

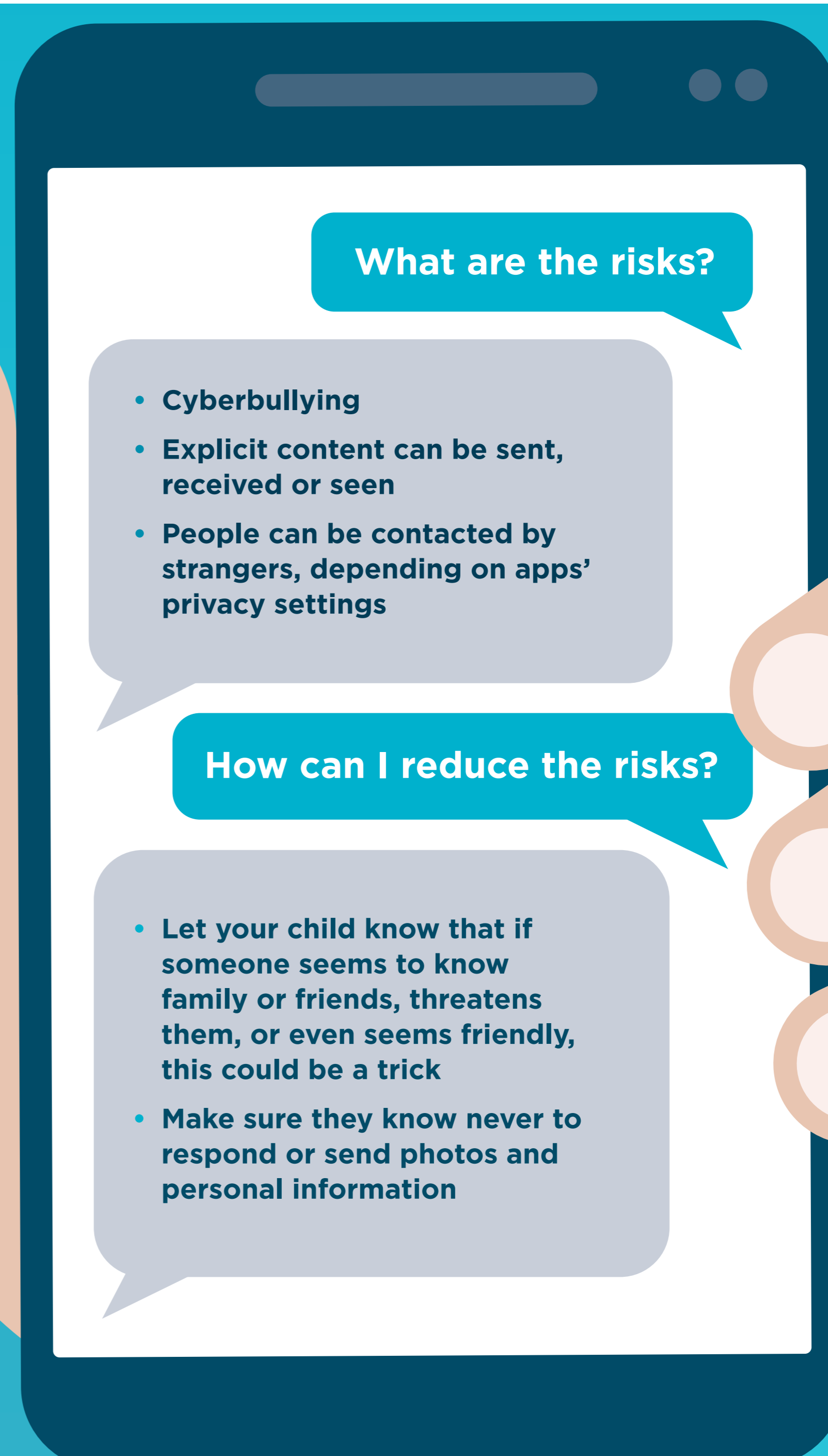
# Parent's guide to app safety



