

Instagram



Instagram is a picture and video sharing app. Users can post content on their profile grid or to their stories, which lasts 24 hours. You can follow your friends, family, celebrities and companies on Instagram. Instagram also has a live streaming feature. The age recommendation is **13 and above**

What are the concerns?

Instagram is the social media platform that has the worst impact on children's mental health according to a report by the Royal Society of Public Health. Due to the app's primary focus on image, it can create themes of comparison, inadequacy, and anxiety in young people.

Although Instagram does have comprehensive policies, people may be exposed to explicit content through the app, before the content is removed.


You should talk to your child to let them know that Instagram is only a snapshot of someone's life and isn't representative of everything.

What should I look out for?

- Check who your child is following and what these people are posting
- Look out for behaviours that focus on body consciousness and inadequacy about your child's appearance.

Account users are able to create multiple accounts

Multiple accounts are common when users want to “hide”

1. Tap  or your profile picture in the bottom right to go to your profile.
2. Tap your username at the top of the screen.
3. Tap the account you'd like to switch to.

Keep in mind that you can add up to 5 accounts.

Private Accounts

Anybody who's signed into Instagram can see the posts on someone's public profile. If you only want approved followers to view your child's post, you'll need to set their account to private. Once this is set, anyone who isn't a follower and wants to see your child's posts will have to send them a follow request, which they can either approve or ignore.

To set posts to private on an iPhone or other iOS device (like an iPad):

- Go to the user's profile by tapping the button in the bottom right hand corner. The button is the outline of a person.
- Click on the three horizontal lines in the top right corner.
- Tap the settings cog.
- Click onto 'Privacy' and then 'Account Privacy'.
- Tap to toggle 'Private Account' on.

To set them to private on an Android device:

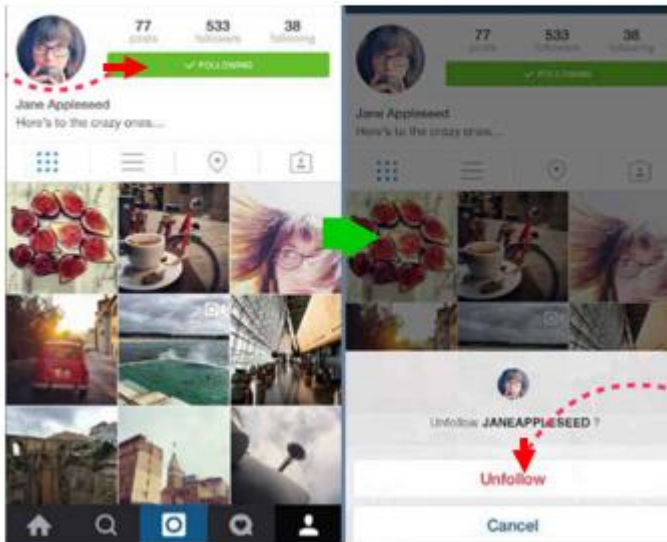
- Go to the profile by pressing the button in the bottom right hand corner, the same as on iOS.
- Tap the three vertical dots in the top right corner.
- Click onto 'Account Privacy'.
- Tap to toggle 'Private Account' on.

How to Report Content and Users

If your child is viewing content that they don't want to see, you can simply unfollow that person

Go into the person's account that you want to unfollow

1. Tap the green "following" button
2. Click on "unfollow"



You can report a person to Instagram through their profile

- Tap their username from their Feed or story post, or tap 🔍 and search their username to go to their profile.
- Tap ⋮ (iPhone) or ⋮ (Android) in the top right of the profile.
- Tap Report.
- Follow the on-screen instructions.