

Inside
your teen's
digital world



Be in Touch
SAFER AND SANER KIDS

Instagram



What parents
need to
know about



HOW TO MAKE INSTAGRAM SAFER FOR YOUR TEEN



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!



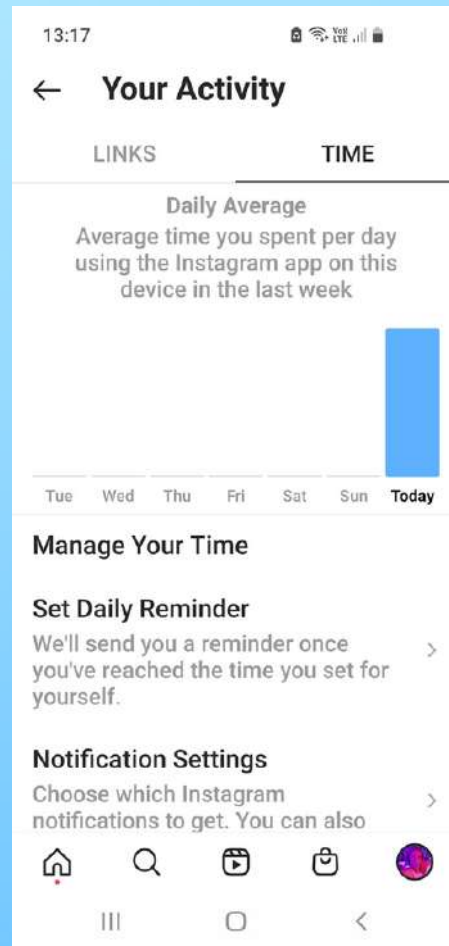
YOUR TEEN HAS INSTAGRAM?

- 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...



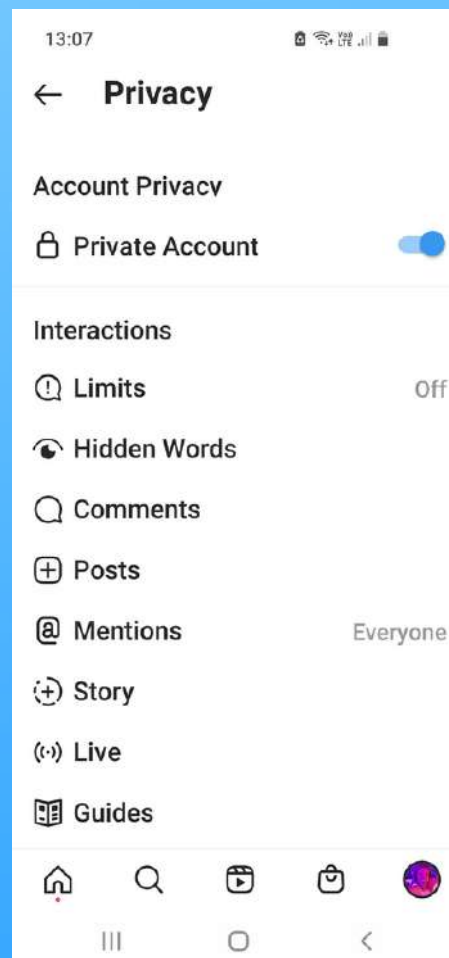
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MANAGE SCREEN TIME



