




























Quick App Guide for Parents

Popular mobile apps that your teen may be using.

Adopted from Addiction Medicine Services, WPIC, UPMC; Ryan Klingensmith, LPC, NCC, MA, MS; University of Pittsburgh

Instant Messaging/Texting		Facebook Messenger	Works like texting and other mobile messaging apps. Need not be Facebook friends to contact. Permits microphone use if allowed through privacy settings.
		Instamessage	Connects directly to your Instagram followers and messages them privately.
		Kik	iPod wifi Texting app Texting and Picture Sharing
		Snapchat	Send pictures for 1-10 seconds, then they are deleted. Can take screen shots (save copies of) the pictures.
		Snaphack	Save all Snapchatted pictures without the sender knowing.
		Tango	Free Text Messaging/Call app Can make video/phone calls, texts, group chat and create a profile.
		Tawkers	Free app allowing two people to have a public text/instant message conversation called a "tawk."
		Telegram	Messaging app Group chat, send videos and pictures
		Text +	Free Text Messaging/Phone Call app Can turn iPod, iPad or Tablet into a phone
Spoof Texting		Spooftexting	Allows someone to send texts that appear to have come from another person.
		Fake Conversation	Allows someone to create a fake conversation message screenshot.
Interest Sharing		Ask.fm	Question and answer interactions
		Pinterest	Sharing interests through pictures, videos, links, etc. Can message friends through app.

Video Chatting		Grindr	Chatroulette Random "Stranger" Interactions Face to Face Video Chats
		Omegle	Omegle Random "Stranger" Interactions Face to Face Video Chats
		Oovoo	Oovoo Known Account Interactions Face to Face Video Chats
		Skype	Skype Known Account Interactions Face to Face Video Chats
Photo/Video Sharing		GifBoom	Gif (a computer image with animation) sharing
		Instagram	Image, 15 second video, direct message sharing
		InstaFollow	Track Instagram users who follow and unfollow you
		Keek	Video sharing (short clips of 30 seconds or less)
		Socialcam	Video sharing (long clips)
		Shots	iPhone "selfie" photo sharing app that instantly publishes photos to share online
		Vine	Image & 7 second video sharing
Image Board		Reddit	Image, video news, gifs, and more
		4Chan	Imageboard with extremely graphic content
Image Blogs		Tumblr	Image blog for sharing pictures, gifs, videos, questions, thoughts, quotes, etc.