek.org/blog/2017/04/stats-gen-z-social-mobile/](http://www.socialmediaweek.org/blog/2017/04/stats-gen-z-social-mobile/)
- 72 % of college students view porn— 93 percent of males and 62 percent of females — had seen porn before they turned 18, and another study found that 87 percent of college-aged men and 31 percent of college-aged women reported using pornography. [www.deseretnews.com/article/865646668/Addiction-label-may-delay-teens-recovery-from-online-porn.html](http://www.deseretnews.com/article/865646668/Addiction-label-may-delay-teens-recovery-from-online-porn.html)
- In 2016 alone, Pornhub got 23 BILLION visits. That's 729 people a second, or 64 million a day—nearly equal to the population of the United Kingdom. Enough porn was watched in 2016 on this one website that all the data would fill 194,000,000 USB sticks. Last year alone, 91,980,225,000 videos were watched on Pornhub. That's 12.5 videos for every person on the planet.
- According to research by security technology company Bitdefender, kids under the age of 10 now account for 22% of online porn consumption among the under 18 age.
- 75% of girls with low self-esteem reported engaging in negative activities like cutting, bullying, smoking, drinking, or disordered eating.
- About 20% of teens will experience depression before they reach adulthood.
- 7 in 10 girls believe that they are not good enough or don't measure up in some way, including their looks, performance in school and relationships with friends and family members.  
<https://www.dosomething.org/us/facts/11-facts-about-teens-and-self-esteem>
- Teens who spend five or more hours per day on their devices are 71 percent more likely to have one risk factor for suicide. [www.npr.org/2017/12/17/571443683/the-call-in-teens-and-depression](http://www.npr.org/2017/12/17/571443683/the-call-in-teens-and-depression)
- 16% use parental controls to restrict their teen's use of his or her cellphone.
- 16% use monitoring tools on their teen's cellphone to track their location. [www.pewresearch.org/](http://www.pewresearch.org/)
- 70% of children 7 to 18 years old have accidentally encountered online pornography, often through a web search while doing homework.
- 90% of children ages 8-16 have seen online pornography.
- Law enforcement officials estimate that more than 50,000 sexual predators are online at any given moment.
- 1 in 5 youth ages 10 to 17 received a sexual solicitation or were approached online.

Check out [www.commonsensemedia.org](http://www.commonsensemedia.org) for reviews of apps, movies, gaming sites, and more. Go to [www.covenanteyes.com](http://www.covenanteyes.com) for free resources and info on protecting your family on the internet.

# Filtering & Monitoring

## Great sites with general technology safety:

- [www.connectsafely.org](http://www.connectsafely.org)

## Web-browsers that have parental protection and filtering:

- **Pinwheel** – Smartphone for kids without adult functions – no web browser, no social media, no app store. <https://www.pinwheel.com/>
- **K9 Web Protection Browser** By Blue Coat Systems, Inc.  
<http://itunes.apple.com/us/app/k9-web-protection-browser/id407657840?mt=8>
- **Mobicip Safe Browser with Parental Controls**. <https://itunes.apple.com/us/app/mobicip-safe-browser/id299153586?mt=8>