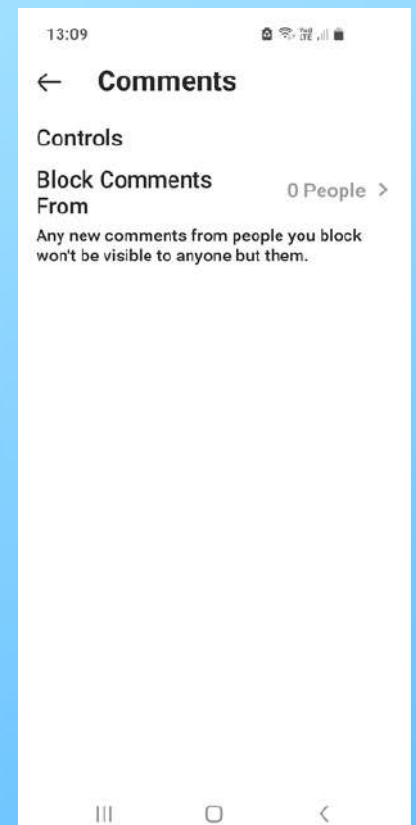
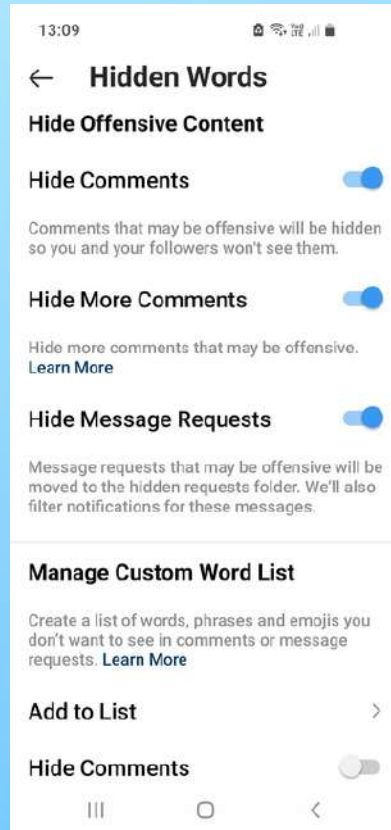
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MANAGE PRIVACY



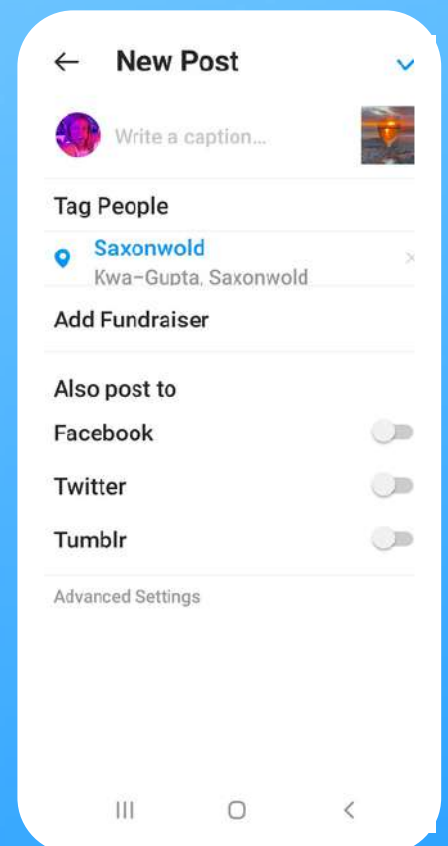
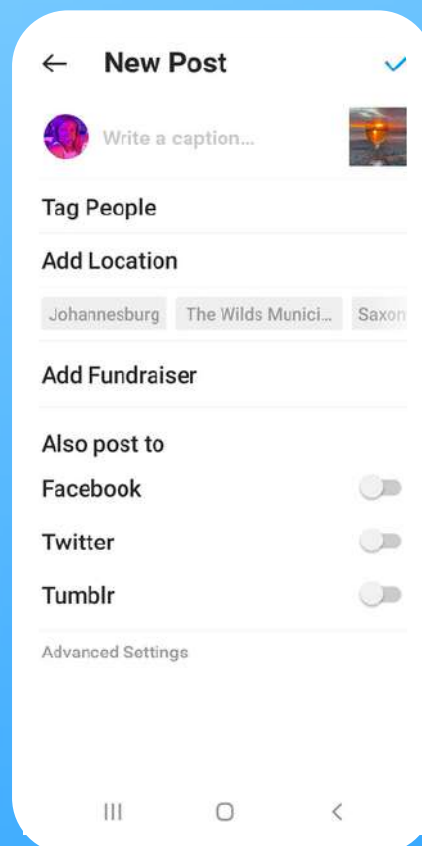
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MANAGE & FILTER COMMENTS