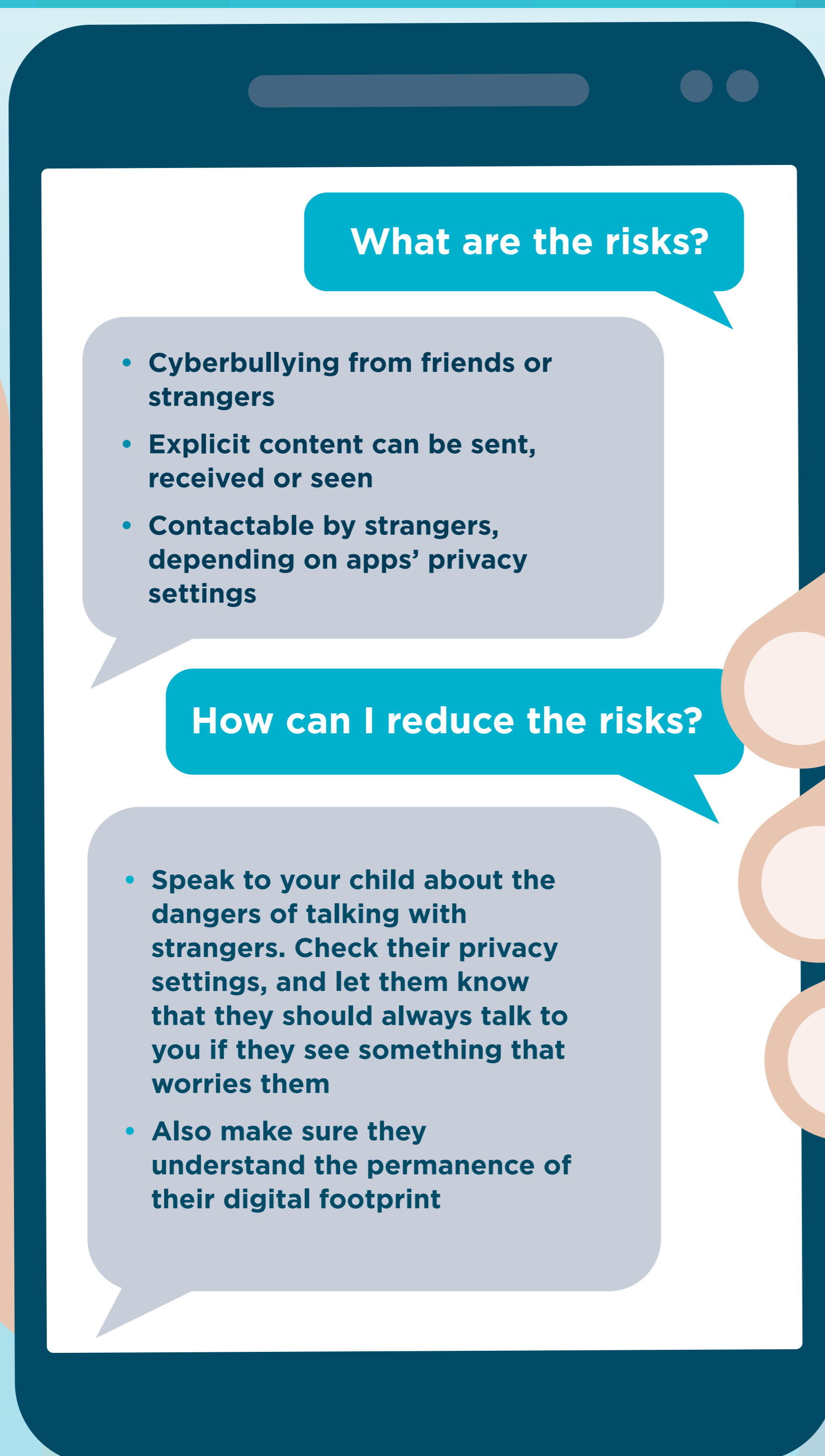
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## Messaging apps