## Teen/Child-Specific Email Platforms:

- **ZillaMail** – is a free email service with built-in safety features that allow parents to set up "Buddy Lists" for their kids and filter out profanity or other specific phrases (such as a home address). There is no spam, so no risk of kids getting or sending emails to unknown sources. Parents also have the option to receive a blind carbon copy (bcc) of all messages to their own account in order to track their child's activities. Additional features include customizable display screen "skins," such as music, sports, or slime For younger children, ZillaMail can read mail out loud, which is a great way to help early readers and those with reading challenges to access email. The site also includes access to a variety of games. <https://zilladog.com/>
- **KidsEmail**: KidsEmail is a comprehensive web-based email program that allows parents to choose between a white list (limiting use to a list of approved senders) and a blacklist (that blocks out specific unwanted senders). The site offers sophisticated filters and parent controls, such as time limits, parent blind carbon copies, and the ability to block out images and certain types of attachments. You're allowed up to four child emails per adult account. Differentiate between teen and child accounts, giving more freedom (while still providing age-appropriate protection) as kids grow up. Emails that fail the "safety rules" you set up go to an email queue that you can review. <https://www.kidsemail.org/index.php>
- **TocoMail** - Tocomail is a comprehensive email app, with free and paid options, likely to appeal to tweens and teens as much as parents. Parents can utilize all the safety features, such as managing contact lists, perusing unauthorized emails in the "Quarantine box," and filtering out profanity, kids will enjoy all the cool extras this site offers. Kids can create personalized avatars and customize their messages via the site's fun "drawing board." This feature includes postcards, stamps, and pens and brushes to create unique images and attachments. Account protections can also be customized for older or younger children, letting you balance the appropriate levels of freedom and screening needed for your child. <https://tocomail.com/>

## Programs that will allow you to see the phone calls and text messages your child is sending:

- <http://www.mobile-spy.com>
- <https://webwatcher.com/freetrial/3/index3.html> (This program provides both cell phone and pc monitoring and allows you to see: SMS & Texts including Deleted Texts, Photos (camera roll), Website History, Call Log History, GPS Location, Tinder, WhatsApp, Kik, Viber and App Usage.
- [www.wezift.com](http://www.wezift.com)
- [www.spyzie.com](http://www.spyzie.com)
- [www.connectsafely.org](http://www.connectsafely.org)
- [www.bark.us](http://www.bark.us) : Monitors text messages, YouTube, Emails, and over 30+ apps. It provides parental alerts for screen time and inappropriate sites and content. It also detects suspicious activity that might indicate online predators, sexting, cyberbullying, suicidal thoughts, drug use, adult content etc.

**Parent Controls:**

- Apple Devices: <http://netsecurity.about.com/od/frequentlyaskedquestions/a/How-To-Setup-Parental-Controls-On-An-Ipad-Ipod-Touch-Or-Iphone.htm>  
<http://www.commonsensemedia.org/blog/how-to-set-parental-controls-on-the-iphone>
- To disable Safari: Go to Settings/ General/Restrictions (Which should be turned on), enter your passcode, then simple turn off any apps you choose. Turn Safari off.
- Kindle/Kindle Fire: <http://www.amazon.com/gp/help/customer/display.html?nodeId=201239620>
- Netflix: <https://help.netflix.com/en/node/264>
- Android: <http://mamabearapp.com/parental-control-apps-android/>
- YouTube Parent Controls: <https://support.google.com/youtube/answer/174084?hl=en-GB>
- Amazon Echo Parental Controls: Set up OpenDNS on your home's router (this is necessary in order to filter web content, since the Echo doesn't have a content filter of its own, yet it obviously does connect to the Internet). You'll want to set up the parental controls in Amazon Prime following this video:  
<https://protectyoungeyes.com/content/amazon-echo-parental-controls/>

## Texting Slang & #Hashtags

ASL(RP)	Age Sex Location (Race/Picture)	PIR	Parents in room	#deb, "depression"
BF/GF	Boyfriend/Girlfriend	POS	Parent over shoulder	#sue, "suicide"
BRB	Be Right Back	PRON	Porn	#ana, "anorexic"
CD9	Code 9 – means parents are here	PRW	Parents are watching	#mia, "bulimia"
GNOC	Get naked on cam (webcam)	S2R	Send to receive (pictures)	#ednos, "eating disorder not otherwise specified"
GTG	Got to go	TDTM	Talk dirty to me	#thinsp, "thinspo" or "thinspiration"
IDK	I don't know	W/E	Whatever	#borderline, "borderline personality disorder"
MIRL	Meet in real life	WTF	What the f...	#svv, "selbstverletzendes verhalten" or self-harming behavior
LOL	Laugh out loud	GNRN	Get naked right now	#secretssociety123, community of people who engage in NSSH, or non-suicidal self harm
MorF	Male or Female	FMH	F....me harder	#420, "weed" or "pot," can also be represented by the maple leaf emoji, any leaf, tree, or pineapple emoji and the green check mark, as in "Yes, I have or can get some."
MOS	Mom over shoulder	IWS	I want sex	
NIFOC	Naked in front of computer	IIT	Is it tight?	
Noob	Newbie	Q2C	Quick to come	
NMU	Not much, you?	RUH	Are you horny?	
P911	Parent emergency	SorG	Straight or Gay	
PAW	Parents are watching	JO	J... off	
		YWS	You want sex	
		WYCM	Will you call me?	

