

IMAGE OF APP ICON	NAME OF APP (LINKED TO PARENT INFO/WEBPAGE)	RECOMMENDED AGE	BRIEF DESCRIPTION
	BeReal	13+	application that notifies users at a different time each day to capture and share a photo within two minutes using their front-facing and outward-facing cameras
	Discord	13+	Internet voice-calls and instant messaging; users have the ability to communicate with voice calls, video calls, text messaging, media and files in private chats or as part of communities called "servers"
	Facebook and Facebook Messenger	13+	platform intended to connect friends, families, and people with similar interests using features like Groups, Watch, and Marketplace
	Instagram	13+	photo and video sharing platform with options to like, comment, and direct message; Instagram "Reels" feature has been compared to TikTok with short, popular videos to discover
	Reddit	13+	community message boards with comments and voting, featuring "subreddits" devoted to specific topics
	Snapchat	13+	photo and video sharing app that deletes content right after it is viewed
	TikTok	13+	platform for creating, editing, sharing, and viewing short-form videos with content created by people around the world

	Tumblr	13+	personal blogs for posting and reposting photo, video, website, and text content
	Twitter	13+	microblogging platform for short-form posts called "tweets" and messages; users can post, like, re-post, and comment
	YouTube	9+ [3 settings aligned with content ratings]	video sharing platform where users can upload their own videos and/or watch, like, comment on, and subscribe to videos created by others

Additional Resources and Information

[Connect Safely](#): nonprofit organization dedicated to educating people about online safety, privacy, security and digital wellness

[Family Online Safety Institute](#): Good Digital Parenting information from international nonprofit for digital safety

[Internet Matters](#): tips and advice for navigating digital landscapes

[National Online Safety](#): guides to "What Parents Need to Know"