People use messaging apps to send and receive messages, pictures and videos



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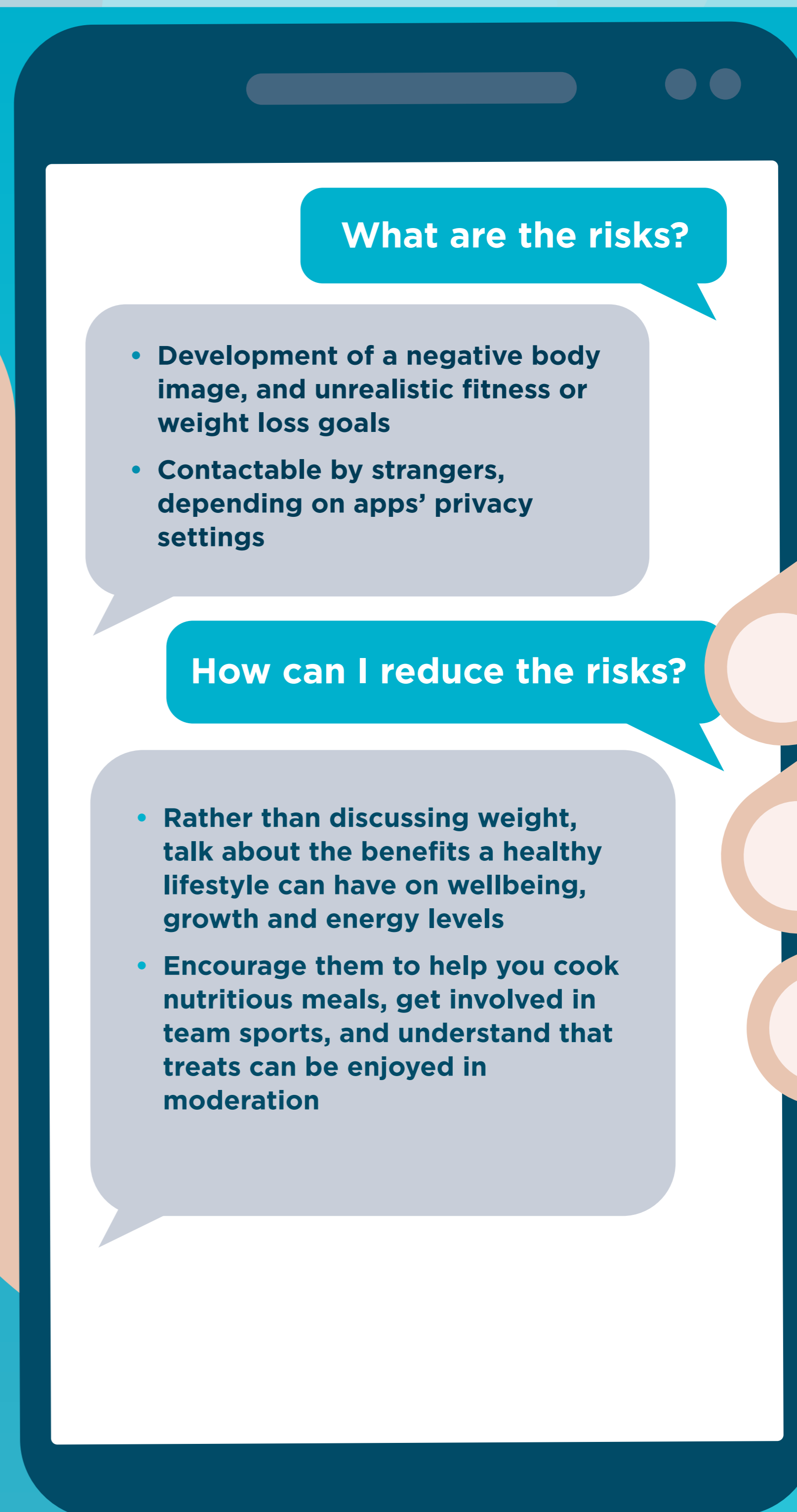
## Lip sync apps

People create videos where they lip sync to popular songs and share these videos online

