

Creating Responsible Kids on Smartphones














SHAPE the Sky

Ryan Klingensmith, LPC, NCC, MA

www.ShapeTheSky.org

connect@ShapeTheSky.org

App Cheat Sheet

	<i>App Logo / Name</i>	<i>App Description</i>	<i>App Exchange Rating</i>
PHOTO / VIDEO SHARING	 Instagram	Photo/video social network that enables sharing content on multiple platforms.	"You must be at least 12 years old to download this app. Infrequent/Mild Mature/Suggestive Themes, Sexual Content and Nudity, Profanity or Crude Humor and Alcohol, Tobacco, or Drug Use/References"
	 TikTok Including Musical.ly	"We make it easy for you to watch awesome short videos and make your own."	"Age Rating 12+ Profanity, Alcohol, Tobacco, Drug Use References. Mild Sexual Content and Nudity, Mild Mature/Suggestive Themes, Mild Cartoon or Fantasy Violence"
LOCATION BASED "GOSSIP"	 Whisper	App allowing users to post and comment on image based messages anonymously.	"You must be at least 17 years old to download this app. Infrequent/Mild Profanity or Crude Humor, Alcohol, Tobacco, or Drug Use/References and Mature/Suggestive Themes."
	 After School	After School is location based and organized to school districts. You join your school group and have to verify through Facebook.	"You must be at least 17 years old to download this app. Frequent/Intense Mature/Suggestive Themes Infrequent/Mild Alcohol, Tobacco, Drug Use or References Infrequent/Mild Sexual Content and Nudity Infrequent/Mild Profanity or Crude Humor"
LIVE STREAMING APPS *Facebook, Instagram & YouTube also have live stream functions.	 Younow	Platform for live video broadcasting.	"You must be at least 12 years old to download this app. Infrequent/Mild Mature/Suggestive Themes, Alcohol, Tobacco, or Drug Use/References, Realistic Violence and Profanity or Crude Humor"
	 Live.Me	"Meet fun and awesome girls or guys and get followers from nearby or all over the world by broadcasting or watching live stream. Have interacting with fans in groups and getting or sending gifts. Enjoy and share your moments and memories."	"You must be at least 17 years old to download this app. Infrequent/Mild profanity or crude humor, alcohol, tobacco or drug use or references. Frequent/Intense mature/suggestive themes Infrequent/Mild realistic violence"
MAKING "CONNECTIONS"	 Grindr	Social network app exclusively for gay, bi and curious men.	"You must be at least 17 years old to download this app. Frequent/Intense Mature/Suggestive Themes Infrequent/Mild Sexual Content and Nudity"
	 Tinder	Location based dating application.	"You must be at least 17 years old to download this app. Infrequent/Mild Profanity or Crude Humor and Sexual Content/Nudity Frequent/Intense Mature/Suggestive Themes"
	 Bumble	Location based dating application.	"You must be at least 17 years old to download this app. Infrequent/Mild Profanity or Crude Humor and Sexual Content/Nudity Frequent/Intense Mature/Suggestive Themes"
	 Feeld	Location based dating application.	"You must be at least 17 years old to download this app. Infrequent/Mild Profanity or Crude Humor and Sexual Content/Nudity and Cartoon or Fantasy Violence Frequent/Intense Mature/Suggestive Themes"
PHOTO HIDING	 Secret Calculator	Secret passcode turns into a private storage app which can hide photos. Has some web search capabilities.	17+ for "Unrestricted Web Access"



Find us on Facebook & Instagram! #shapethesky

© 2018 Shape the Sky, LLC.













