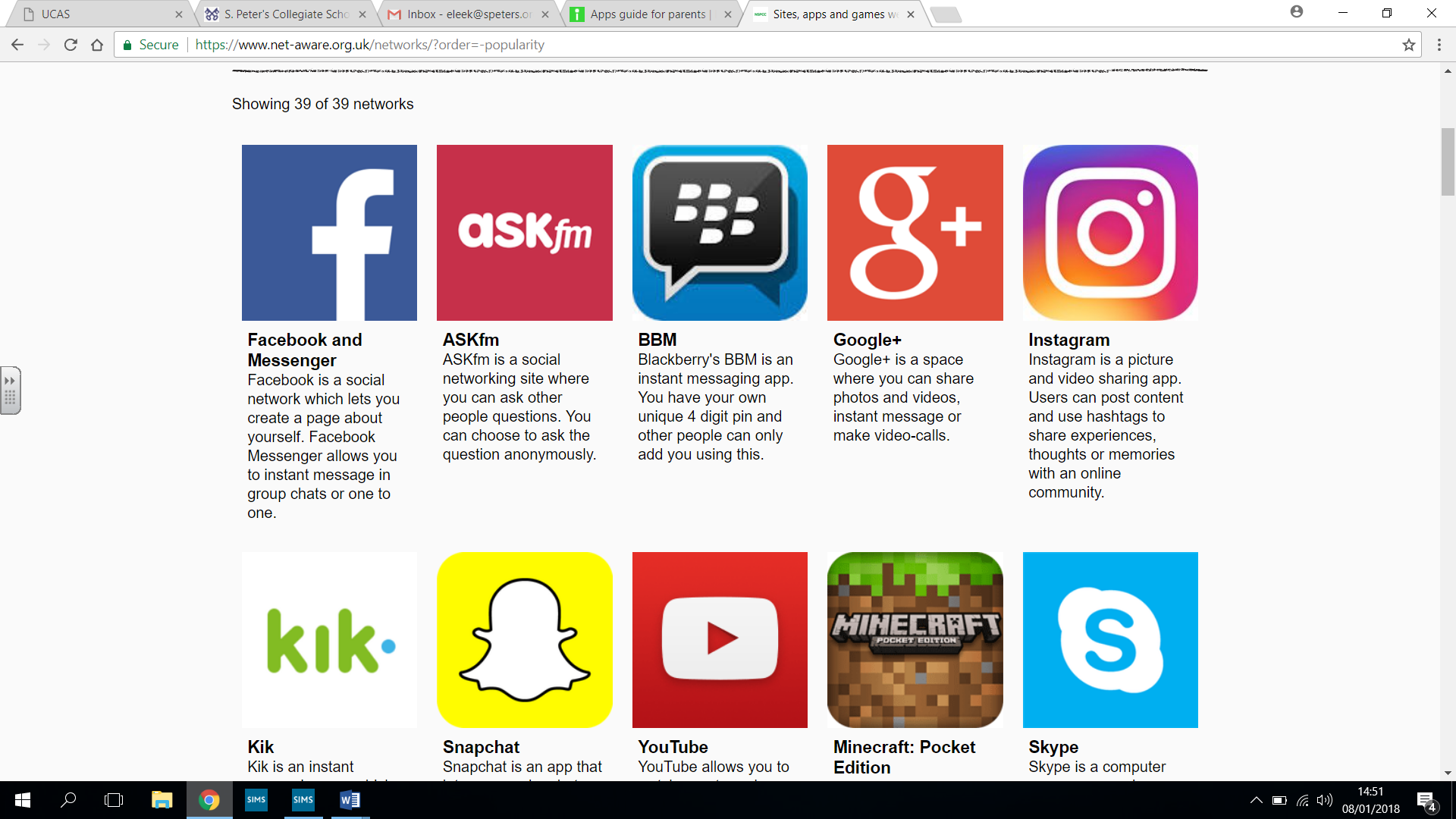
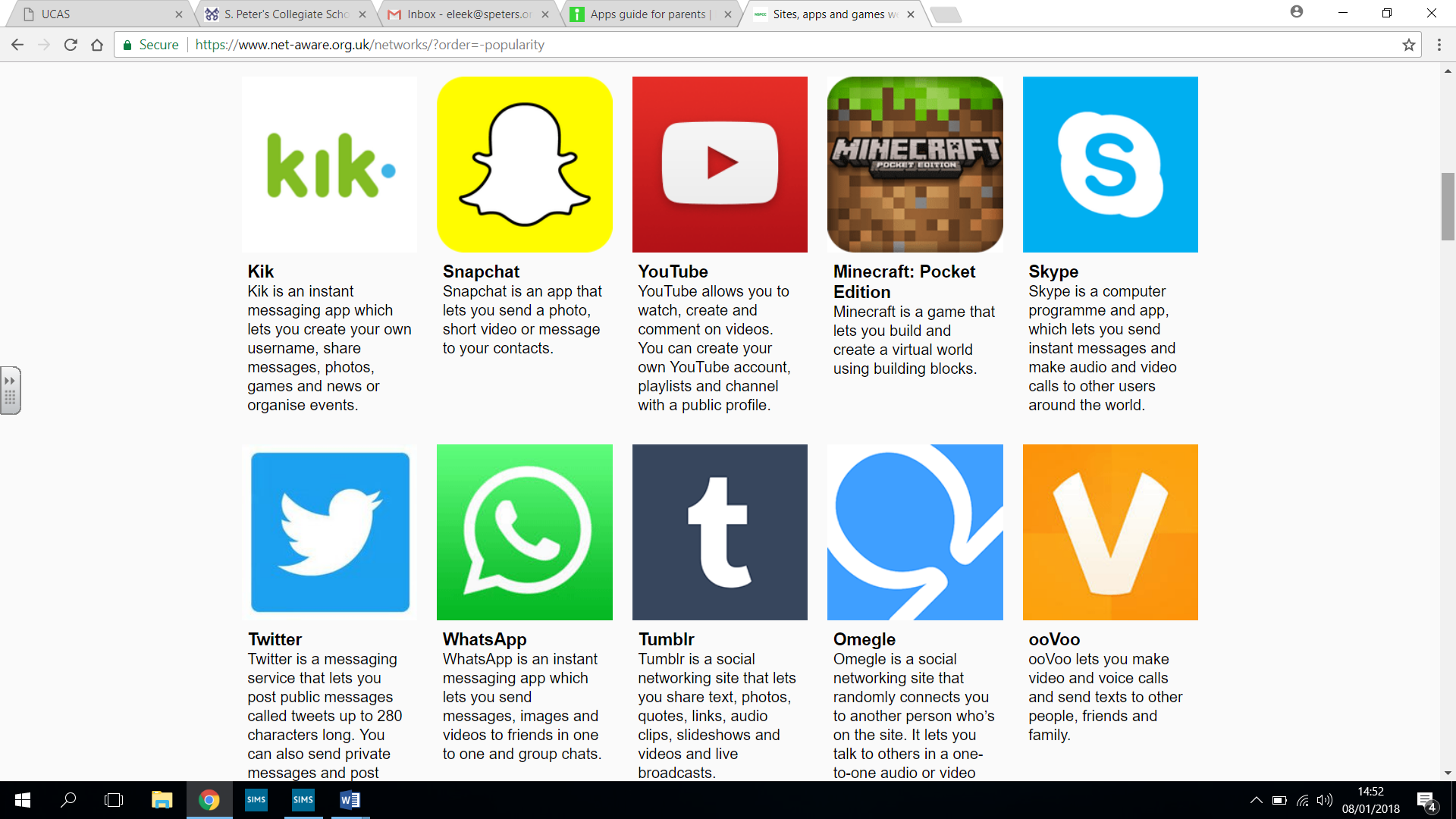
