

Inside
your teen's
digital world



Be in Touch
EDUCATE CONNECT PROTECT

Instagram

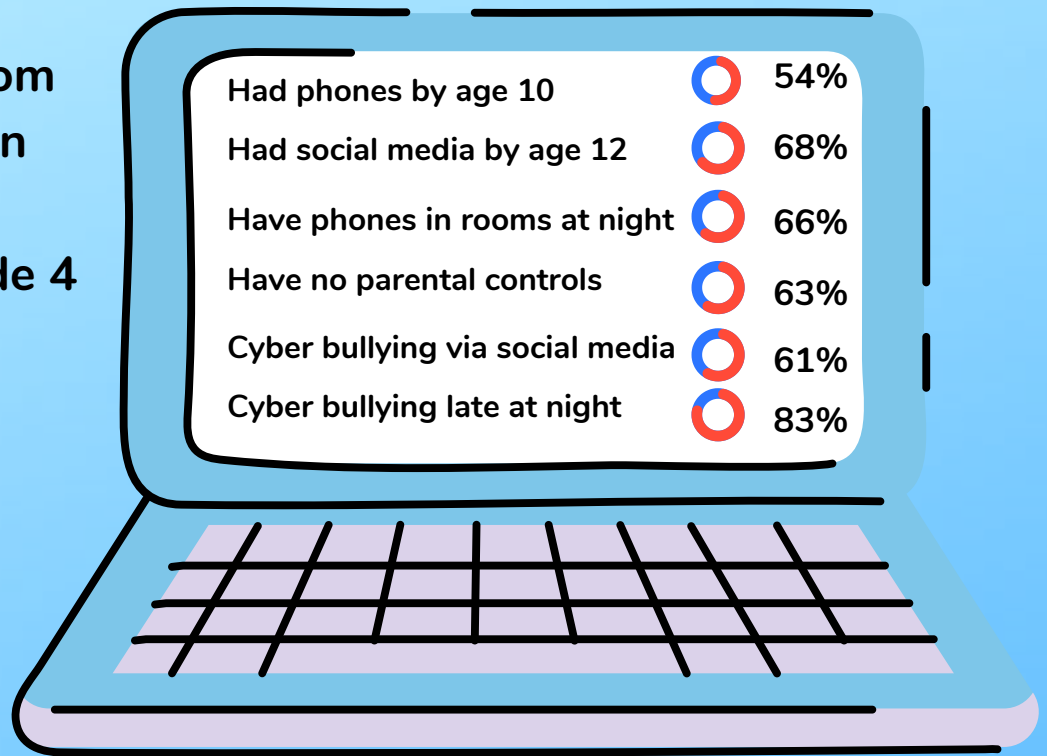


HOW TO MAKE INSTAGRAM SAFER FOR YOUR TEEN



ONLINE PARENTING IS VITAL!

Stats drawn from surveys by Be in Touch of more than 1500 grade 4 to grade 11 learners during 2021



RISKS OF SOCIAL MEDIA



SAFETY

- pornography & violence
- cyberbullying & trolling
- grooming & predators
- misinformation



SANITY

- anxiety, depression & suicide
- social pressure, insecurity & FOMO
- body image & eating disorders
- sleep



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YOUR T(W)EEN WANTS INSTAGRAM?

- Instagram requires users to be 13
- Know that it is “real age” rated 15+
- Teens need wisdom and maturity to be able to use Instagram positively!



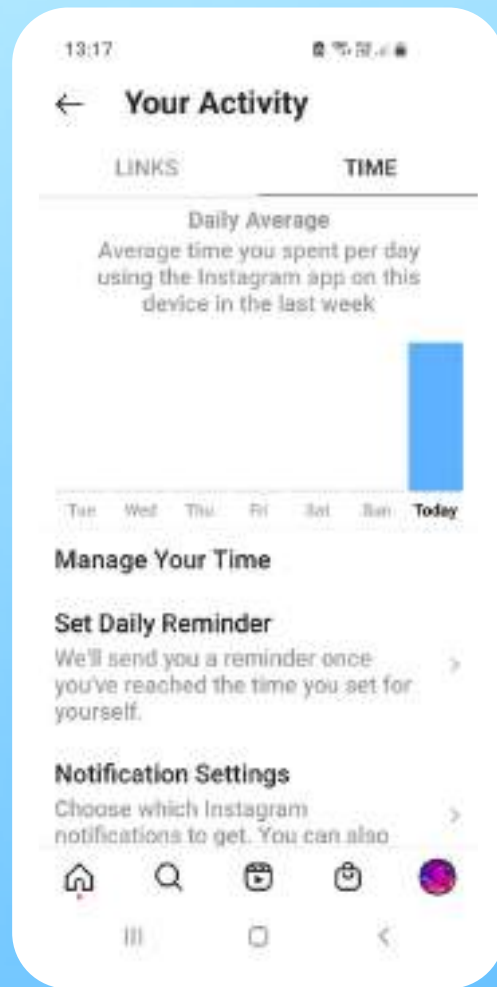
YOUR TEEN HAS INSTAGRAM?

