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Saferguarding Children from Sexual Offences



IT'S OK
TO TALK

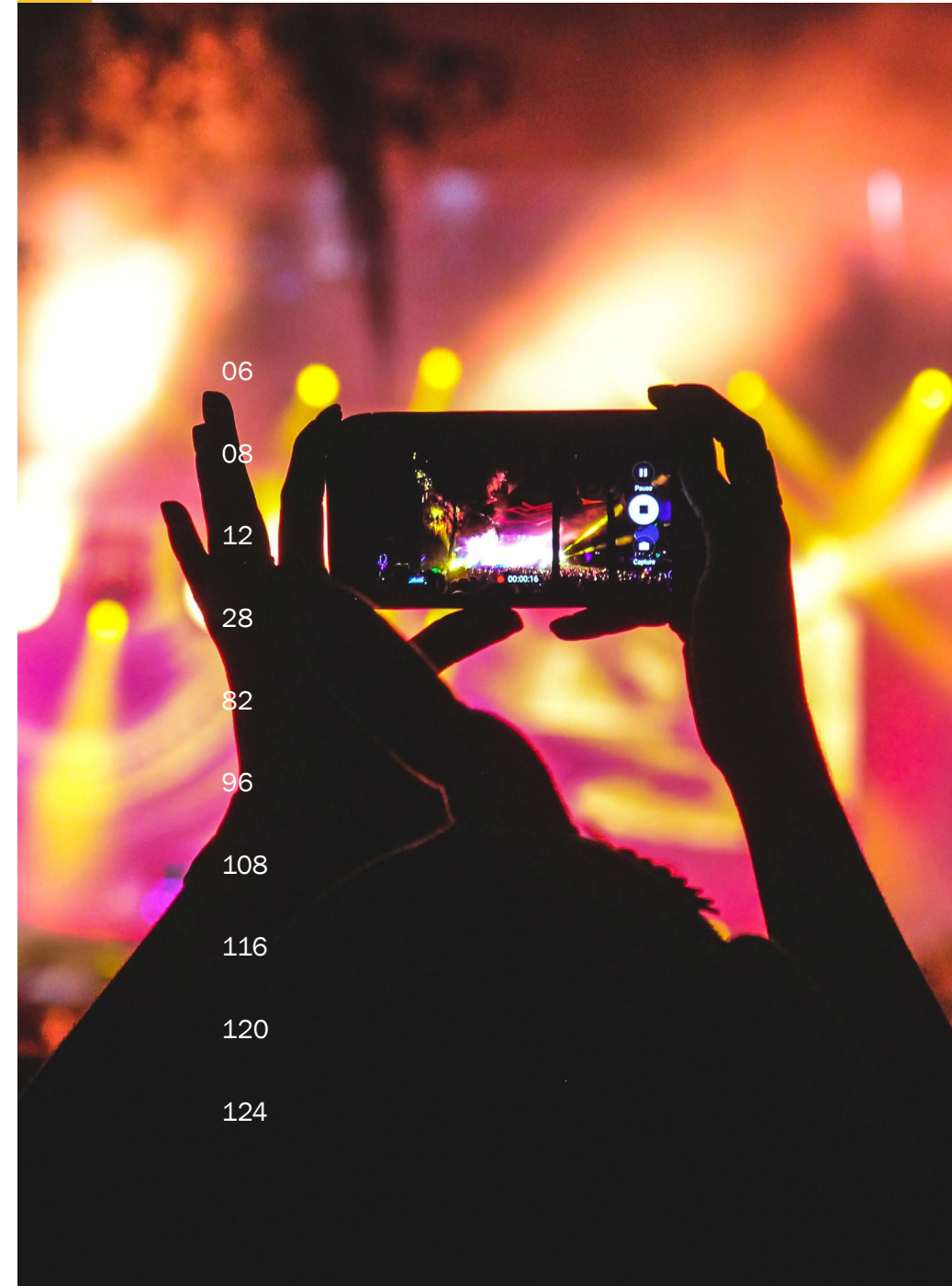


CyberPeace
Foundation

A Parent's Guide to Instagram

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“Our children are living a very active life online today, and it seems to come naturally to them. But we need to see beyond what they are posting. Their online self is very different from their real life, and as their guardians it is our job to protect them. Firstly, parents need to accept their child’s online presence. Secondly, they need to provide a safe space where the child feels comfortable enough to share his/her struggles and ask for help/support. Finally, parents need to update themselves in ways they can actually be of help to their children. The updated Instagram Guide for Parents is a very responsible step towards this direction, and we really appreciate it.”

Ranjana Kumari
Centre for Social Research
[@csr_india](#)





Hi there!

Did you know that India has the second largest internet population in the world?

Out of all online activities, social networking is the most common among Indian users and social media platforms gaining popularity among young users. Interacting with users from across the globe is now just one touch away! With the increased usage of such platforms, it has become equally important to protect one's identity and information in online spaces.

Children often hesitate in sharing things about their online lives with parents. This is mostly because they fear they may be blamed or that they may lose screen time and devices. It would be helpful to promote a healthy, safe and balanced usage of technology and internet enabled devices and platforms, rather than prohibiting it. A compassionate and understanding response will help build trust and this will enable you to be a part of your child's online activities. You can always share tips to stay safe once the child has confided in you and feels safe.

This guide has been designed keeping in mind the various concerns that may go around in your head as a concerned parent, things like the various features the app offers, the important settings available and how users can deal with inappropriate behaviour.

We hope this will help you begin conversations with children on how they can use the platform to build relationships and gain fun and enriching experiences!

Vineet Kumar
CyberPeace Foundation
[@cyberpeacecorps](https://www.instagram.com/cyberpeacecorps)



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What is Instagram



Instagram is a photo, video, and message sharing app with a community of people that use it to connect to each other through their passions and interests. Instagram is especially popular among young people who use it to capture special moments, connect to one another, and carry conversations in a fun way - using photos, videos, filters, comments, captions, emoji, and hashtags. Instagram runs on Apple iOS, Android devices, and the web. The minimum age to have an Instagram account is 13.

Whether it's through Stories, Reels, Feed, Live, IGTV or Direct our mission is to bring people closer to the people and things they love. For people to express themselves freely, it's essential to make Instagram a safe and supportive place.



