# BeReal
## Parent Guide ———

Everything you need to know about the new social media app

Age rating
**13+**

## What is it?

BeReal is an **image sharing app** which encourages users to post within a **two-minute time frame,** which can appear at any time. If you post outside this time or retake the photo, other users will be able to see that you did so.

Users cannot see posts from others until they have posted their own image.

The app encourages users to be **spontaneous,** and not to think too much about their posts.

## What are the risks?

BeReal has an age rating of **13+,** but with no strict age verification younger children could still sign up.

Although BeReal can take some of the pressure away from curating the perfect image, sometimes **'authentic' posting can be a pressure in itself.**

The **immediacy** can also cause young people to **think less carefully** about what they post, which could cause problems.

## Are there any safety settings?

All accounts are set to **private by default,** meaning that your child's posts are only visible to users in their Friends list. Likewise, they can only see posts from those in their Friends list.

Your child could switch this off by selecting **'Discovery'** rather than **'My Friends Only'** when they share a post.

To remove someone from the Friends list, go to the **'Friends' tab** and **select 'x'.**

You can **report** content by going to a particular photo's **settings** and **selecting 'Report'.** Currently you can **only block users on Android devices.**

**Location services** are switched **on by default,** but can be **switched off** by going to the settings of whatever device your child is using. This will then let them decide whether or not to share their location before posting.

## What else should I know?

BeReal is an interesting take on the posting pressure that can come with social media.

If your child is interested in using it, you could **discuss the possible issues** with them, and explain the importance of **not sharing sensitive personal information.** As always, encourage them to come to you if they have **any worries** about using the app.

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