

# know what's going on(line).

## SOCIAL MEDIA APPS ON YOUR CHILD'S PHONE CAN BE A PATH TO ILLICIT DRUG MARKETS

According to latest research more youth are getting drugs from apps like **Snapchat** and **Instagram**. Do you know how your child uses social media?

#BeTheInfluence

## HERE'S HOW YOU CAN KEEP YOUR CHILD SAFE:

### **Talk. They Hear You.**

You have influence over your child's decisions. When talking with your children, a good way to start is, "Do you use Snapchat or Instagram with your friends?" Let your child know to beware of ads they may see on YouTube and social media platforms.

### **Use Parental Controls.**

Contact your cell phone provider regarding what parental controls come pre-installed on the device or if other controls are available through the plan.

### **Seek Help If Needed**

Teens use drugs for many reasons, including curiosity, peer pressure, and wanting to fit in with friends. Some use it to cope with anxiety, stress, and even depression.



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