**COMMUNITY
OF PEOPLE
CONNECT TO
EACH OTHER**



**CAPTURE
SPECIAL
MOMENTS**



**BRING
PEOPLE
CLOSER**

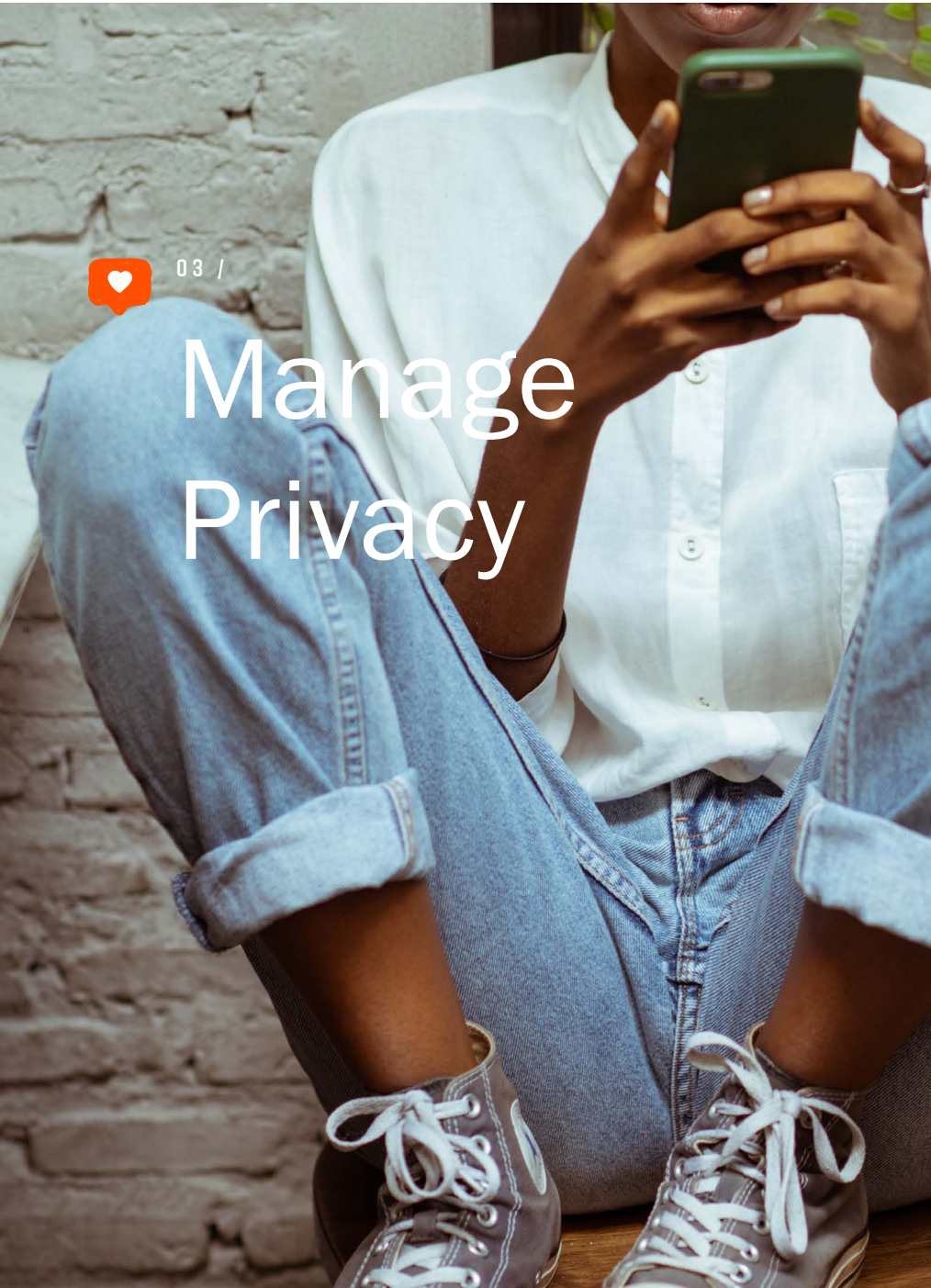


**FOR PEOPLE
TO EXPRESS
THEMSELVES
FREELY**



**SAFE AND
SUPPORTIVE
PLACE**





There are a number of tools you can share with your child that will give them more control over their digital identity and footprint. One of the first things you want to talk about is whether their account is going to be public or private. We recommend that teens make their account private. Understanding that they have control over who sees and interacts with the things they post online, will empower them to be themselves on Instagram, while remaining safe online.

Account Privacy



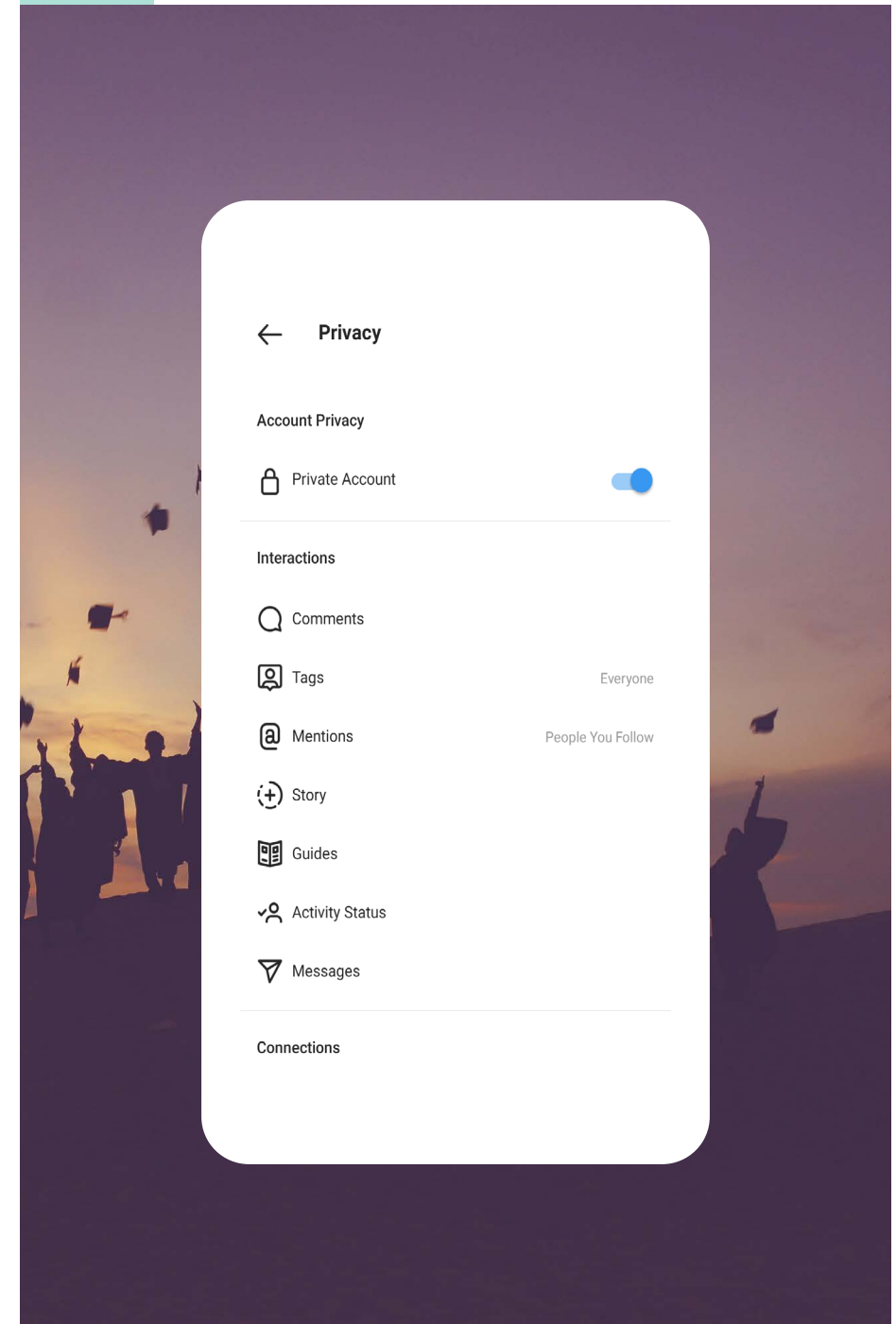
Account privacy

If your child's account is private, they approve the people who follow them, and can remove followers at any time. Private accounts mean your child's content can't be seen by anyone they haven't approved.

Additionally, they can remove followers, choose who can comment, and turn off the "Show Activity Status" so that their friends can't see when they are online.

We recommend that teens make their account private. We have added a new screen when someone creates a new account and tells us they're under 18. It will give people the option to select either a public or private account with education on what the different experiences mean. If they don't choose 'private,' we'll later send them a notification educating them on what a private account means and reminding them to check their settings.