Creating Responsible Kids on Smartphones



SHAPE the Sky

Ryan Klingensmith, LPC, NCC, MA
www.ShapeTheSky.org
connect@ShapeTheSky.org

App Cheat Sheet

	App Logo / Name	App Description	App Exchange Rating
VIDEO CHATTING	 Badoo	"Looking to meet somebody new? Whether you want to date, make new friends or just casually chat - the right person for you is waiting on Badoo."	"You must be at least 17 years old to download this app. Frequent/Intense Mature/Suggestive Themes Infrequent/Mild Sexual Content and Nudity"
	 Monkey	"How to meet new people on Monkey: Accept a video chat. Talk for 15 seconds. If you are both feeling a vibe, add time. If the vibe feeling isn't mutual, don't. Repeat with someone new."	"You must be at least 17 years old to download this app. Frequent/Intense Mature/Suggestive Themes. Infrequent/Mild Sexual Content and Nudity. Infrequent/Mild Profanity or Crude Humor"
	 Omegle	Android Only Random "Stranger" Interactions Free online chat website allow users to communicate randomly, anonymously and without registration.	"You must be at least 17 years old to download this app. Frequent/Intense Alcohol, Tobacco, or Drug Use or References and Mature/Suggestive Themes Infrequent/Mild Sexual Content or Nudity and Profanity or Crude Humor"
INSTANT MESSAGING	 Snapchat	Send pictures, messages, filters and post stories	"You must be at least 12 years old to download this app. Infrequent/Mild Alcohol, Tobacco, or Drug Use/References, Mature/Suggestive Themes, Profanity or Crude Humor and Sexual Content/Nudity"
	 Confide	"Messages are end-to-end encrypted. Messages disappear forever once they are read. Screenshot-proof messages with our patent-pending ScreenShield technology. Send text, photos, videos, documents and voice messages. 1-to-1 and group messaging."	"Rated 4+"
	 Jott Message	"Never miss out on what's going on with your school. Join a school and automatically be connected to all your friends and classmates. Jott is the only place that instantly connects you with all your friends."	"Rated 4+"
	 Cover Me	"Private texts & calls without records on the phone bill! A burner phone number to safeguard your primary number. Send self-destructing messages. Hide secret text messages and private files from prying eyes."	"Rated 4+"
	 Kik	Free, instant messaging application to share digital content: texts, pictures and videos. Also has apps built in that mimic other apps such as Snapchat.	"You must be at least 17 years old to download this app. Infrequent/Mild Sexual Content and Nudity Frequent/Intense Mature/Suggestive Themes"
SPOOF TEXTING	 Fake Text Messages	"This app is for entertainment purposes only. Super simple and easy to create a fake text wallpaper."	Age rating 4+
	 Text Burner	Text Burner provides phone numbers for texting	Age rating 4+
INTEREST SHARING	 Ask.fm	Social networking site allowing profiles to be created and sending anonymous messages.	"You must be at least 12 years old to download this app. Infrequent/Mild Cartoon or Fantasy Violence, Profanity or Crude Humor, Alcohol, Tobacco, or Drug Use/ References, Mature/Suggestive Themes and Sexual Content or Nudity"
IMAGE BLOGS	 Tumblr	Image Blog for sharing pics, gifs, videos, questions, thoughts, quotes, etc.	"You must be at least 17 years old to download this app. Frequent/Intense Sexual Content or Nudity Unrestricted Web Access"



Find us on Facebook & Instagram! #shapethesky

© 2018 Shape the Sky, LLC.