- Know your teens's Instagram profile(s) and get involved!
- Talk to them about -
 - thinking before they upload or comment
 - deleting and blocking nasty comments
 - always protecting personal information
 - question what they see and hear
 - how Instagram makes them feel!
- Help them make it safer by changing the in-app settings...



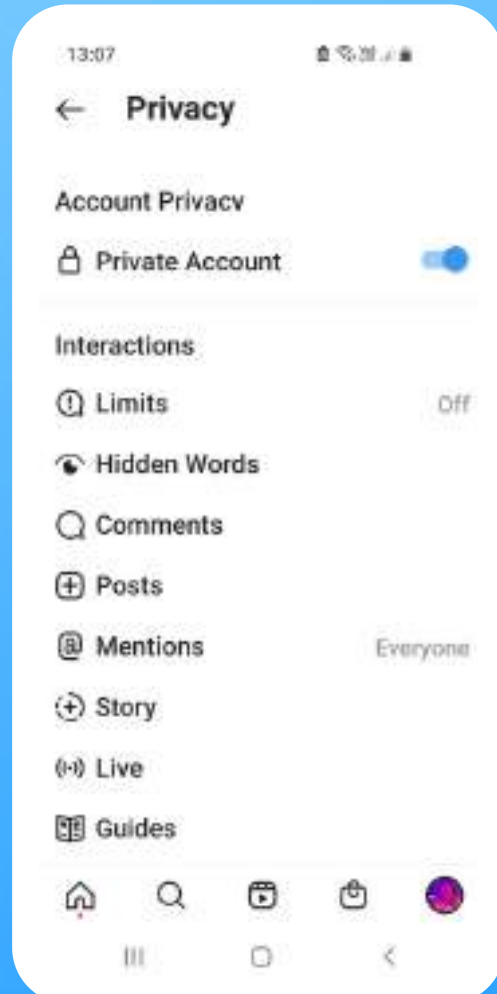
1

MANAGE SCREEN TIME



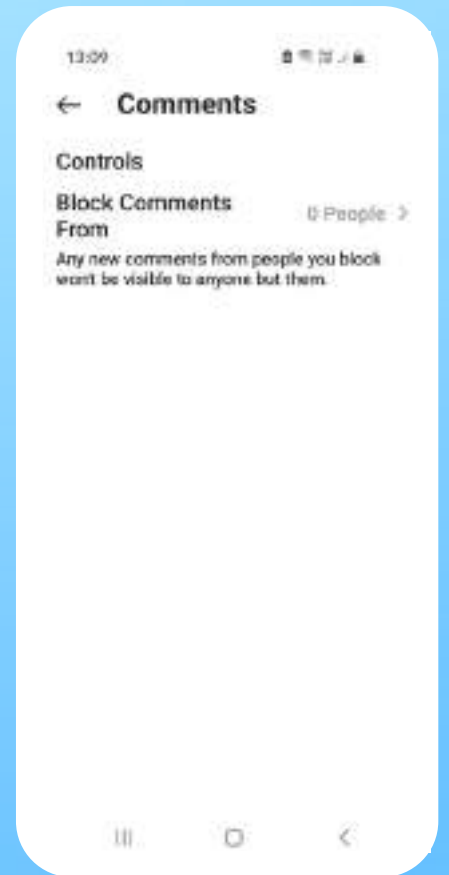
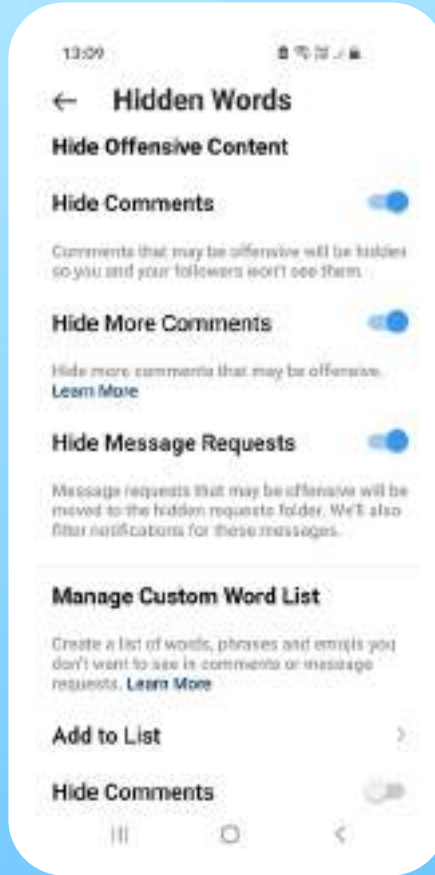
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MANAGE PRIVACY