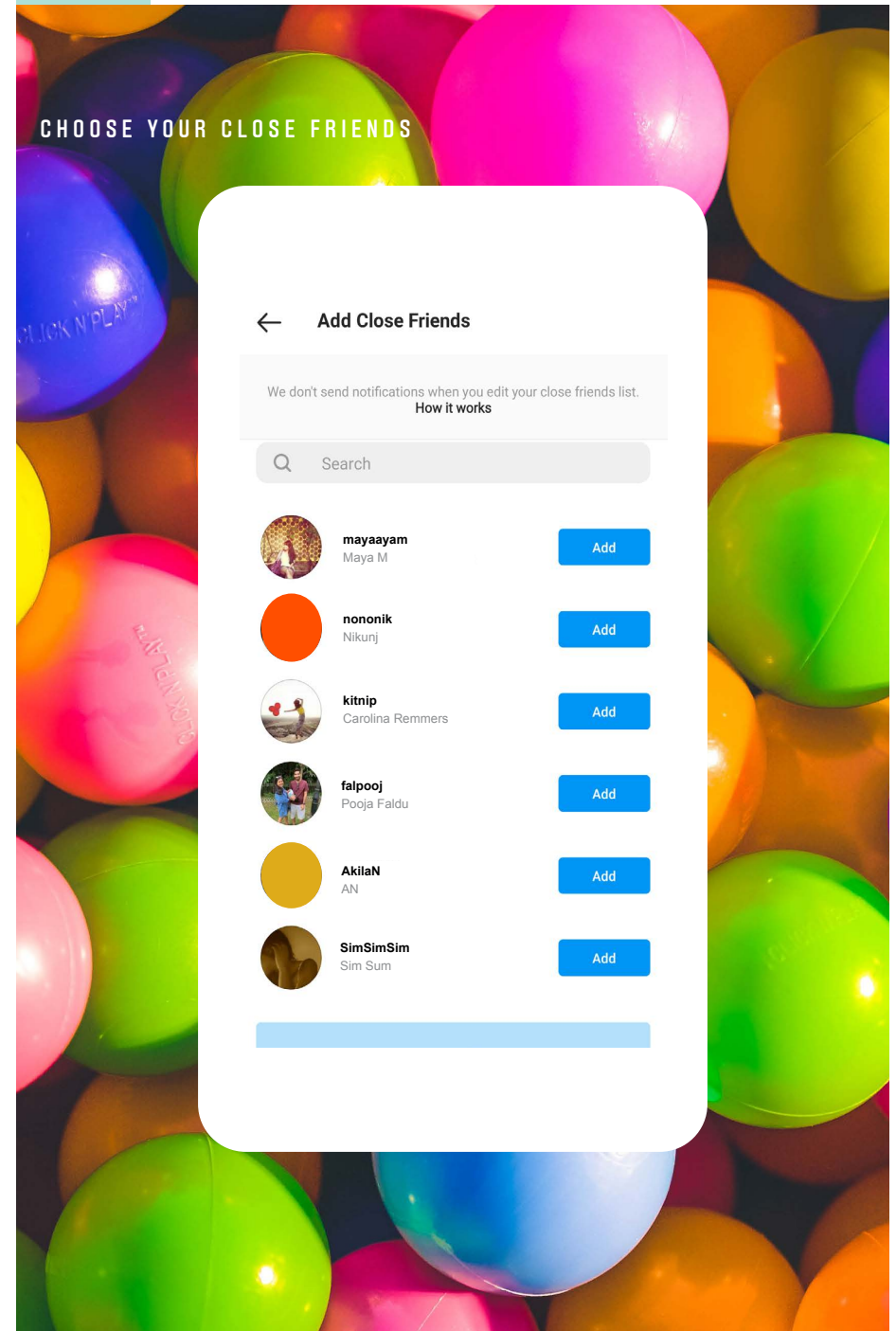
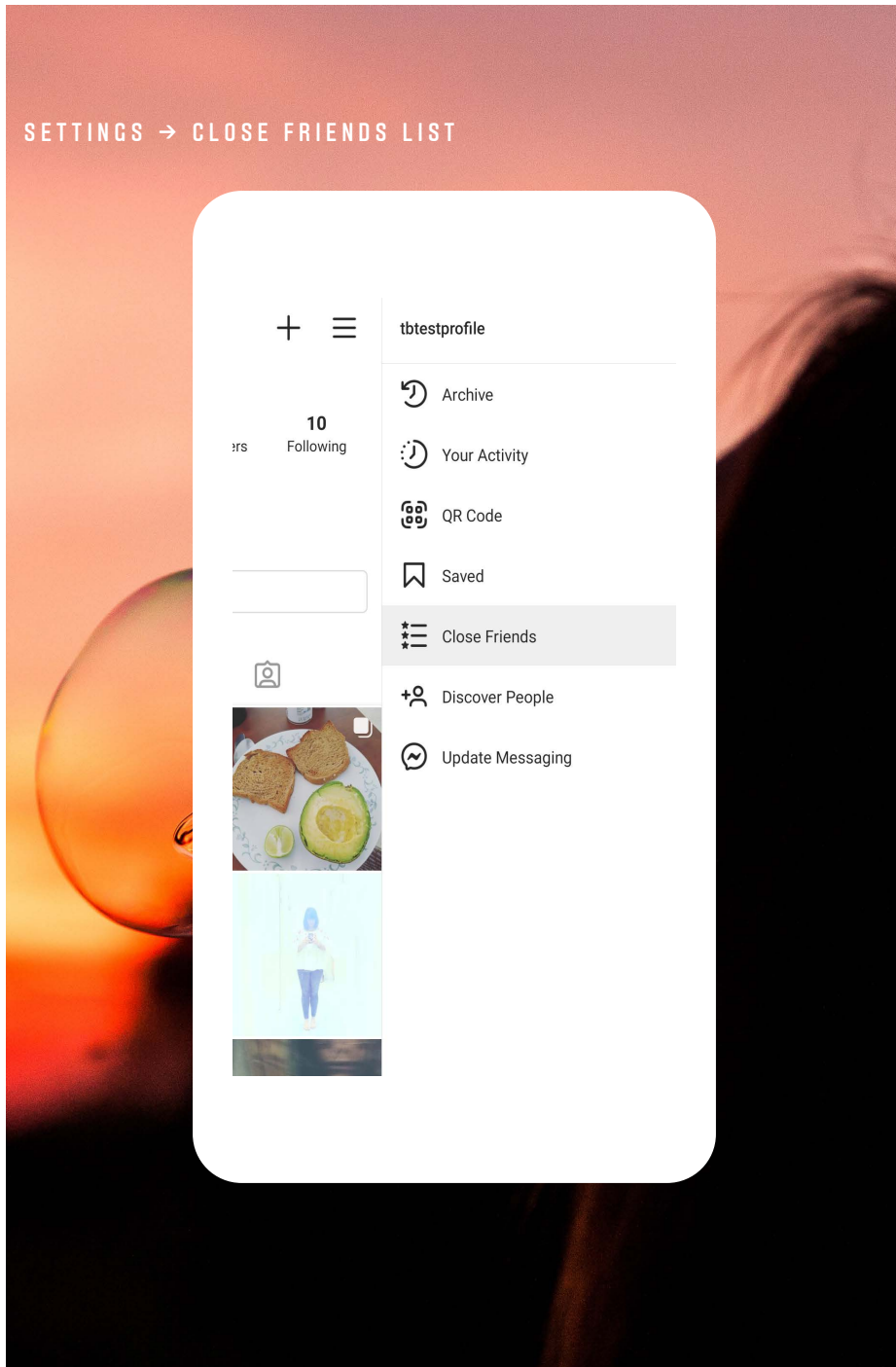
If your child's account is public, anyone can see the content they post on Stories, Feed, or Live, and follow them without needing approval. If your child already has a public account, they can switch to private at any time.