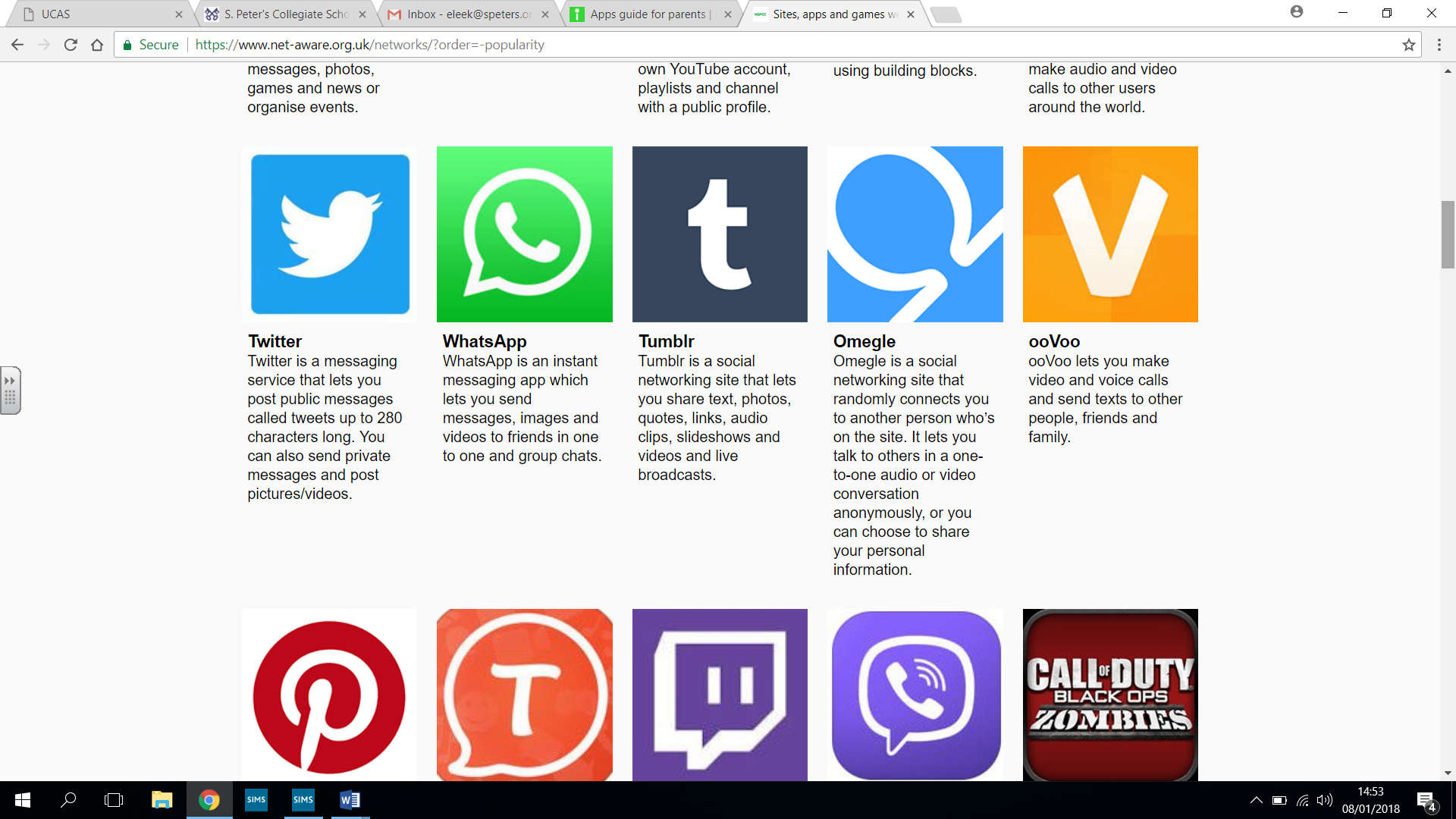
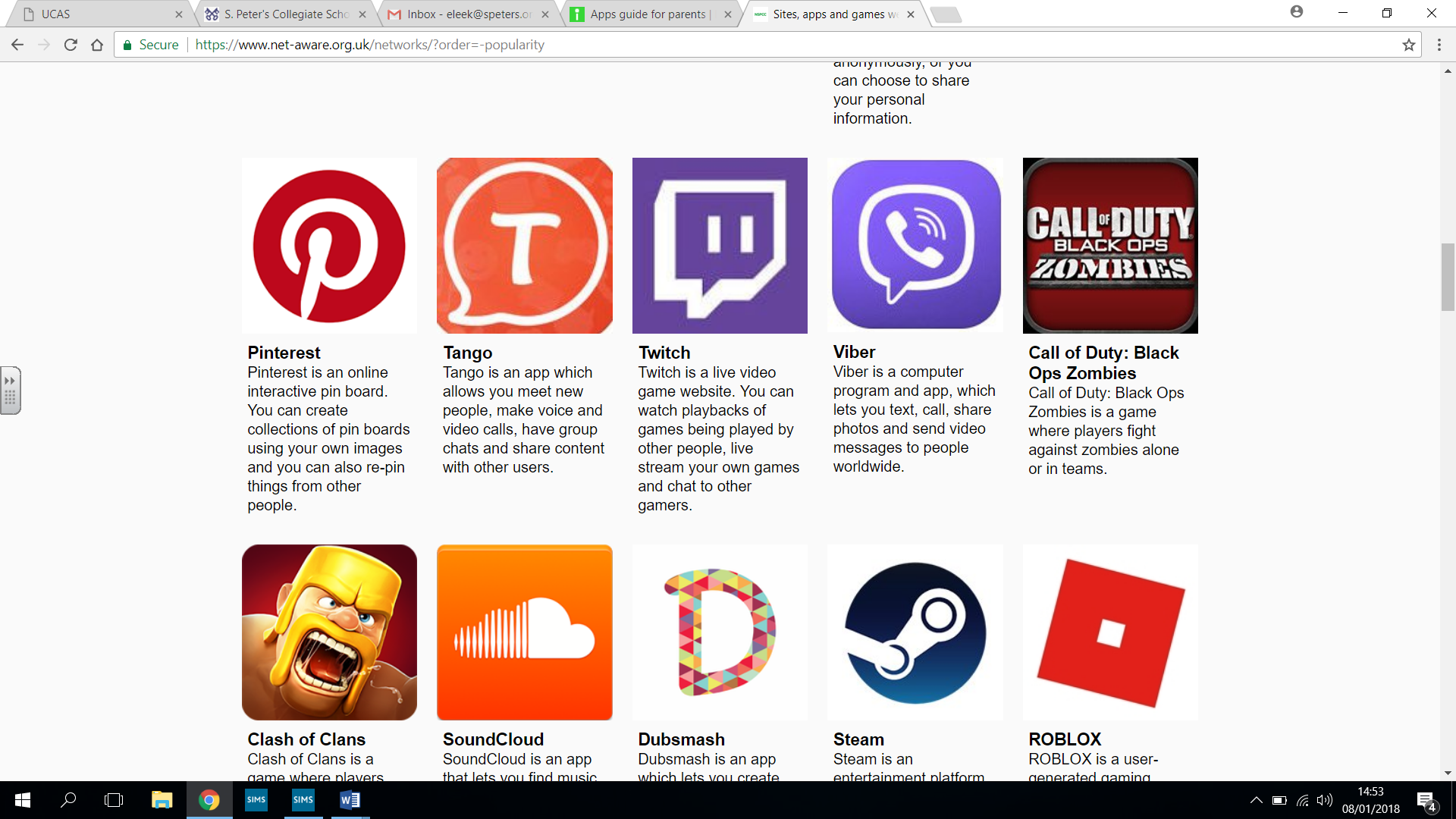