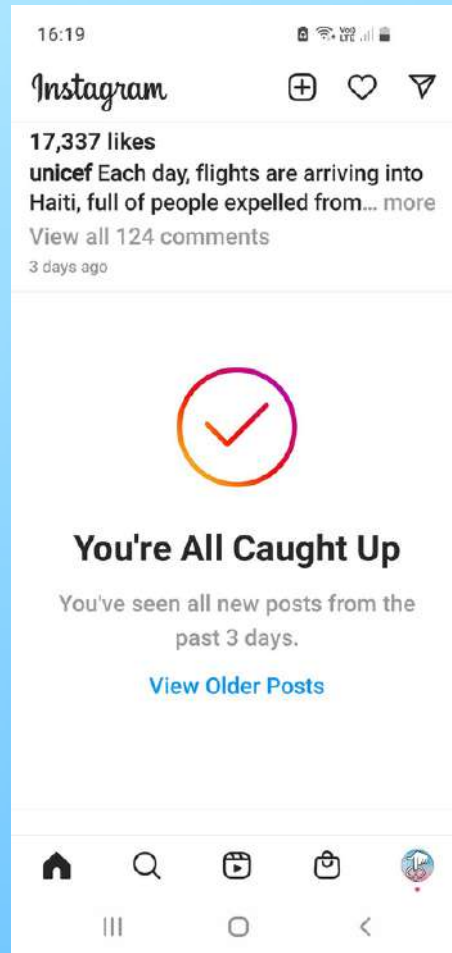
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KEEP LOCATION PRIVATE



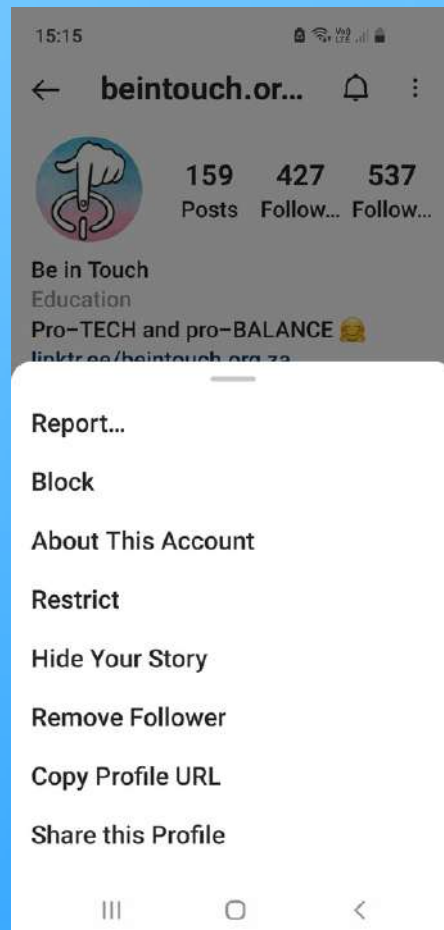
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STOP SCROLLING



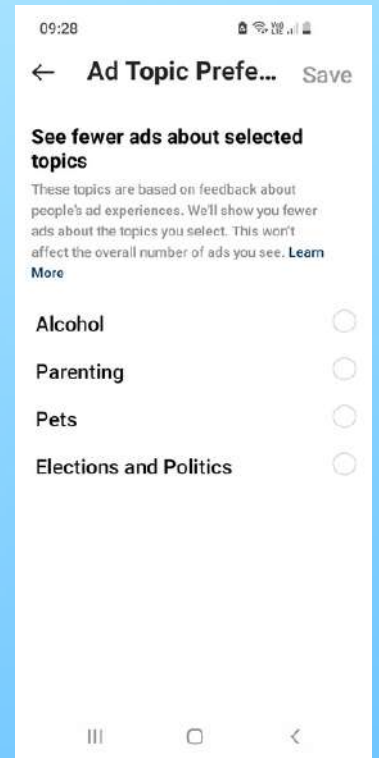
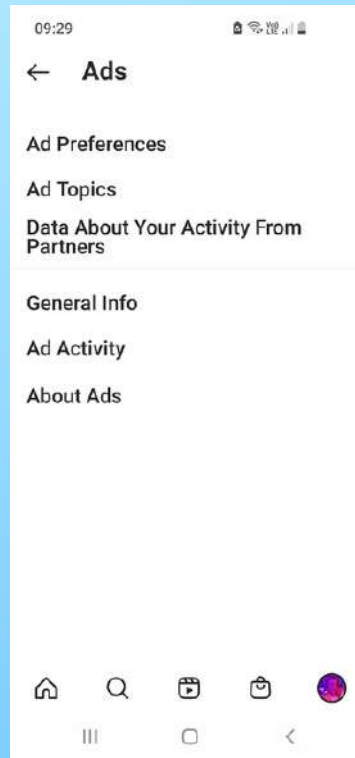
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BLOCK & REPORT