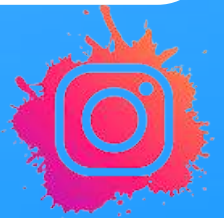
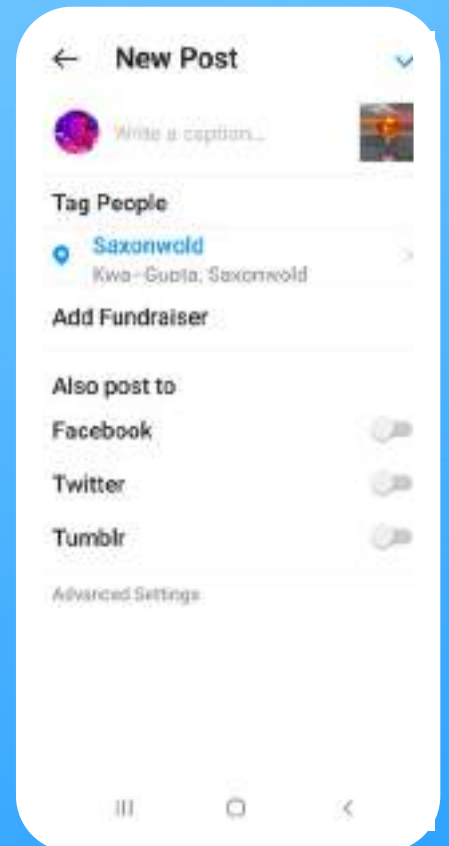
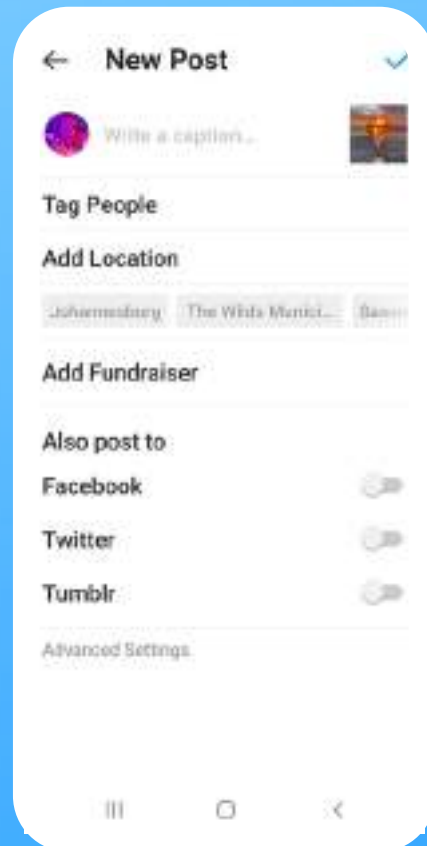
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MANAGE & FILTER COMMENTS



