

A Guide To Instagram

WHAT IS INSTAGRAM ?

Instagram is a social media app used to share photos, videos and messages. Whether it's through Stories, Feed, Live, IGTV or Direct, the mission is to bring people closer to the people and things they love. The minimum age to have an Instagram account is 13. Young people use Instagram to celebrate big milestones, share everyday moments, keep in touch with friends and family, build communities of support and meet others who share their passions and interests.

How can I help my child use Instagram safely?

There are a number of tools that you can share with your child to give them more control over their digital identity and footprint. Start by talking with your child about whether their account is going to be public or private. They should understand that they have control over who sees and interacts with the things they post online.

Your child can block accounts they don't want to interact with. This will block people from seeing and commenting on their posts, stories and live broadcasts. When you block an account, that person is not notified. You can unblock an account at any time.

ACCOUNT PRIVACY

If your child's account is private, they approve the people who follow them, and can remove followers at any time. Private accounts mean your child's content can't be seen by anyone they haven't approved.

If your child's account is public, anyone can see the content they post on Stories, Feed or Live, and can follow them without needing approval. If your child already has a public account, they can switch to private at any time; they can also go from private to public.

They can remove followers, choose who can comment and more. Your child can also turn off "Show activity status" so that friends can't see when they're online.



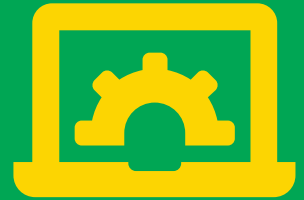
MANAGE INTERACTIONS

Your child is in control of who can comment on their photos and videos. In the "Comment controls" section of the app settings, they can choose to: allow comments from everyone, people they follow and those people's followers, just the people they follow or their followers.

Manage, block & filter out comments in "Comment controls" section of the app settings,

Manage Time

There are a number of tools to help you and your family understand and take control of the time your child is spending on the app.



VIEW YOUR ACTIVITY

Your activity dashboard shows your child how much time they've spent on Instagram for the past day and week, as well as their average time on the app. Your child can tap and hold the blue bars to see how much time they've spent on Instagram on a certain day.

MUTE PUSH NOTIFICATIONS

Your child can use the "Mute push notifications" feature to silence Instagram notifications for a period of time. When the preset time is up, notifications will return to their normal settings without having to reset them.

FOR MORE TOOLS
AND RESOURCES TO
HELP YOU NAVIGATE
HEALTHY SOCIAL
MEDIA HABITS
WITH YOUR TEEN,

[CLICK HERE](#)

Set a daily reminder to put a limit on how much time you and your child agree they should spend on Instagram. This can be done in your "Activity Settings".

MODERATION & ABUSE REPORTING

Let your child know that if they spot an account, photo, video, comment, message or story that is intended to bully or harass someone, they can report it from within the app by tapping "..." in the top right-hand corner of the post or profile, swiping left on the comment – or tapping and holding the message – and tapping "Report". Reporting is totally anonymous; your child's information is not shared with the person who has been reported.

Instagram Community Guidelines

Instagram has community guidelines that limit what can be posted. This includes...

SHARE ONLY PHOTOS AND VIDEOS THAT YOU'VE TAKEN OR HAVE THE RIGHT TO SHARE.

POST PHOTOS AND VIDEOS THAT ARE APPROPRIATE FOR A DIVERSE AUDIENCE.

FOSTER MEANINGFUL AND GENUINE INTERACTIONS.

FOLLOW THE LAW.

RESPECT OTHER MEMBERS OF THE INSTAGRAM COMMUNITY.

MAINTAIN OUR SUPPORTIVE ENVIRONMENT BY NOT GLORIFYING SELF-INJURY.

BE THOUGHTFUL WHEN POSTING NEWSWORTHY EVENTS.

INSTAGRAM COMMUNITY
GUIDELINES:

<https://help.instagram.com/477434105621119>