7

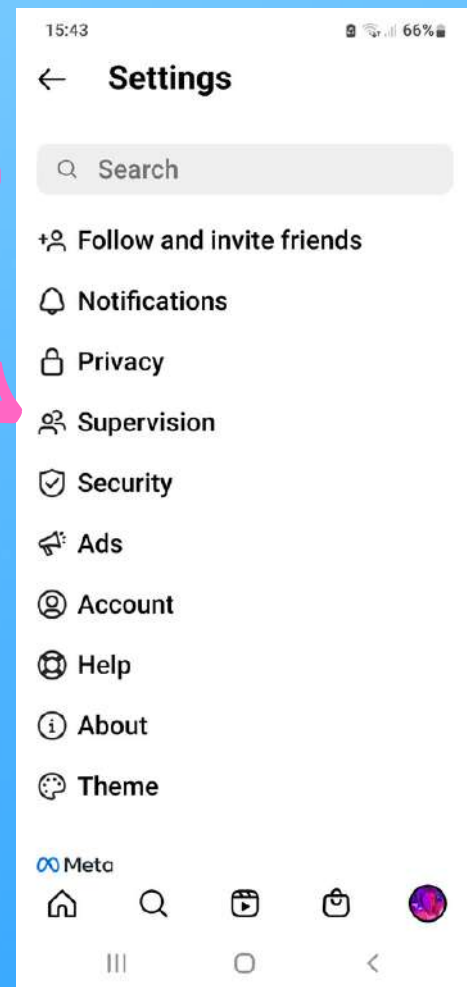
CHANGE AD SETTINGS

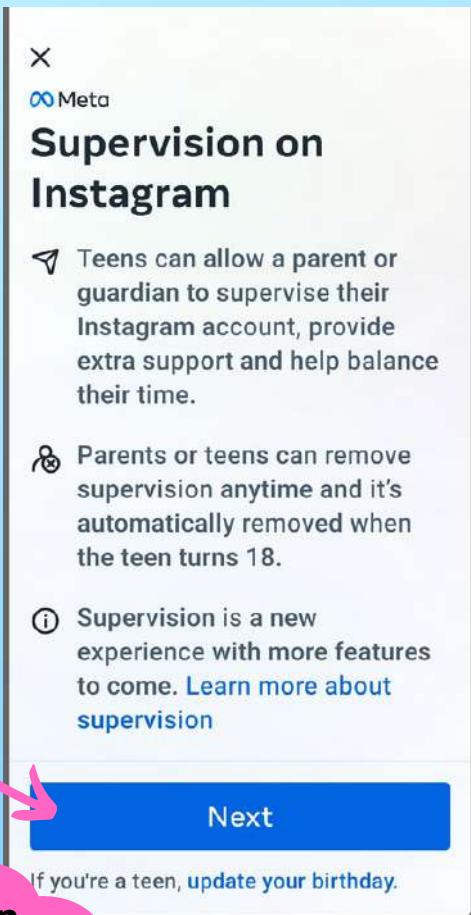


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