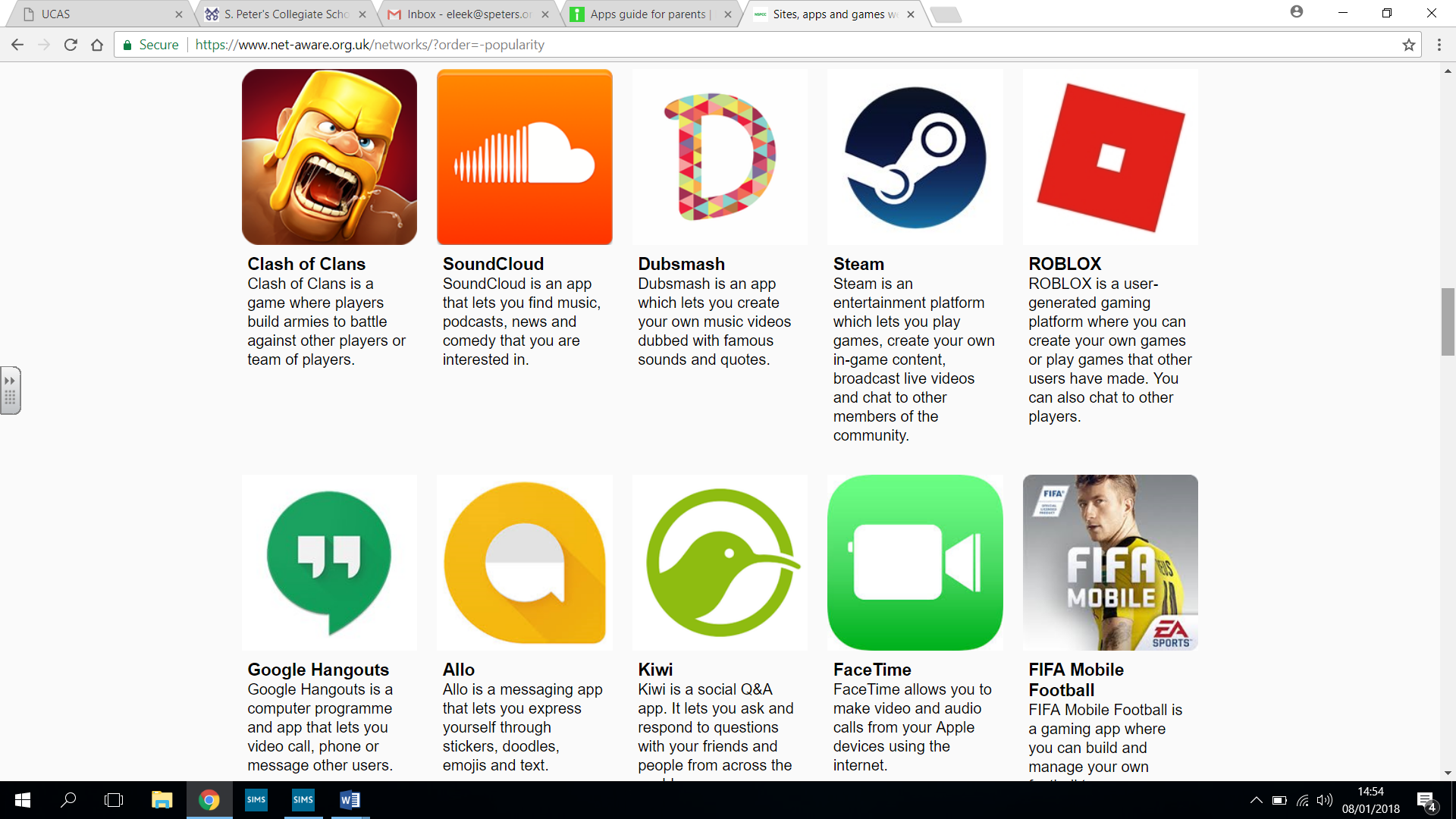
**Quick Guide to the most used apps;**