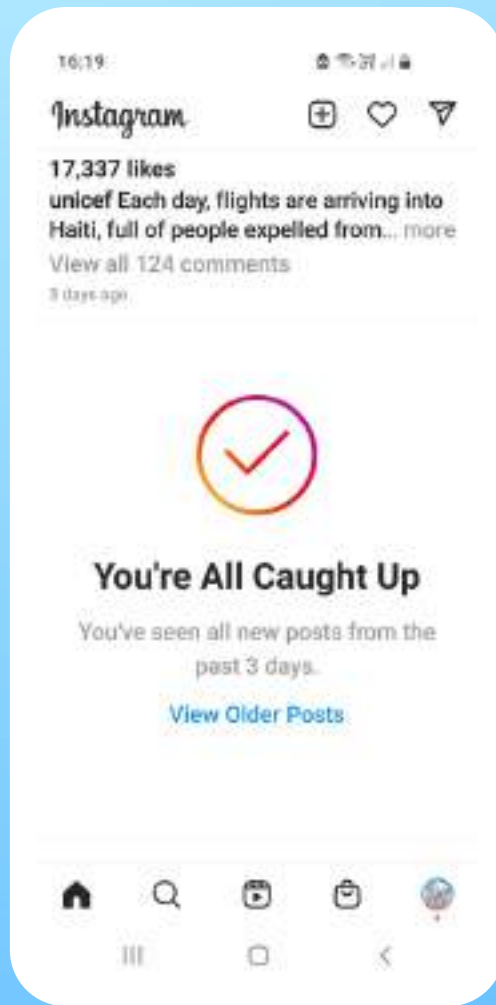
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KEEP LOCATION PRIVATE



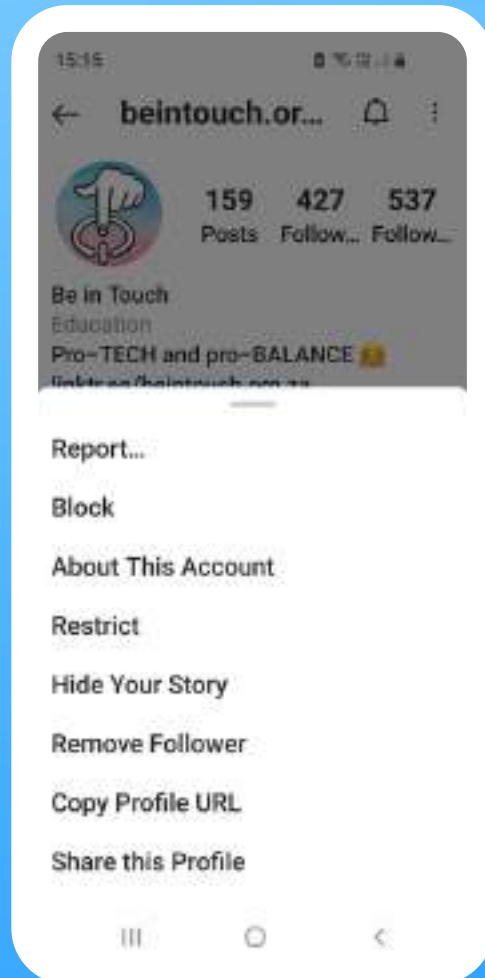
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STOP SCROLLING



6

BLOCK & REPORT

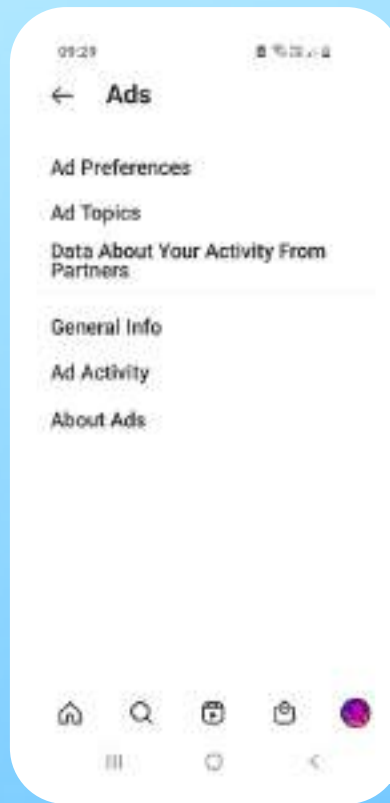


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CHANGE AD SETTINGS



WHAT NEXT?



Agree family tech rules



Chat to your teen about their online life



Install a Parental Control



Keep devices OUT of bedrooms at night



Keep checking in and checking up



Talk, talk, talk to your teen!



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Check out the Be in Touch website for more resources to help you keep children safer and saner online!

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