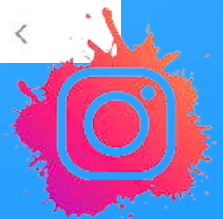
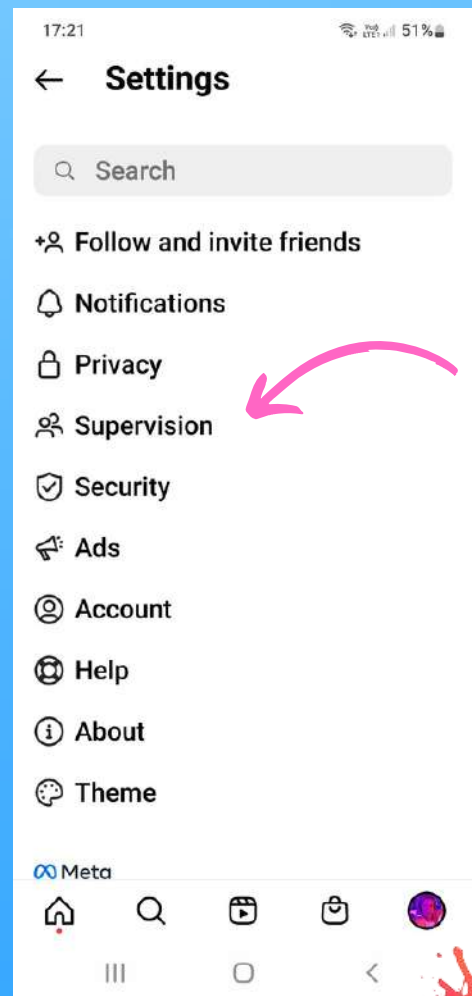
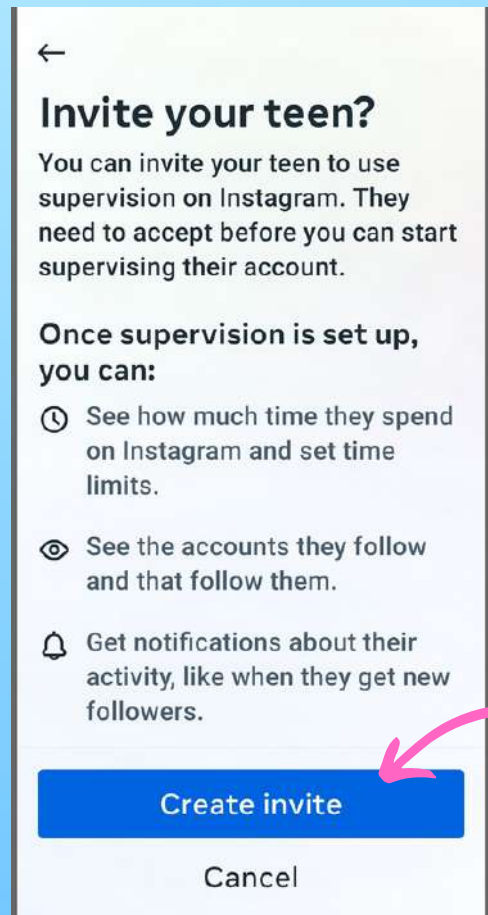
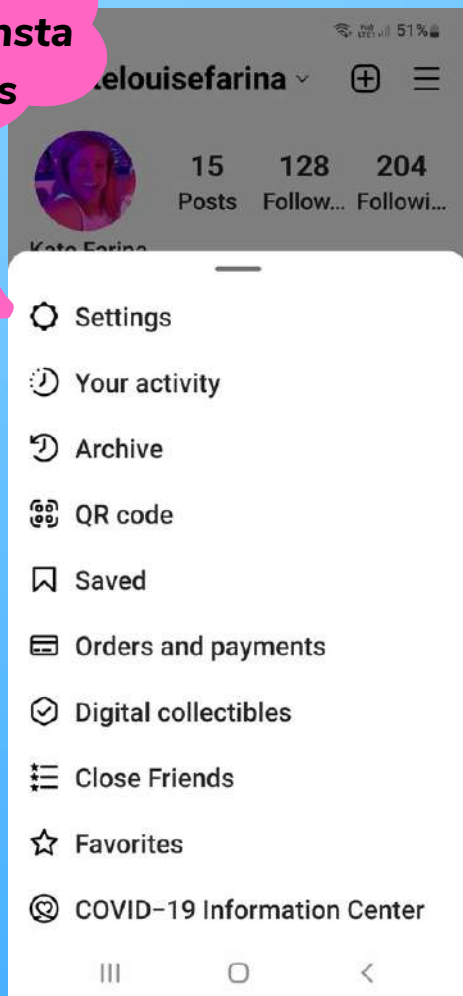
SET SUPERVISION