Creating Responsible Kids on Smartphones



SHAPE the Sky

Ryan Klingensmith, LPC, NCC, MA

www.ShapeTheSky.org

connect@ShapeTheSky.org

Cyber Behavior & Technology Resources

<i>Resource</i>	<i>Description</i>	<i>Website</i>
Shape the Sky	Check out our website for downloadable material, blogs, upcoming trainings and to find a certified therapist near you. Our social media outlets, including Facebook, Instagram, Twitter and Tumblr, will feature current cyber trends and mental health resources.	http://www.shapethesky.org/ https://www.facebook.com/shapethesky/ https://www.instagram.com/shapethesky/ https://twitter.com/shapetheskyryan https://shapethesky.tumblr.com/
The Cyberbullying Research Center Dr. Justin Patchin & Dr Sameer Hinduja	Cyberbullying resources. Downloadable forms on how to deal with cyberbullying.	https://cyberbullying.org/
Connect Safely Larry Magid	Tips, safety advice, articles, video and other resources to promote safe and productive use of technology.	http://www.connectsafely.org/
Safe Kids	One of the oldest and most enduring sites regarding Internet safety.	http://www.safekids.com/
Larry's World	Larry serves as on-air technology analyst for CBS News	http://www.larrysworld.com/
Embrace Civility Nancy Willard	Addresses bullying and youth risk in the digital age. Provides tools to encourage young people to be positive advocates in the battle against cyberbullying.	http://www.embracecivility.org/
Net Family News Anne Collier	The "community newspaper" providing information about technology.	http://www.netfamilynews.org/
Cyberbullying State Laws	A list of the cyberbullying laws organized by state	https://cyberbullying.org/bullying-laws
Netsmartz 6 Degrees of Information The Short Video	Video about how easy it is to find personal information online.	https://www.netsmartz.org/RealLifeStories/6DegreesOfInformation
Stop Bullying	Explains why cyberbullying is different from traditional bullying, what you can do to prevent it, and how you can report it when it happens.	http://www.stopbullying.gov
Where to Report Revenge Porn Guide	Revenge Porn is defined as "the act of distributing intimate photography through different means without the individuals consent."	http://www.shapethesky.org/revenge-porn/



Creating Responsible Kids on Smartphones



SHAPE the Sky

Ryan Klingensmith, LPC, NCC, MA

www.ShapeTheSky.org

connect@ShapeTheSky.org

Mental Health Resources

Resource	Description	Website
Substance Abuse and Mental Health Services Administration (SAMHSA)	Substance abuse and mental health resources and information	http://www.samhsa.gov/
SAMHSA - Free Publications	Order free publications	http://www.store.samhsa.gov/
National Suicide Prevention Lifeline	The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources.	http://www.suicidepreventionlifeline.org/ Phone: 1 - 800 - 273 - TALK (8255)
Crisis Text Line	Text 741741 from anywhere in the USA to text with a trained crisis counselor	https://www.crisistextline.org/
Prevent Suicide PA	Free trainings and resources for suicide prevention	https://www.preventsuicidepa.org/
The STAR Center Pittsburgh PA	Services for Teens At Risk (STAR) is a program that combines clinical and outreach services designed to combat the problem of adolescent suicide.	http://www.starcenter.pitt.edu/
National Eating Disorders Association (NEDA)	The National Eating Disorders Association (NEDA) is the leading non-profit organization in the United States advocating on behalf of and supporting individuals and families affected by eating disorders.	http://www.nationaleatingdisorders.org/
S.A.F.E. Alternatives for Stopping Self Abuse	Information about preventing self-injurious behaviors.	http://selfinjury.com/
The Demi Brae Cuccia Awareness Organization- Teen Dating Violence	Information and resources for prevention and intervention of youth dating violence	http://demibrae.com/
National Domestic Violence Hotline	Digital dating abuse warning signs.	http://www.thehotline.org/2014/03/18/what-is-digital-abuse/
National Human Trafficking Hotline	"Find social and legal services for victims and survivors of human trafficking Human trafficking occurs when a trafficker uses force, fraud or coercion to control another person for the purpose of engaging in commercial sex acts or soliciting labor or services against his/her will. Force, fraud, or coercion need not be present if the individual engaging in commercial sex is under 18 years of age."	https://humantraffickinghotline.org/
Aevidum	Aevidum with support from the Minding Your Mind Foundation seek to reduce the stigma often associated with mental health especially involving youth and their families and schools.	http://aevidum.com/
Ulifeline Sponsored by the Jed Foundation	Mental health information and resources for college age students.	http://www.ulifeline.org/
The Trevor Project	Support and provides crisis intervention services to lesbian, gay, bisexual, transgender & questioning youth.	http://www.thetrevorproject.org/ Phone: 866-488-7386

