

Your quick guide to protecting kids
in today's digital world

App Safety Checklist for Parents

Today's apps change fast - but protecting your child doesn't have to be complicated. Use this checklist to review any app your child uses and make sure their online space stays safe and supportive.

1. Privacy & Account Settings

- Set all accounts to Private.
- Turn off location sharing.
- Disable "Allow others to find me."
- Remove identifying personal info from profiles.

2. Friends, Followers & Contacts

- Review full friends/followers list often.
- Confirm every contact is known in real life.
- Remove unknown or duplicate profiles.

3. Messaging & Hidden Features

- Check for disappearing or hidden messages.
- Disable private messaging when possible.
- Monitor private groups and invite-only chats.

4. Content Controls & Filtering

- Enable parental controls or restricted mode.
- Filter explicit or risky content.
- Disable autoplay features.

5. App Permissions

- Remove unnecessary camera/mic/contact access.
- Disable location and background data.
- Check for external links or chat access.

6. Time Limits & Usage

- Set daily screen time limits.
- Watch for late-night activity.
- Discuss healthy device habits.

7. Red Flags to Watch For

- Secrecy or switching screens quickly.
- Emotional changes related to device use.
- Unknown messages, gifts, or money requests.
- New apps you didn't approve.

8. Family Rules & Conversations

- Set clear rules for online behavior.
- Encourage open communication.
- Review this checklist together regularly.

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