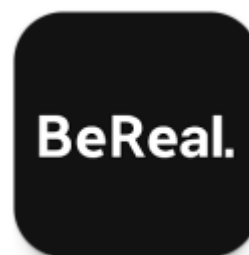


## What is BeReal?

BeReal is a new social media app. It notifies you once a day to upload an image of what you are doing. Once you receive the notification, you have two mins to capture and share what you are doing at that moment. All your friends post at the exact same time. Once you have posted, you can then see what your friends have posted. If you don't post your BeReal, then you can't see your friend's BeReals from that day or access the discovery tab.



## What age should I be?

You must be 13+ to use BeReal. BeReal is rated as 12+ by the App store and rated for Teens on Google Play. Users add their date of birth to register (no age verification takes place) although users do need to add a mobile number.

## What else do I need to be aware of?

BeReal is private by default and only visible to your friends. However, it is possible to share with all users by selecting the public option. If selected, your BeReal will appear in the Discovery tab for all users to see and interact with. There is also an option to share your location. If you don't enable your location, then you can't see other user's locations. Chat to your child about location sharing as it is important that your child understands the risk of location sharing and when it may be appropriate to share. Discovery tab – this is the area where you can view all other BeReals that have been made public (if you have posted that day). There is an element of risk that your child may see an inappropriate image depending on what others have uploaded.

## How to report

You can report a BeReal or a user by clicking on the three dots (next to the BeReal or user) to report. You can then choose whether you think the BeReal is undesirable or if it is inappropriate. You can block users on Android but not on iOS (BeReal have said this functionality will be available soon). People you have accepted as 'friends' can be deleted at any time. If your child is using BeReal then talk to them about what they are sharing on BeReal and check that they know how to use the reporting tools available.

## Further information:

[BeReal – a guide to the new social media app | Childnet](#)