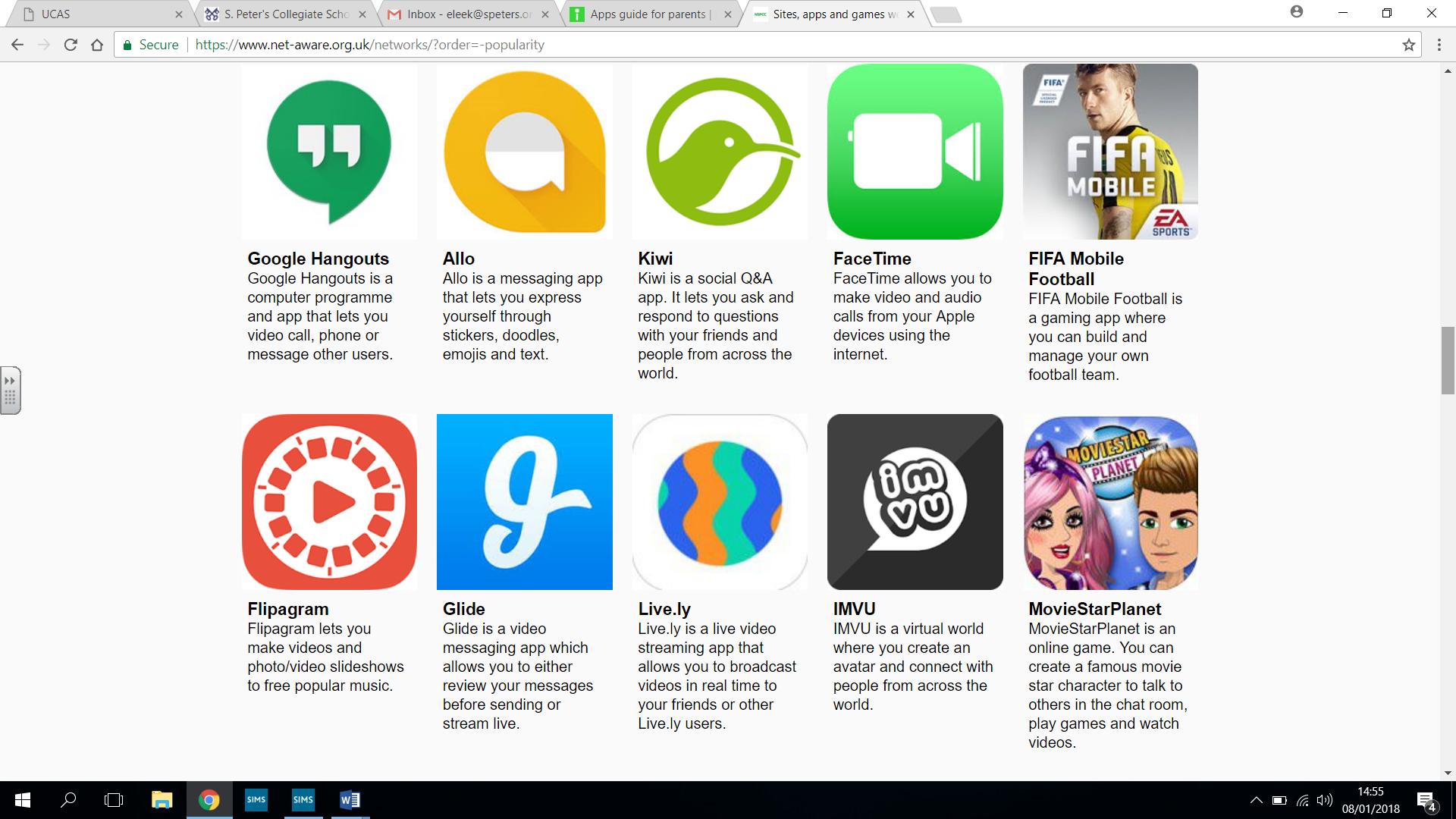


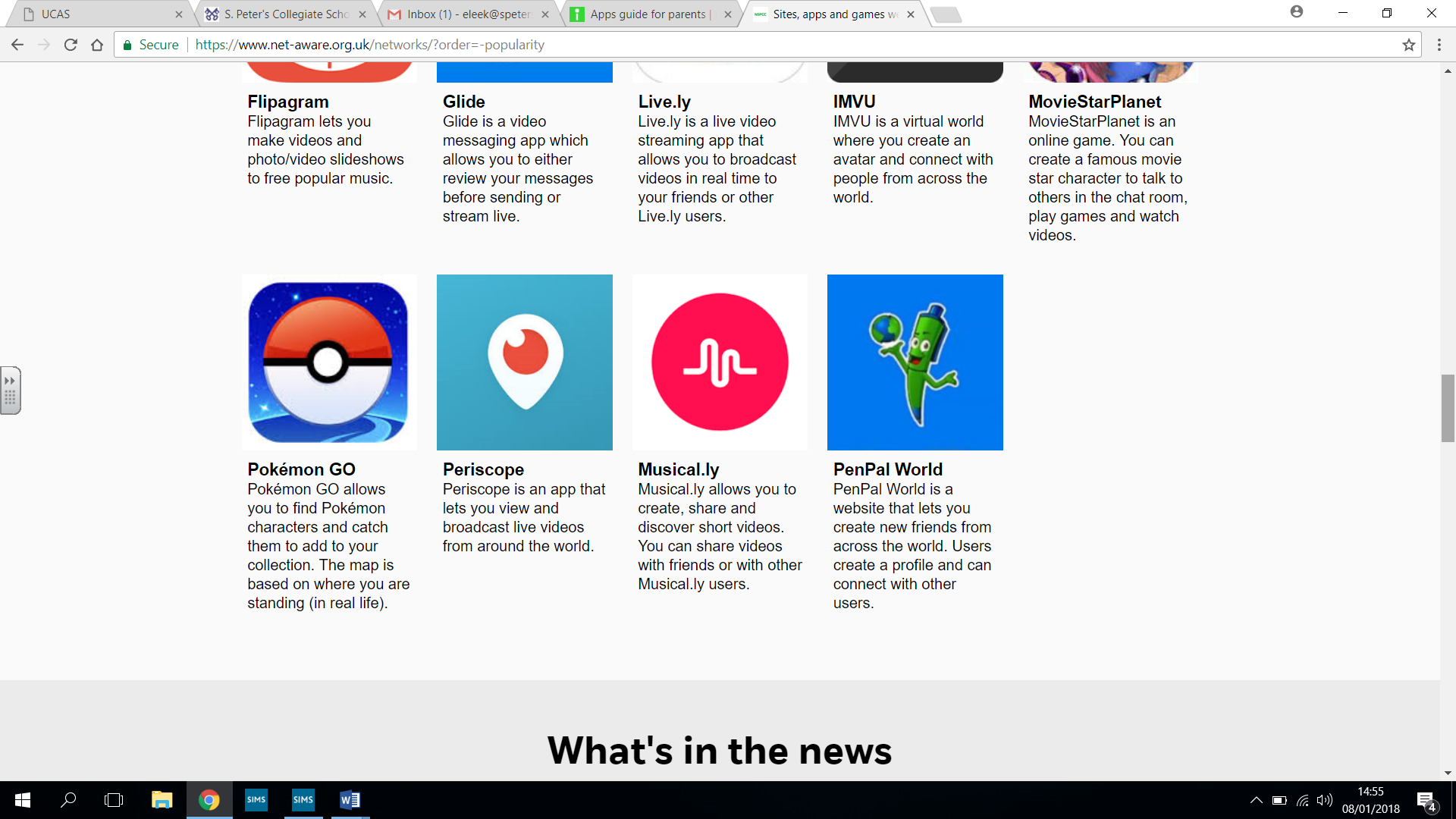












**What do children and young people say to look out for when using social media:**

* Strangers adding them and messaging them, especially adults
* Using social media can be risky
* Hacking
* People sending them inappropriate messages and nude picture