## Dangerous App Trends

**Yik Yak:** The producers of this app call it "the anonymous social wall for anything and everything."

**Tinder:** dating tool or an anonymous hook-up

**Ask.fm:** linked to suicides.

**Kik Messenger:** Reviews in the App Store reveal that many use Kik to meet strangers for sexting and cyberbullying

**Snapchat:** Snapchat pics don't completely disappear, and users can take a screenshot before vanishing.

**Vine:** kids can find nudity, sex, drug use, offensive language, hardcore sexuality, and more

**Whisper:** This 17+ app's motto is: "Share Secrets, Express Yourself, Meet New People." An anonymous social network that lets users share secrets with strangers. Police say it also shows users' location so people can meet up.

**Tumblr:** easily access pornographic, violent, and inappropriate content.

**Instagram:** connecting with people they don't know well or at all.

**Jailbreak Programs and Icon-Hiding Apps:** 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

**Chatroulette:** Log into the site and people are randomly connected with another person logged into the site.

**Poof:** by Cydia. With one touch, Poof makes apps disappear before parents' prying eyes.

**After School App:** The entire app revolves around anonymous and private message boards for any given school.

**Minecraft:** Minecraft has a sex mode (also called "sexcraft") that can be accessed in the game app.

**BeeTalk:** that kids use to get around a parent who checks their text messages.

**Spotafriend:** Basically like Tinder for teens.

**Flinch:** screenshots of your child's face and a live video link to your child's location.

**WhatsApp:** Does not require password, provides no limit on adult content, frequently used by online predators.

**TikTok-** Formerly known as "Music.ly", this app can be fun and used innocently, however, it is not difficult to find videos that contain swearing and sexually charged lyrics or women wearing revealing clothing.

**Calculator Vault Apps-** It looks like a calculator and even functions as such, but plug in a passcode, and you'll gain access to hidden photos and videos. Many of these apps are free to download, and some allow the entire vault to be uploaded to cloud storage that can be accessed even after the app is deleted.

**MeetMe:** A dating social media app that connects people based on location. Users are encouraged to meet in person.

**Bumble:** Similar to Tinder, but requires women to make the first contact. Law enforcement says kids and teens can create fake accounts and falsify their age.

**Live.Me:** A live-streaming app that uses geolocation to share videos. The sheriff's office said users can earn "coins" to "pay" minors for photos.

**Grindr:** A dating app geared toward the LGBTQ community based on user location.

**Holla:** This self-proclaimed "addicting" video chat app lets users meet people in seconds. Law enforcement said users have seen racial slurs and explicit content.

**Skout:** A location-based dating app that is supposed to prohibit people under 17 from sharing private photos. However, police say kids can easily create an account with a different age.

**Badoo:** A dating and social media app where users can chat and share photos and videos based on location. Police say the app is supposed to be for adults only, but they've seen teens create accounts.

**Hot or Not:** The app lets users rate profiles, check out people in their area and chat with strangers. Police say the goal of the app is to hook up.

**Unlock Device:** If your phone is in the lock position, you can pull down your setting options in the top right corner. If you press all 4 of the top left buttons quickly, then press the calculator button, turn your phone horizontal and swipe up – the phone will unlock without a passcode. Your child can do this on anyone's device.

**Bumble:** A dating app that requires women to make the first contact. Law enforcement says "kids have been known to use Bumble to create fake accounts and falsify their age."

More info & resources at:

**WWW. CANDYGIBBS.COM**