



15-17  
*years old*

Apps

## Relieving App Anxiety

Mobile apps are popular ways to access all kinds of content, including useful services, games and even books. But, once the novelty wears off, concern can creep in. Many app stores make it just as easy to purchase kid-friendly applications as it is to purchase adults-only ones. Here are tips to shop and download wisely:

- ▶ **Don't judge an app by its title.** Lots of apps sound the same but can be entirely different. Double and triple-check what an app includes before downloading.
- ▶ **Check the connections.** Be aware that apps with multiplayer options may allow kids to play with people they don't know. Turn off multiplayer options if you're not comfortable with them.
- ▶ **Be alert for ads.** App developers look for all kinds of ways to profit from their products. Keep an eye on the game and teach your kid to be ad-savvy.
- ▶ **Count the costs.** Apps can range widely by price, but even free apps use data that can lead to overages unless closely monitored. Manage downloads by setting limits on how much teens can spend, or use parental controls to block access to download sites.
- ▶ **Take time to window shop.** Adult apps are often offered side by side with kid apps, and display descriptions, screenshots, and user comments that may not be appropriate for every age. Limit exposure to age-inappropriate material by browsing the apps yourself and reading app reviews.
- ▶ **Evaluate the cost of "free."** Many apps are offered for free but are full of ads. The full, paid version of these apps may not have the ads. Consider an investment in the full version of apps to avoid exposing kids to ads.
- ▶ **Talk to kids about using apps and smartphones responsibly.** Read the fine print in app descriptions, and don't judge an app by its age rating, as they are often recommended by the creator of the app.