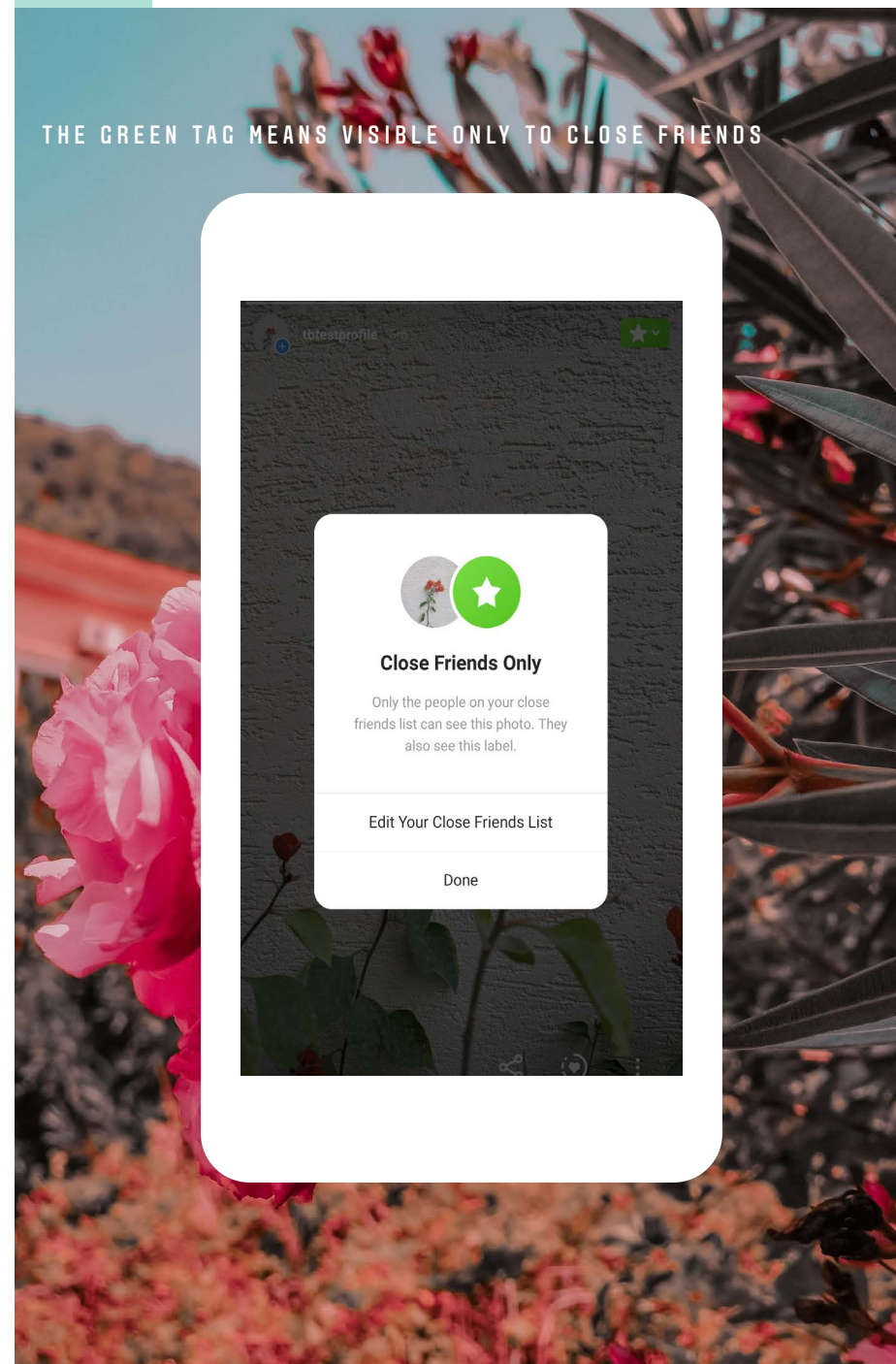
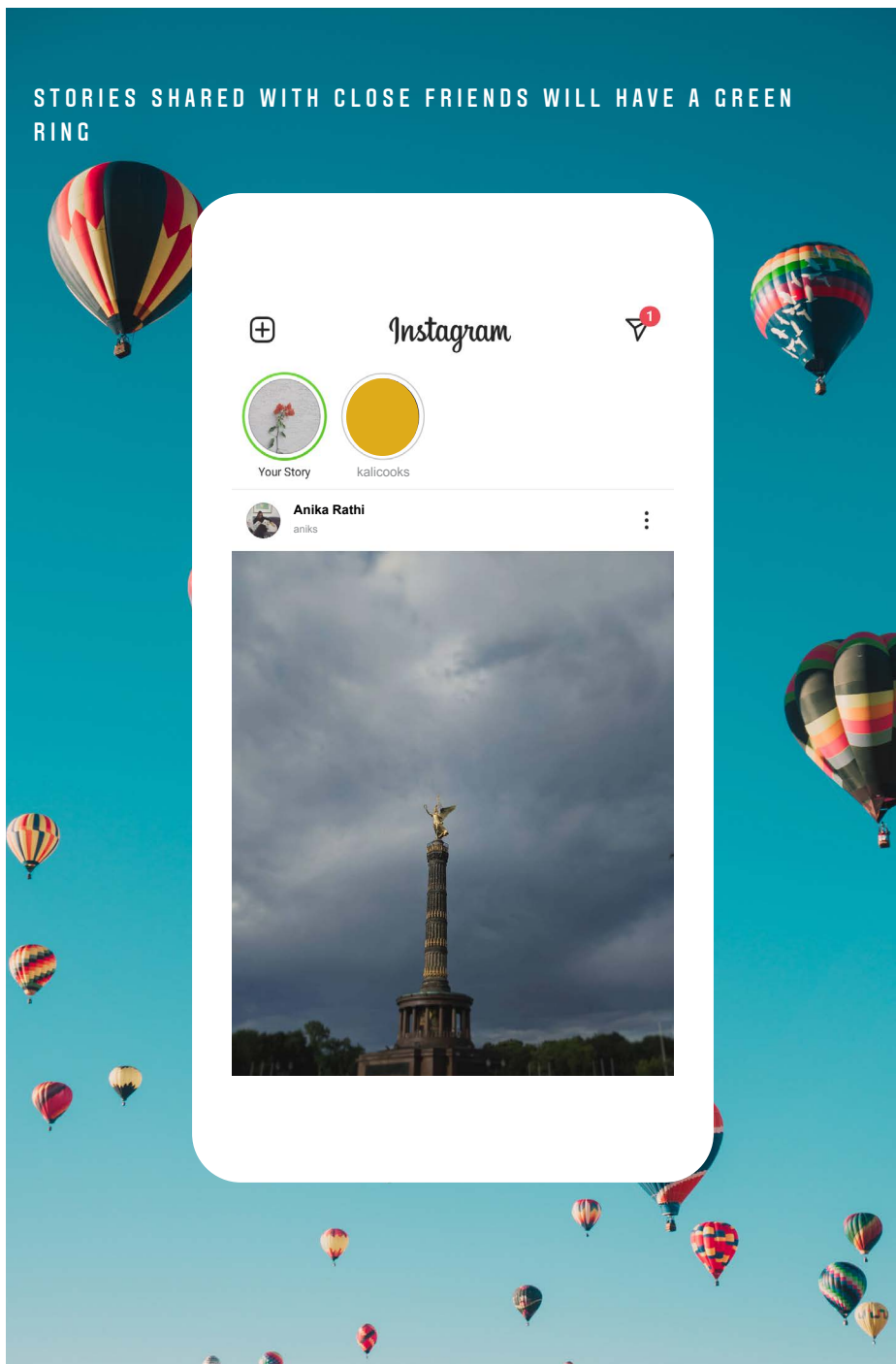


➔ Share stories with close friends

Your child can create a 'Close Friends' list and share their story with only the people on that list. They can add and remove people from it, at any time, and people won't be notified when they're added or removed from their list.







Message Controls

Your child can also choose who can message them on Instagram and who can add them to groups on Instagram Direct. They can also decide whether message requests go to their Chats list, Message Requests folder, or whether they receive them at all.


