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Digital Life Newsletter For Parents

Dear Parents and Guardians,

This month's issue provides a Parents' Guide to Instagram
I hope you find it helpful.

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<https://wellbeing.instagram.com/parents> (Download the entire article and watch related videos here.)

WHAT IS INSTAGRAM?

Instagram is a social media app used to share photos, videos and messages. In order to do this, it's essential that Instagram is a safe, supportive place for people to express themselves. The minimum age to have an Instagram account is 13. Teens 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.

Safety Tools

There are a number of tools you can share with your teen that will give them more control over their digital identity and footprint. One of the first things you want to talk about with your teen is whether their account is going to be public or private. Making sure they understand that they

have control over who sees and interacts with the things they post online will empower them to feel like they can be themselves on Instagram.

MANAGE PRIVACY

The first choice you can make with your teen is whether their account is public or private. If your teen's account is private, they approve the people who follow them, and can remove followers at any time. Private accounts mean your teen's content can't be seen by anyone they haven't approved. If your teen is public, anyone can see the content they post on Stories, Feed, or Live, and can follow them without needing approval.

MANAGE COMMENTS

Your teen 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. Teens can also remove comments entirely from their posts.

10 Questions to help you start the conversation about Instagram

What do you like about Instagram?

What do you wish I knew about Instagram?

What are the top five Instagram accounts that you enjoy following?

What are some things you think about before you post something on Instagram?

If you have multiple Instagram accounts, what do you share in each account?

How do likes and comments affect how you feel about a post?

Do you know your followers? (If your teen has a private account, ask them how they decide who follows them.) What do you do when someone you don't know tries to contact you via direct message?

How do you feel about the amount of time you spend online?

Have you ever felt uncomfortable with something you saw or an experience you had online?

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?)