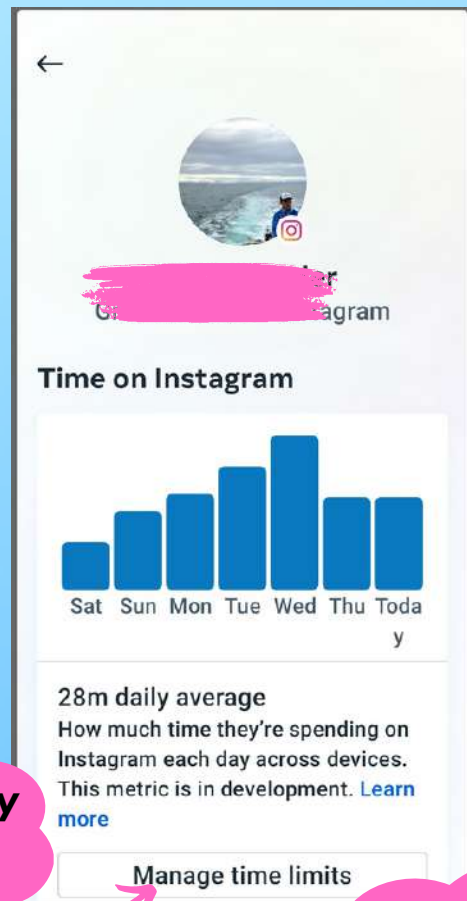
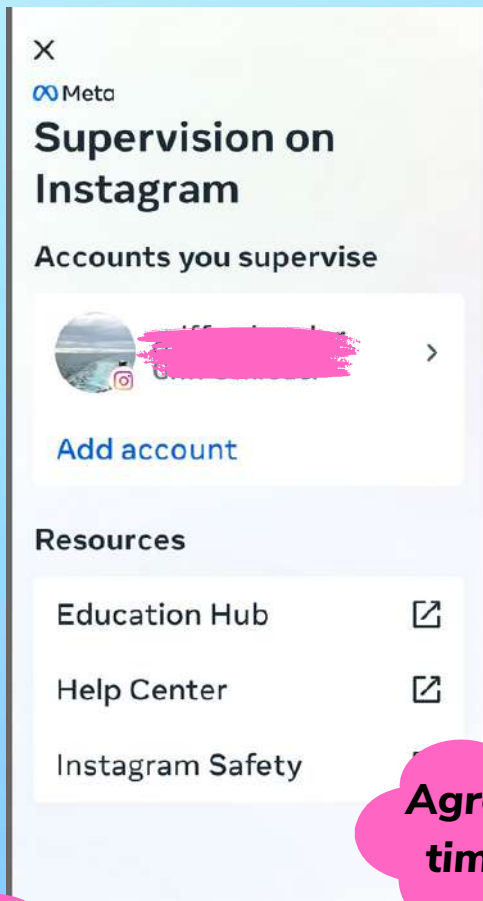
Click on parent's Insta settings





Click on parent's Insta settings

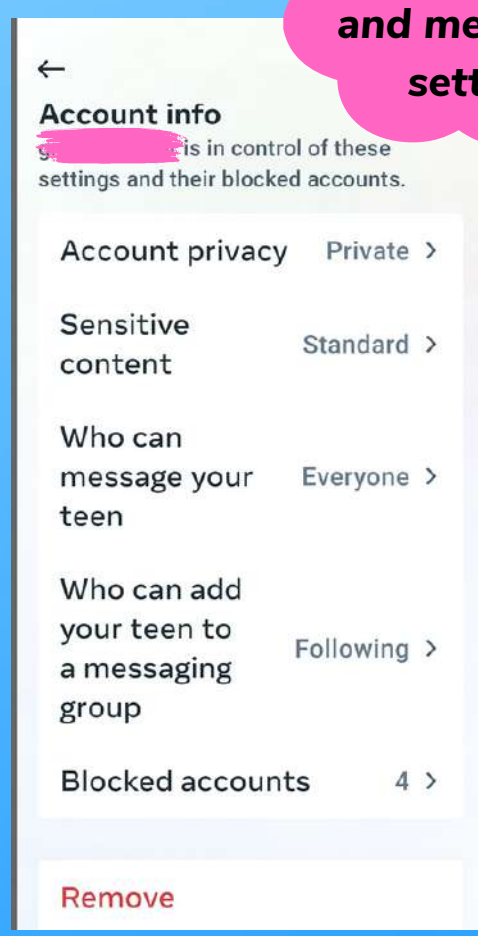




Agree daily time limit

Review followers and following

Review privacy and messaging 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!



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

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