



Sarahah app

What is the app and what is it used for?

Sarahah is a messaging app that allows people to send comments and questions to other users anonymously. The word 'Sarahah' loosely translates to 'honesty' in Arabic and the app encourages users to send and receive constructive messages from each other. It is the anonymous nature of the app which has led to some young people reporting they've received abusive and offensive messages from other anonymous users.

There is no way to reply to the messages you receive. The only options are to favourite the message or share it across your social media networks.

Age restrictions and accessibility

The app is extremely easy to download and is the first result when using the key words 'honesty app' to search for it.

The app is officially rated for people aged 17 years old and over. But when downloading the app and making an account, there is no age verification or requirement to provide your date of birth to determine your age.

There is also an option to link Sarahah to Snapchat. This is done by attaching a link to your Sarahah page in a photo you send via Snapchat. This will connect the apps together and users can then share screenshots of funny or silly messages they receive.

Privacy settings and reporting

Users can manage the privacy settings on their account by clicking on the cog icon. They can upload a photo to their account, which is visible to other users and acts as an avatar, though a photo isn't compulsory to use the app.

It's important to note that by default the 'Appear in search' 'Receive from non-registered' functions are turned on. This means someone's username will come up in searches on the app, and users who don't have a registered account can leave comments on their page. If users don't want these features on, they need to turn them off manually by tapping the slider in the settings area of the app.



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All messages have the reminder 'Leave a constructive message😊' at the top, but abusive and offensive comments can be reported to Sarahah directly, even though all messages remain anonymous.

There is a way to block users who continuously send offensive messages, but because the app is anonymous you do not know who you are blocking and nor does the person themselves know they've been blocked, they just won't be able to message you anymore. When you receive a message you can choose to block the sender by clicking on the **red circle cross** and once they are blocked you cannot unblock them.

Talking to your child about the app

Make sure your child realises that the app does have a 17+ age restriction and any users below are breaking the terms and conditions of the app.

If your child is using Sarahah, remind them that while this app encourages anonymous and positive messaging, there is always a risk that others might abuse this feature to send hurtful messages instead.

Check they know how to control who can contact them and how to report and block offensive users.

If your child wants to delete their Sarahah profile they need to log in to the desktop version, as there is no option to do this on the actual app. Once on the desktop version, they can go to settings and choose the **delete profile** option.