DM REACHABILITY CONTROLS

← Privacy

Account Privacy


 Private Account

Interactions

 Comments

 Tags Everyone

 Mentions People You Follow

 Story

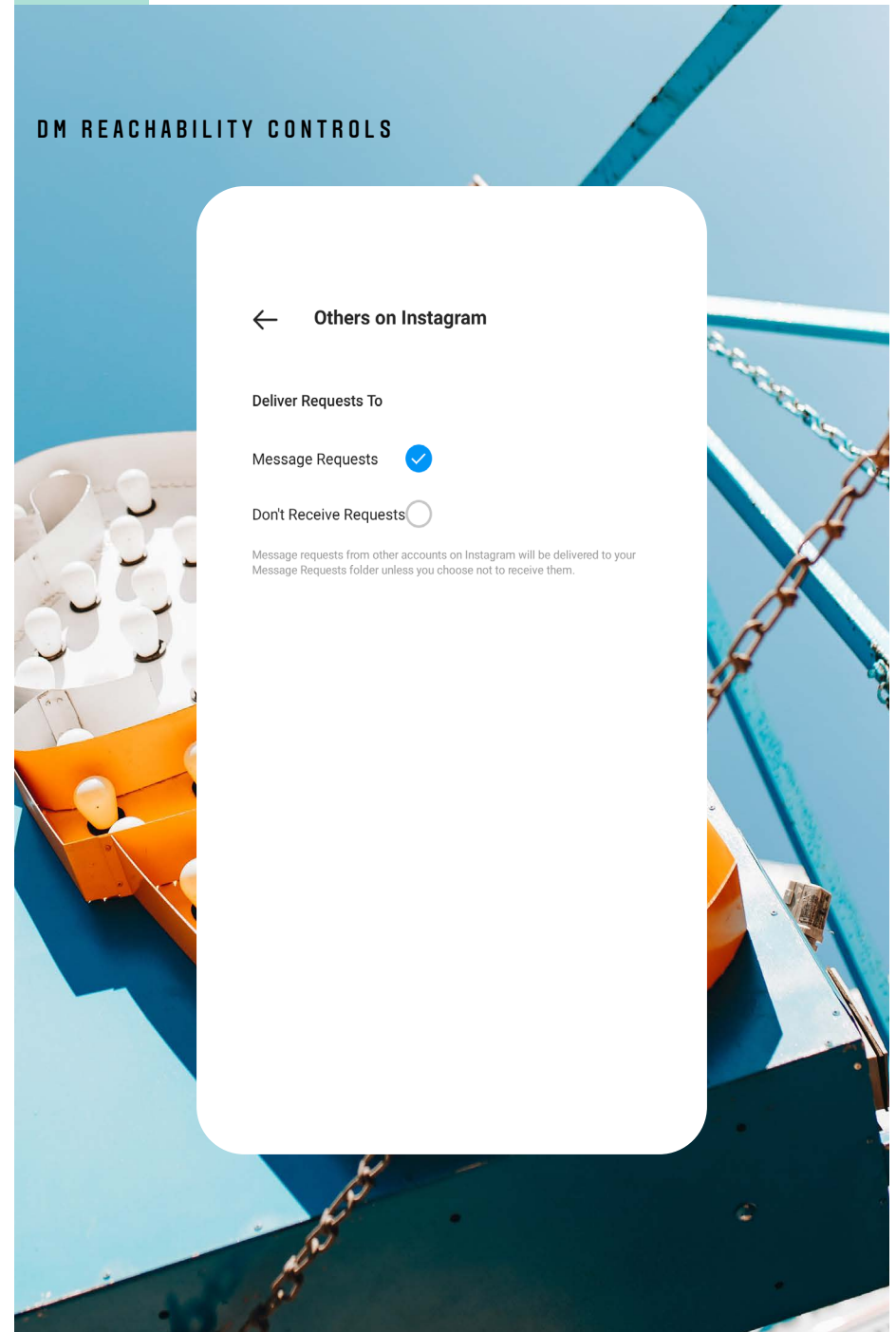
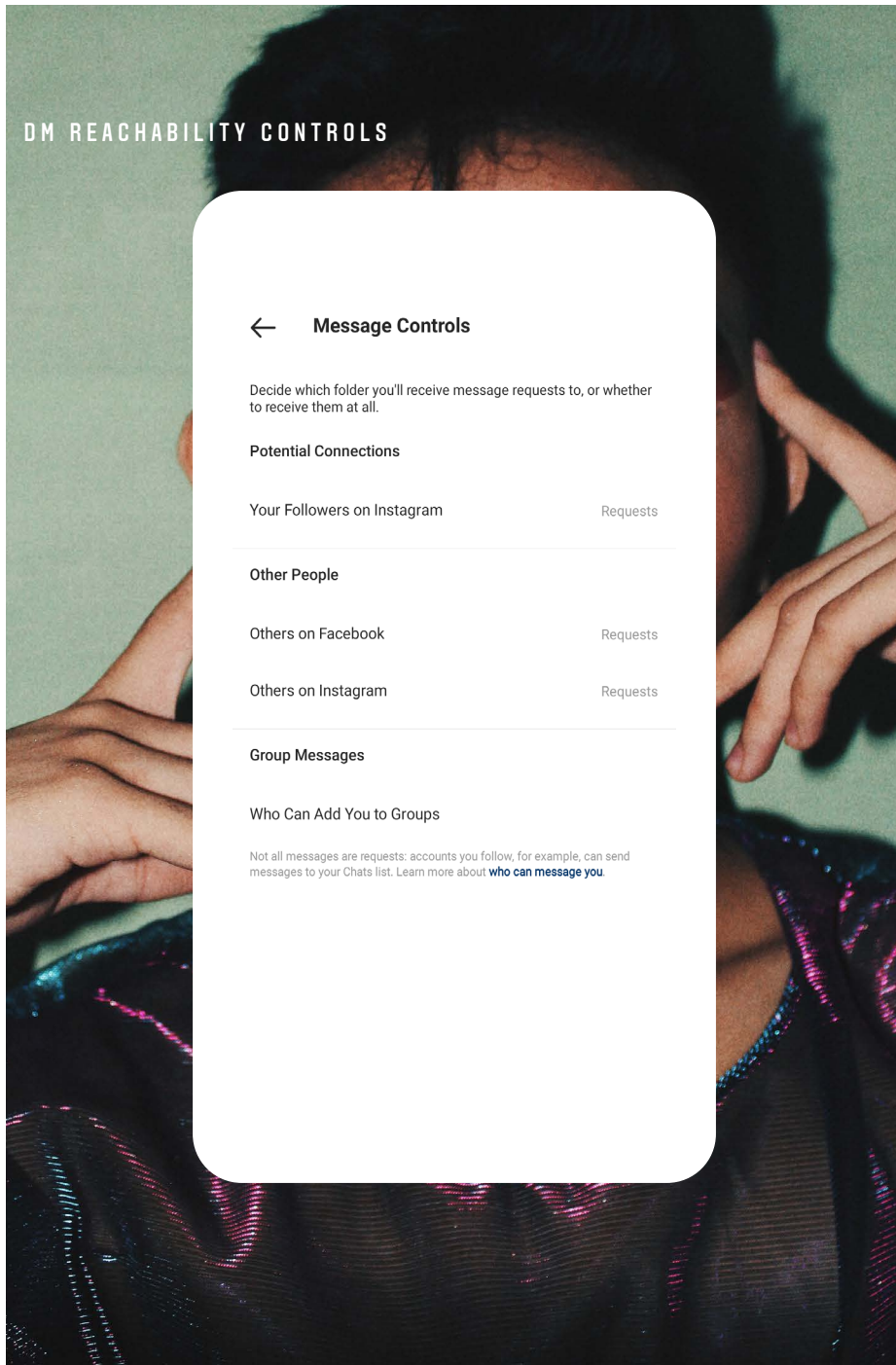
 Guides

