

APPS NUNAVUMMIUT SHOULD KNOW ABOUT

MENTAL WELLNESS



CALM

An app that provides guided meditation for a range of problems (trouble sleeping, stress, etcetera.) This can be great for older children and teens to help navigate any stresses in their lives; however, many features do cost money to use, so make sure your child knows what your rules are about online spending.



HEADSPACE

An alternative to Calm, which designs a personal meditation program for users.



CALMHARM

Unlike Calm and Headspace, this free app is targeted towards calming self-harming behavior. Users experiencing the urge to hurt themselves can open the app and choose from a range of activities to help them overcome the urge, with a tracker included so they can monitor their progress over time.



SIKU

An Inuit-run app which allows users to communicate traditional knowledge, share information about conditions on the land, and other tools such as language preservation. Can be a great tool for older children/teens, especially if they are starting to hunt or spend time on the land.



UQALIMAARLUK

A children's app featuring stories and songs narrated in Inuktitut.



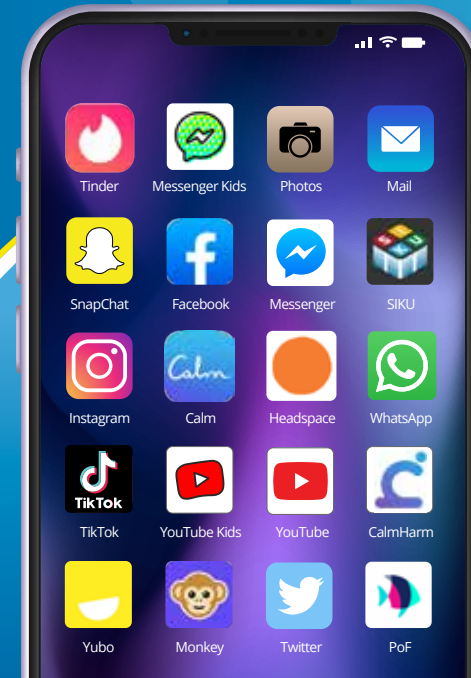
TITIRARIUQSAUTI

An app geared towards young children, which teaches how to write Inuktitut using syllabics.



UQAUSIIT PINNGUARUTIIT

Builds on Titirariuqsauti, including Roman orthography, and also offers an Inuinnaqtun mode.



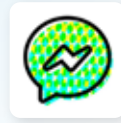
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FACEBOOK/ FACEBOOK MESSENGER

Facebook states that you must be 13 to have an account, but youth can get around these rules easily by saying they are older. Adult content is common, and users can be contacted via Messenger by strangers, even if they are not connected on the app.



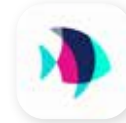
MESSENGER KIDS*

Works like Facebook Messenger, but parents control the account and must approve all contacts before they are allowed to message their kids. Messages cannot be deleted, so if any inappropriate content is shared it will always be visible to parents and law enforcement.



TWITTER

Users share “tweets”, messages of up to 280 characters, which can then be re-tweeted and commented on by other users. Popular across age groups, but is commonly used as a tool to harass and cyber bully.



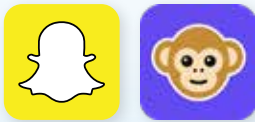
PLENTY OF FISH

Plenty of Fish is an app directed at adults looking for romantic relationships which uses personal information provided by the users to suggest matches; it should not be used by youth under 18.



YUBO

“Tinder for teens”. Yubo was created for young people to connect with strangers using a like/dislike model similar to Tinder. Youth using this app should be cautious, as there is no way to verify that the people they are talking to are genuine.



SNAPCHAT/MONKEY

Youth can use this app to share and view pictures, videos and messages, which disappear after a short time. Because of this, it can also be used by predators to spread inappropriate content. Monkey is an additional app that uses Snapchat to link profiles to each other, resulting in being able to contact strangers.



INSTAGRAM

Like Facebook, Instagram requires you to be 13 to have an account. It is a photo and video sharing platform, and users can also private message each other. To keep youth safe when using Instagram, it is recommended that they keep their accounts private, and block message requests from users they don't know in person.



WHATSAPP

A messaging app that uses an Internet connection to send texts rather than a cellphone plan. Can be great for keeping in touch with friends and family via group chats, but as always, it is possible for strangers to contact your child using this app.



YOUTUBE/YOUTUBE KIDS

A platform for people to upload videos of almost anything. There is plenty of great content including music, informational videos and TV shows, but without supervision, youth can easily find and watch inappropriate content, even if they aren't searching for it. The Kids mode filters most adult content, but supervision is still a good idea.



TIKTOK

An app for creating and sharing videos, often humour, hacks, or challenges. However, there is no age filter, so care should be taken not to interact with content that is sexually suggestive or that could otherwise be harmful to youth. As comments are allowed on videos, youth should also be aware of the risk of cyber bullying on the app.



TINDER

Tinder is used by adults of all ages (18+) to find a romantic or sexual partner. Users are shown profiles in their area and can like or dislike them with the intention of “matching” and starting a conversation. Tinder should not be used by anybody under 18.

TIPS

Make sure your child knows that it is **safer** to keep their online profiles private. For example, they should avoid listing things such as their phone number, where they live, or where they work on any of their online profiles.

Most apps allow you to make your **profile private**, and to turn off your location. When you do this, strangers will not be able to see as much information about your child, and the app will not show where your child is located.

Talk to your child about **Internet safety** and let them know that it is always OK to come to you if someone online makes them feel uncomfortable or scared.

