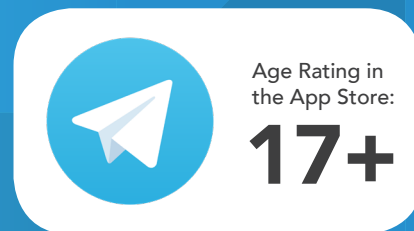


# TELEGRAM



**Telegram is a messaging app with a focus on speed and security, it's super-fast, simple and free. You can use Telegram on all your devices at the same time — your messages sync seamlessly across any number of your phones, tablets or computers.**

Telegram is a free texting application with zero advertisements.

All the texts and phone calls are encrypted through Telegram, and you can send absolutely any file type you want — even large ones up to 1.5 GB. This is unique to most messaging apps that support image and video files.

The messages are synced across all supported devices because the messages and files are stored in the cloud. You can delete texts whenever you want and make secret chats that dissolve messages on a timer.

## Challenges

You can address up to 5,000 of your closest friends in one single group message.

Secret Chats are possible and encouraged. The app explains how to create a Secret Chat message – these messages are not available in the cloud and cannot be accessed on other devices – only the sending and receiving device can access the content of the messages.

If your child uses this, it should be with no usernames and just between family members and trusted friends; however, this app makes these details difficult to monitor and enforce. The app was clearly created for adult interaction. The secretive nature of this app lends itself to inappropriate and questionable content sharing and behavior. The ability to connect with total strangers with the added option for secret environments and conversations is extremely risky and problematic for teens.

## How do I block on Telegram?

Open the Telegram app on your Android. The Telegram icon looks like a white paper plane in a blue circle.

- Tap the three horizontal lines icon.
- Tap Contacts on the menu.
- Select the contact you want to block.
- Tap your contact's name or profile picture.
- Tap the three dots icon.
- Tap Block on the menu.
- Tap OK in the pop-up.

## How do I delete my Telegram account?

### IOS

- Go to <https://my.telegram.org/auth?to=deactivate>
- Enter Telegram associated Phone number.
- Confirmation code sends to your Telegram account.
- Enter the confirmation code.
- Click on Deactivate account option.
- Under Delete your account option click on Done.
- Click on Yes, delete my account button.

### Android

- Go to <https://my.telegram.org/auth?to=deactivate>
- Type your phone number.
- Tap Next.
- Type the confirmation code.
- Tap Sign In.
- Tap Deactivate account.
- Tap Done.
- Tap Yes, delete my account.

App Fact Sheets available from the Carly Ryan Foundation. Please email: [info@carlyryanfoundation.com](mailto:info@carlyryanfoundation.com)