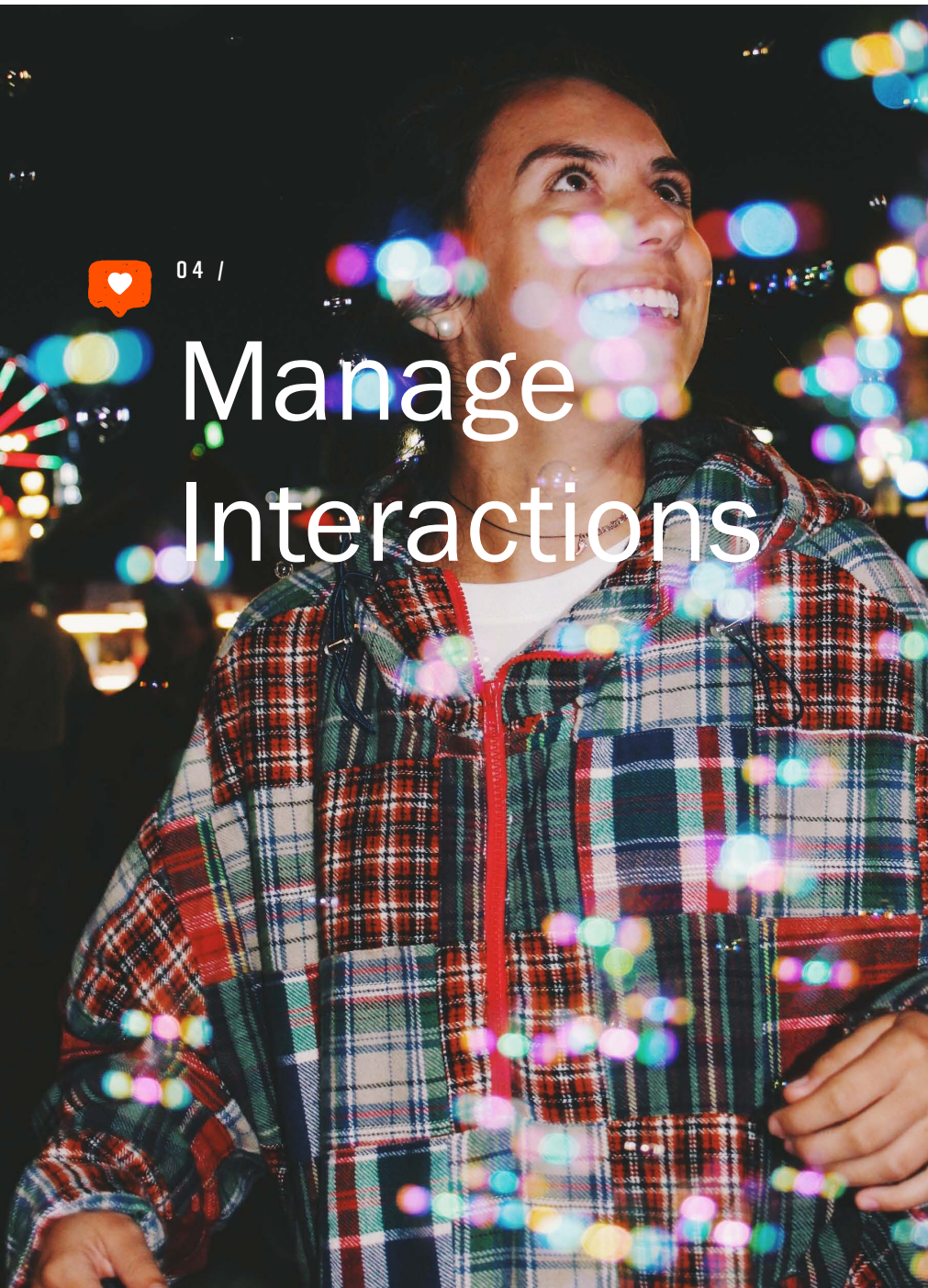
 Activity Status

 Messages

Connections

 Restricted Accounts





There is no place for bullying of any kind on Instagram. It's against our policies to create an account, post photos, or make comments for the purpose of bullying or harassing someone else. Let your child know that if they spot an account, photo, video, comment, message or Story that is intended to bully or harass someone, they can report it within the app by tapping "..." on the top right corner of the post or profile, by swiping left on the comment, or by tapping and holding the message, and tapping "Report".

Reporting is totally anonymous; we never share your child's information with the person reported.

“For many children and young people, Instagram is their platform of choice for connecting with friends and engaging with peers across the world. The Instagram community is a diverse and colorful world and in interacting with it, your child is learning, exploring and gradually evolving into their own online identities. Their interactions on the platform can range from public and chaotic to private and intimate. Children and young people will be the first to tell you that while some of these interactions are desirable, there are some that they would like to stay away from. Knowing their Instagram settings and functions can help your child take control of their online identities. They can block, filter out or take action against undesirable interactions while focusing on interactions that they find meaningful. They can help ensure that their choices and boundaries are not just heard but also respected, thus, creating a little corner of safe space.”

Siddharth Pillai

Aarambh India Initiative

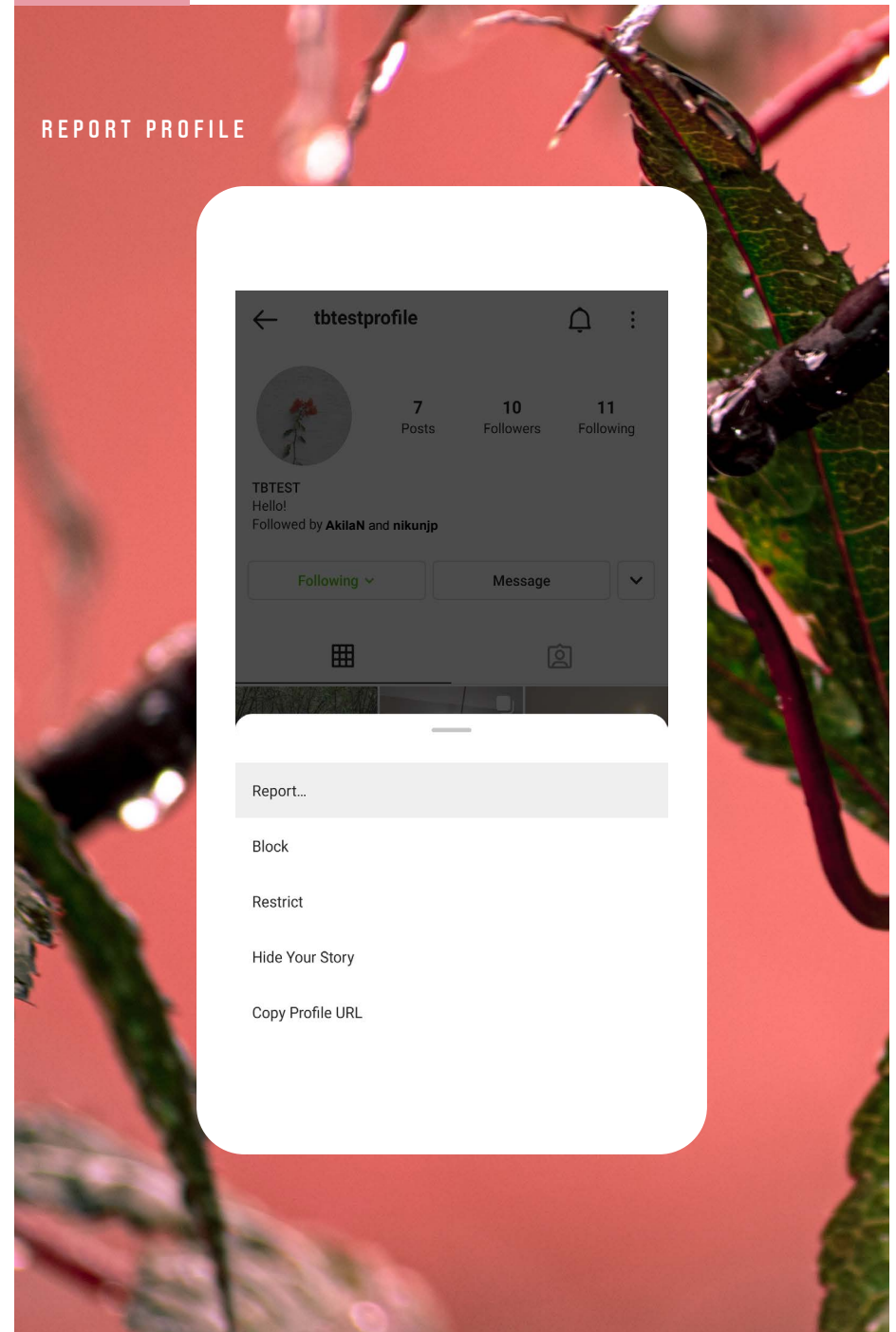
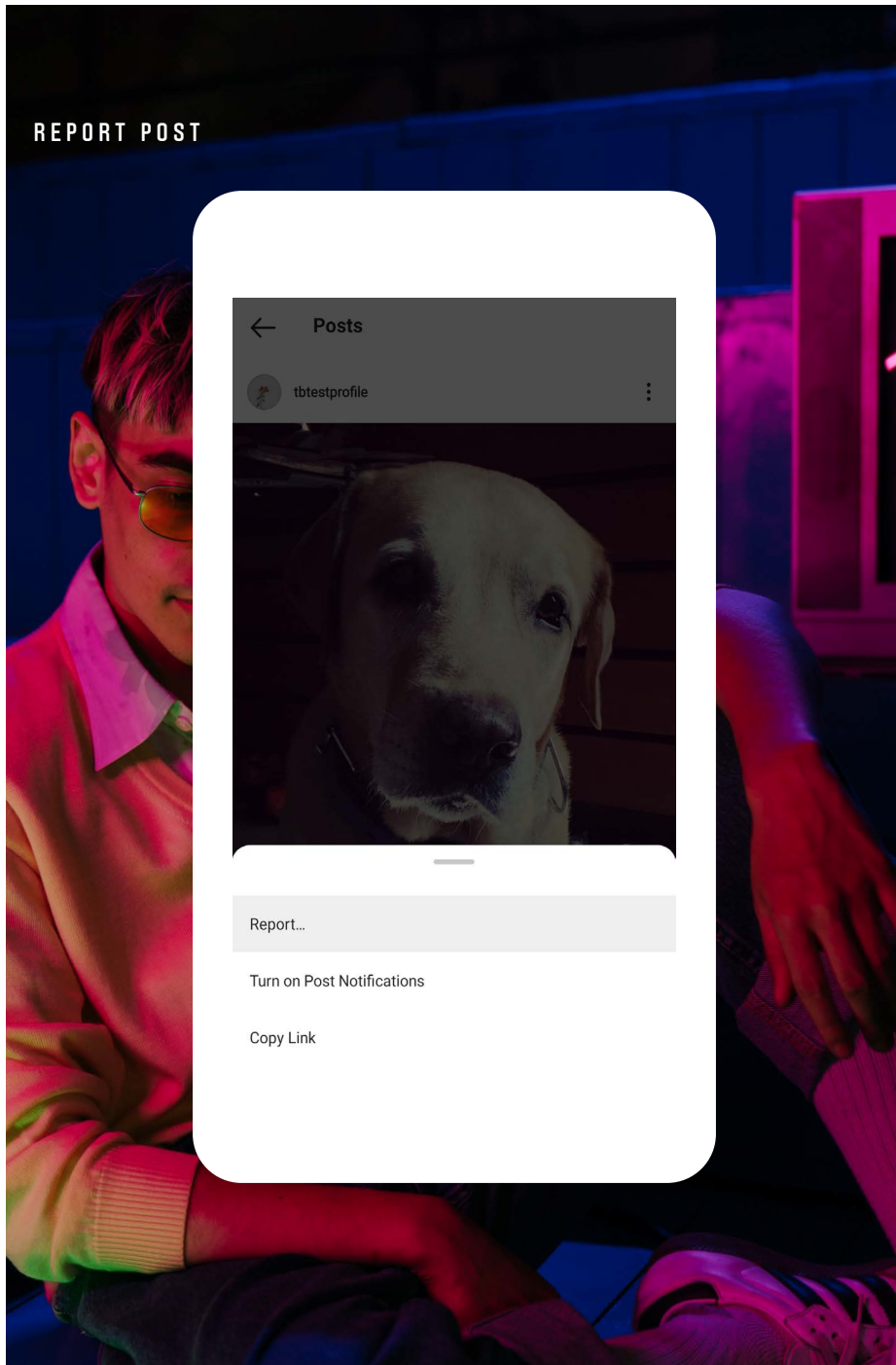
[@aarambhindiainitiative](https://www.instagram.com/aarambhindiainitiative)