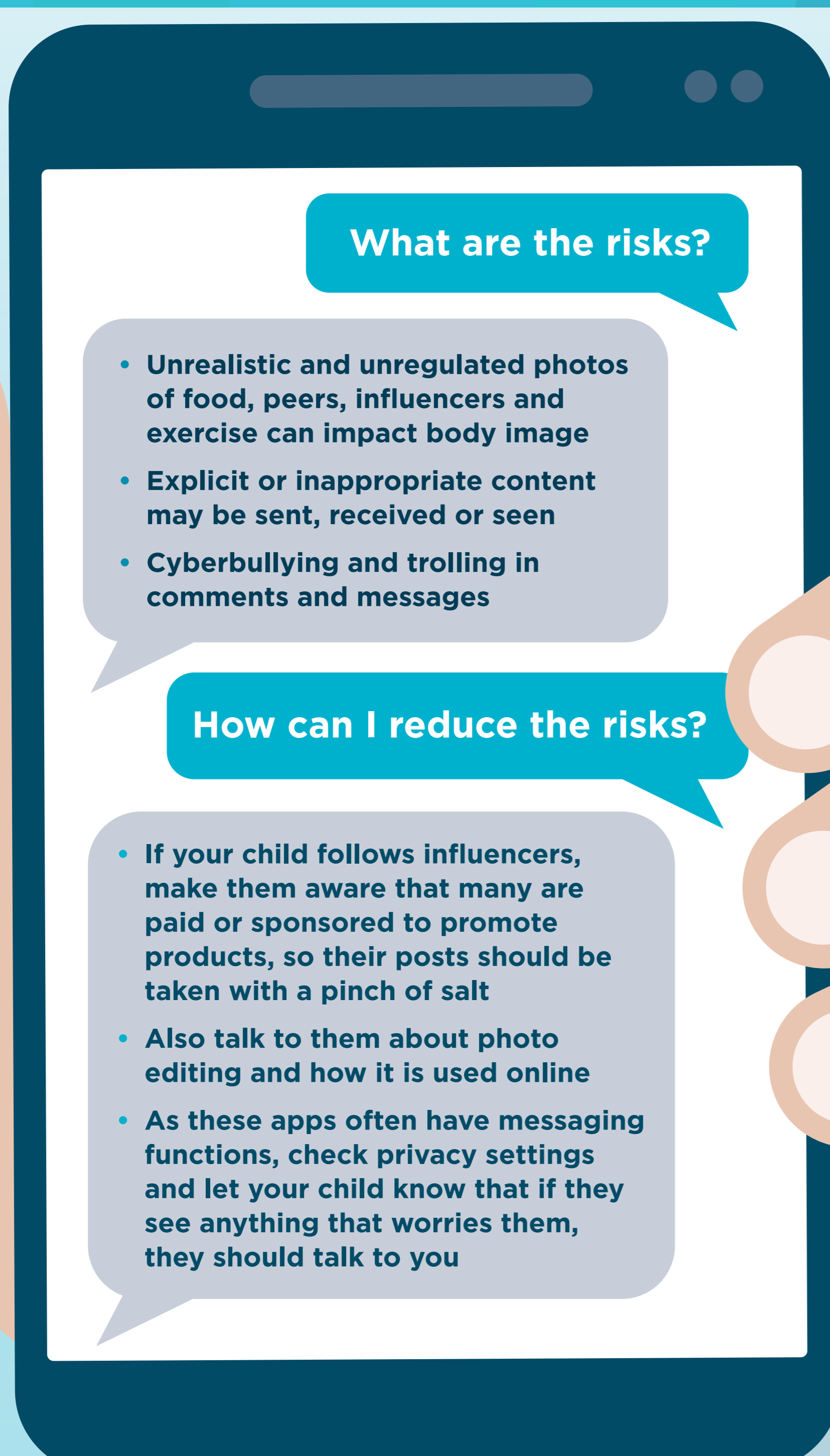
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## Fitness and food tracking apps

People use these apps to track their food and drink consumption and/or the amount of exercise they complete



