



KNOW HOW TO TALK WITH YOUR TEEN ABOUT INSTAGRAM:

A PARENT'S GUIDE

We know that as a parent it may be hard to understand what your kids are doing online. That's why we've created this resource. We're here to fill you in on what Instagram is all about, give you some easy conversation starters and show you some of the tools that are in place to keep your teen safe.

WHAT IS INSTAGRAM?

Instagram is a social media app used to share photos, videos and messages. The minimum age to have an Instagram account is 13. Teens use Instagram to celebrate milestones, share everyday moments, keep in touch with friends and family and connect with others who share their passions and interests. It's an active community, where teens can explore the world through photos and videos.

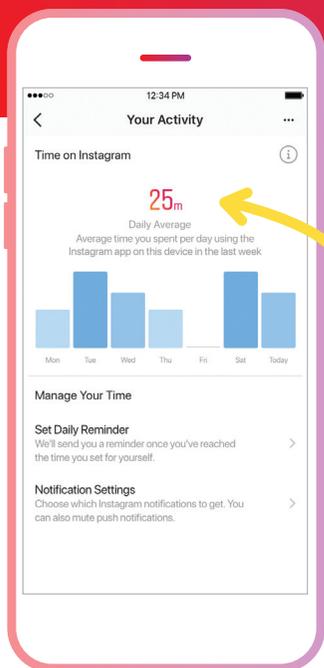


TEN QUESTIONS TO START THE CONVERSATION

We worked with social media and education expert Ana Homayoun, M.A., P.P.S., author of *Social Media Wellness*, to create these questions, with the intention that you can use them to start a conversation in real life around promoting positive experiences online.

- 01 What do you like about Instagram?
- 02 What do you wish I knew about Instagram?
- 03 What are the top five Instagram accounts that you enjoy following?
- 04 What are some things you think about before you post something on Instagram?
- 05 If you have multiple Instagram accounts, what do you share in each account?
- 06 How do likes and comments make you feel about a post?
- 07 Do you know your followers? (If your teen has a private account, ask them how they decide who follows them.) What would you do if someone you don't know tried to contact you via direct message?
- 08 How do you feel about the amount of time you spend online?
- 09 Have you ever felt uncomfortable with something you saw or an experience you had on social media? How did you handle it?
- 10 What would you do if you saw someone being bullied on Instagram? (Do you know about the reporting tools and the offensive comment filter on Instagram?)

KNOW HOW TO MANAGE YOUR TEEN'S TIME



When it comes to spending time on Instagram, there's no right or wrong answer as to how much is too much or just right. There are a number of tools to help you and your family understand and track the time your teen is spending on the app. You can work together to decide what the right balance is for your family.

VIEW ACTIVITY

The "Your Activity" dashboard shows your teen how much time they've spent on Instagram for the past day and week, as well as their average time on the app. You and your teen can use this information to make decisions about how much time spent on the app per day is right for them.

SET DAILY REMINDER

Your teen can use the daily timer to set a limit for how much time they want to spend on the app before closing it for the day. Setting the daily reminder together can be a good way to talk about how your teen is using Instagram throughout the day. Once they reach that time, they'll receive a notification letting them know.

MUTE PUSH NOTIFICATIONS

Your teen can use the "Mute Push Notifications" button 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.

KNOW HOW TO MANAGE PRIVACY

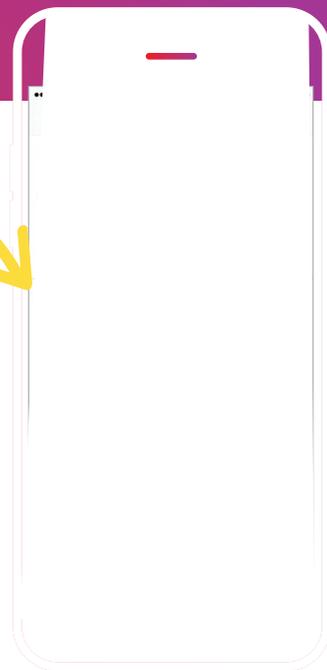
Your teen can choose to make their account private. This means they approve the people who follow them and can remove followers at any time. Your teen can also turn off "Show Activity Status" so friends can't see when they're online.

BLOCK ACCOUNTS & COMMENTS

Your teen can block accounts they don't want to interact with, including blocking people from seeing and commenting on their posts.

"MY MOM HELPS ME BY MAKING SURE THERE ISN'T ANYBODY NEGATIVE IN MY COMMENTS. WE EITHER IGNORE IT OR BLOCK THEM OUT."

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KNOW HOW TO PREVENT BULLYING

There is no place for bullying of any kind on Instagram. Tell your teen that if they spot an account, photo, video, message or comment that is intended to bully or harass someone, to talk to a trusted adult about what they've seen. They can also anonymously report bullying behavior from within the app by visiting "..." on a post or profile and clicking on "Report."

Instagram already automatically filters offensive words and phrases, and your teen can also create their own list of words or emojis they don't want to have appear in the comments of their posts by going to "Comment Controls" in the settings menu.

For more tools and resources to help you navigate healthy social media habits with your teen, visit parents.instagram.com.