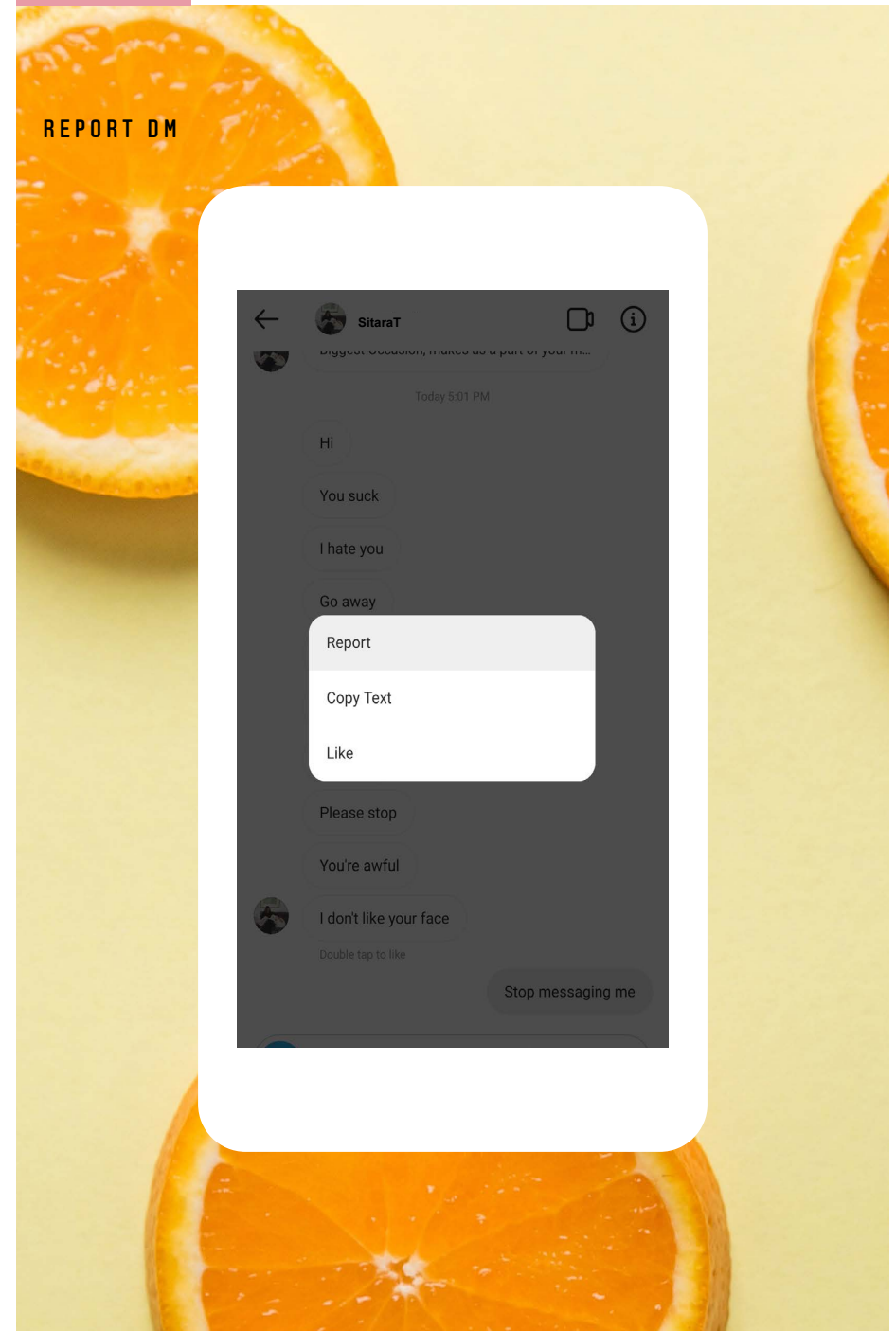
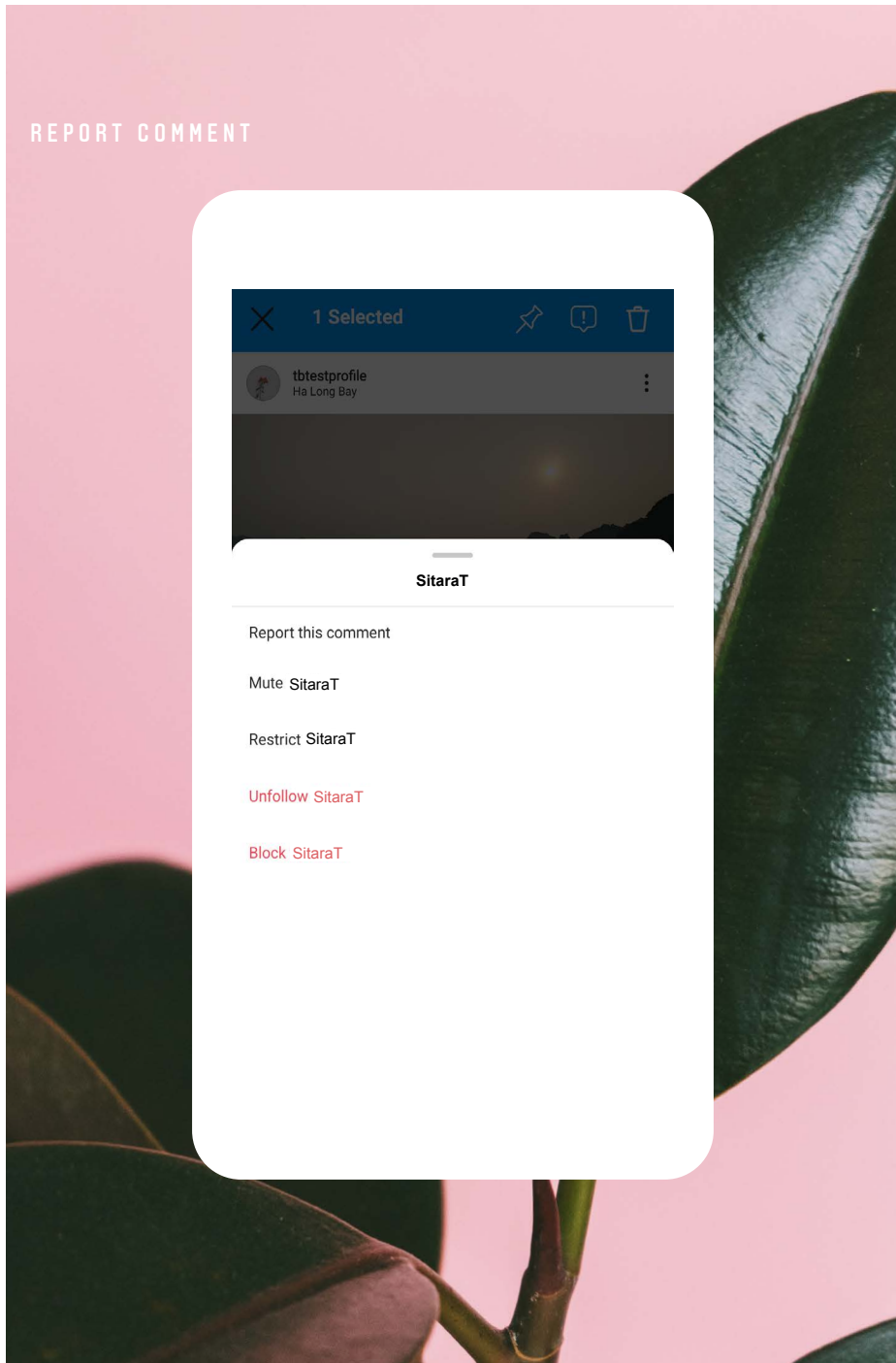


