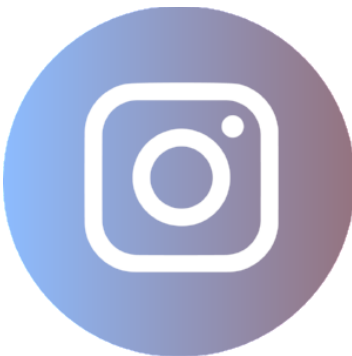


Apps update



WhatsApp - Insecure back ups

WhatsApp messages are end-to-end encrypted which means that all messages sent in the app are secure and can only be read by the sender and recipient. The app has now launched a new free backup service, provided by Google, which breaks the encryption once the back up takes place. This can potentially let anybody read the messages and see the images contained inside.



Facebook and Instagram - Time limit tool

Facebook and Instagram are releasing a new tool where users can limit how much time they spend on the apps. This is following many concerns that excessive social media use can have a negative impact on mental health. Facebook and Instagram have said that the new tools were developed based on collaboration with mental health experts and organisations.



YouTube - 'Time Watched'

YouTube has announced that it will be launching a tool called 'Time Watched' that will allow you to see how long has been spent on the platform. Once you have discovered how much time you spend on the app, you have the option to set a time limit. Once you hit that limit, a reminder will pop up on your screen. You can now also disable sounds and

vibrations on the app to help resist the urge to check your phone.



Messenger Kids

The Facebook Messenger Kids app now allows children to initiate their own friend requests using a unique 4 digit code. This still requires a parent's approval.



Twitter - Unfollow suggestions

In order to make users timelines more relevant to their interests, Twitter has been suggesting accounts to unfollow to a select number of users. Suggesting that you "don't need to follow everyone to know what's happening."