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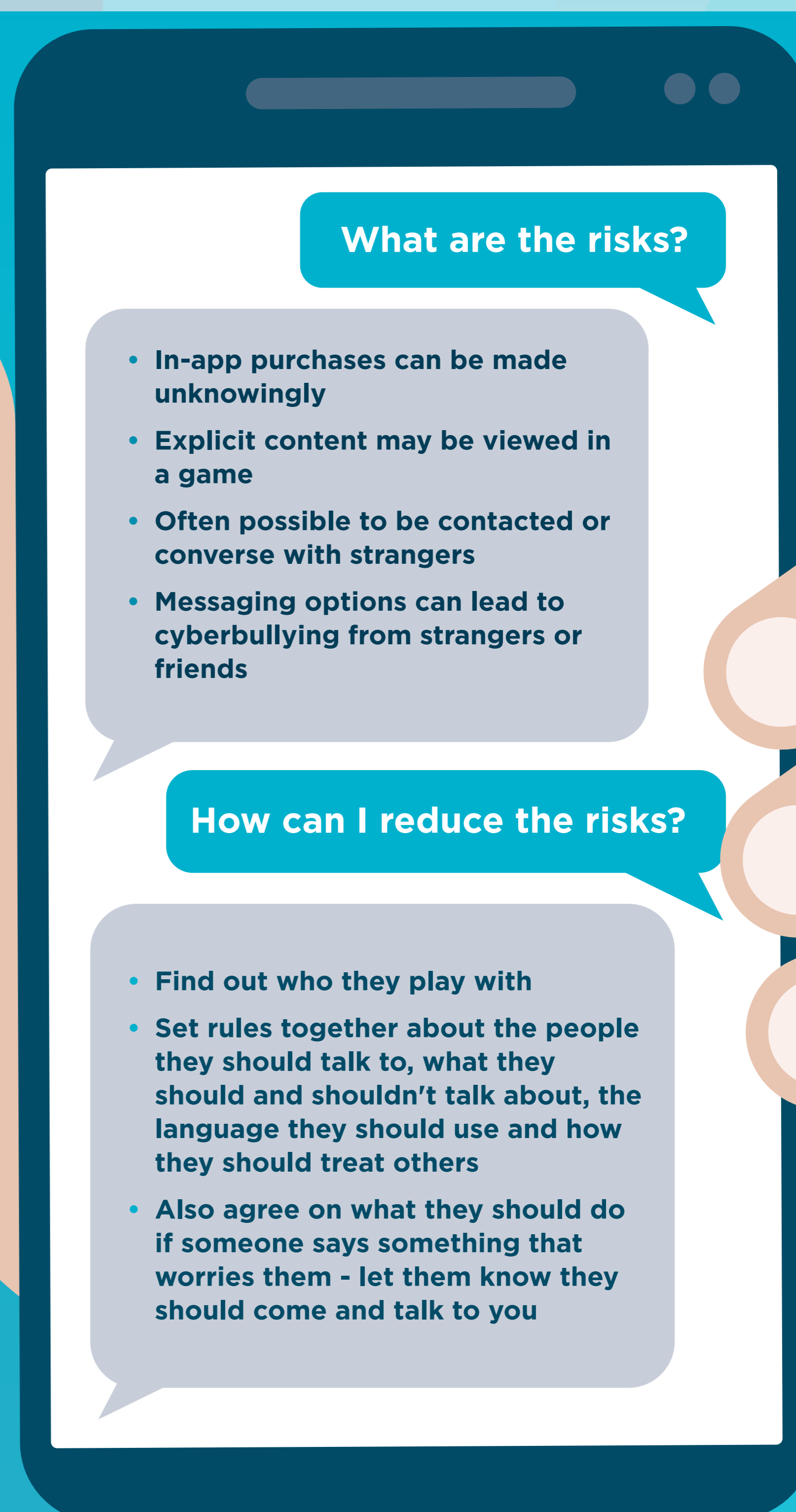
## Photo and video sharing apps

People share and view photos and videos using these apps

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## Gaming apps

People use these apps to play a game individually or in groups



It's inevitable that children and young adults will want to use apps, so it's important that they are taught how to use them responsibly and in a safe way. If you have any concerns about your child's internet usage or eating habits, visit the Priory Group website for guidance.