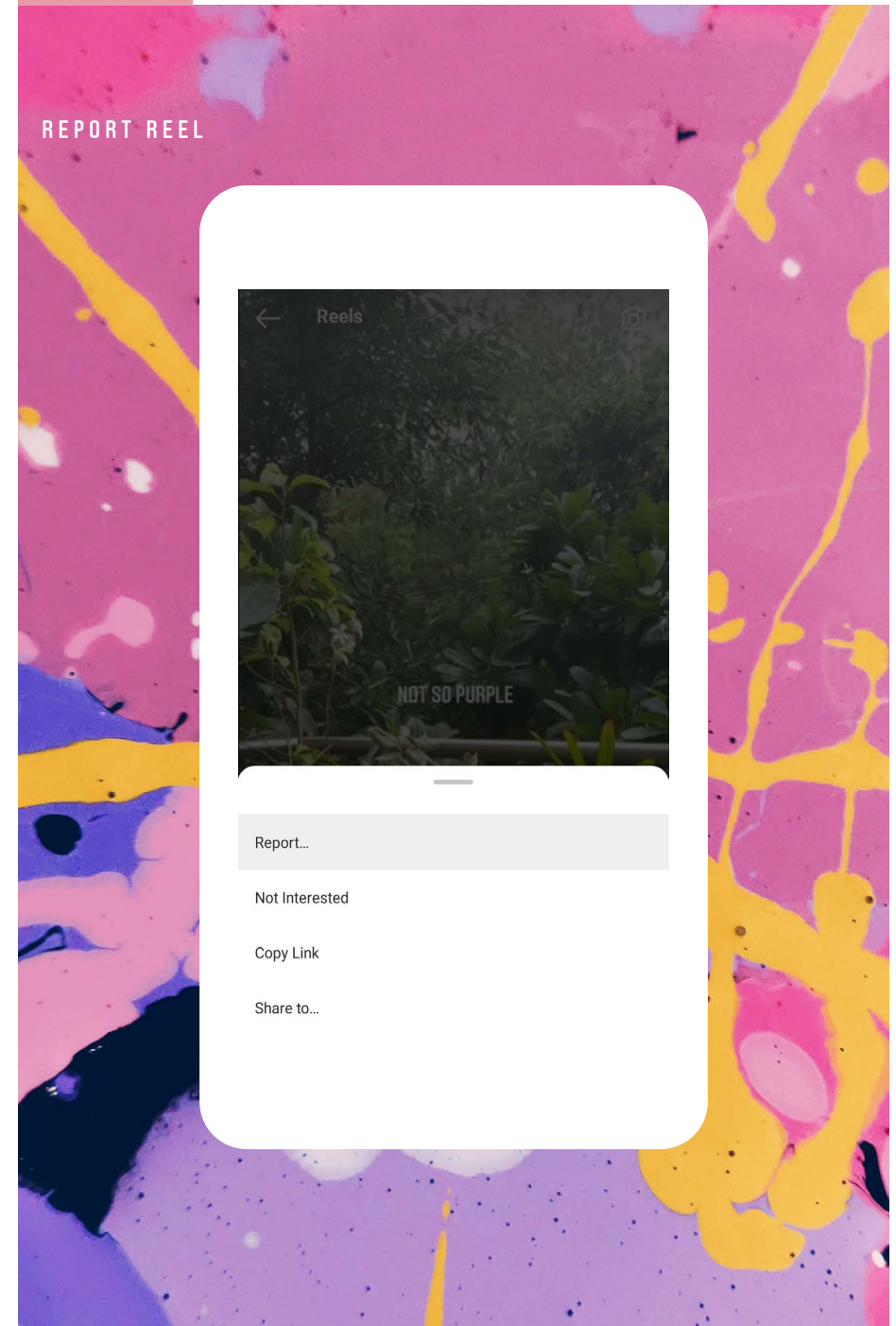
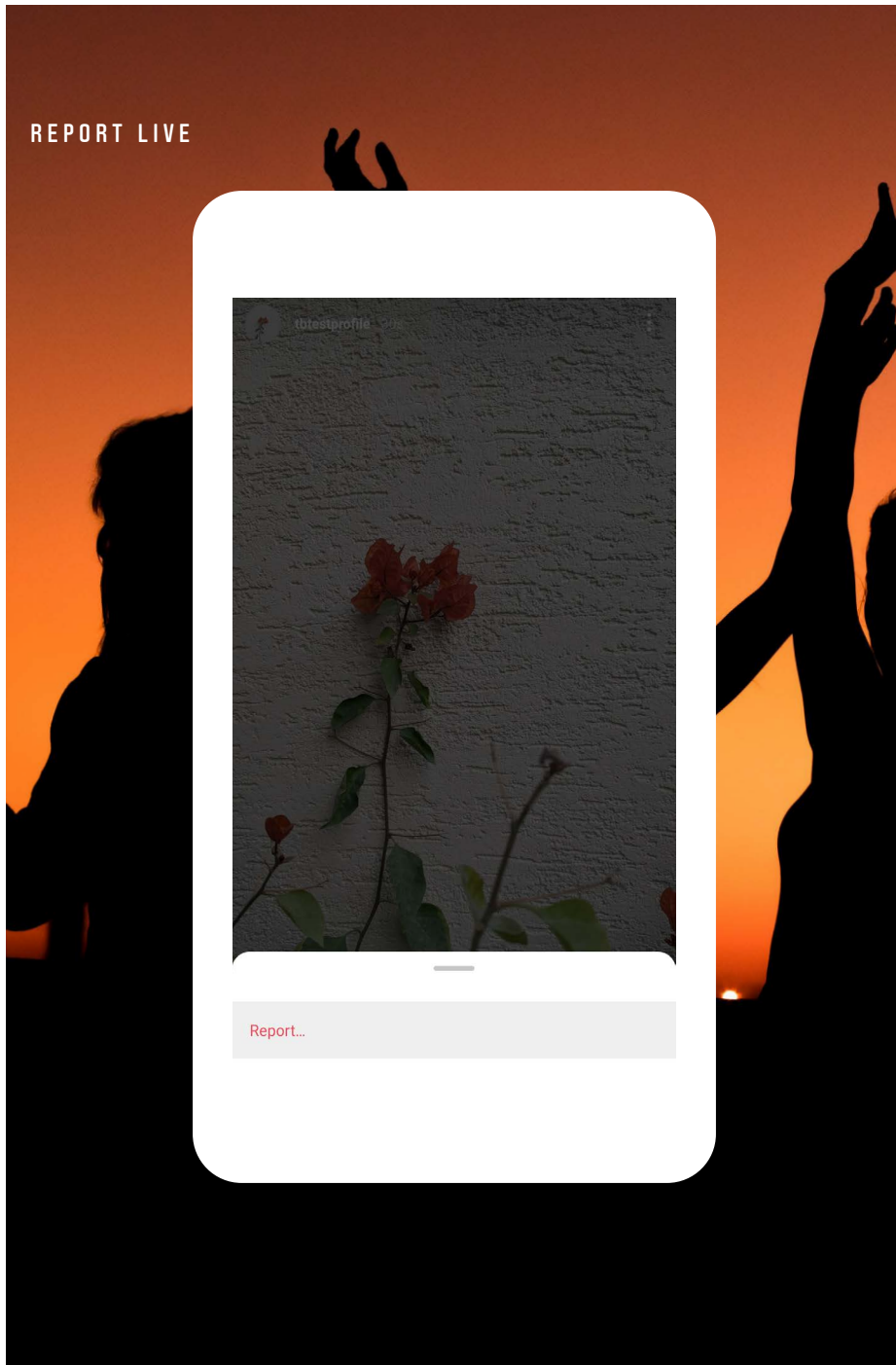
Report

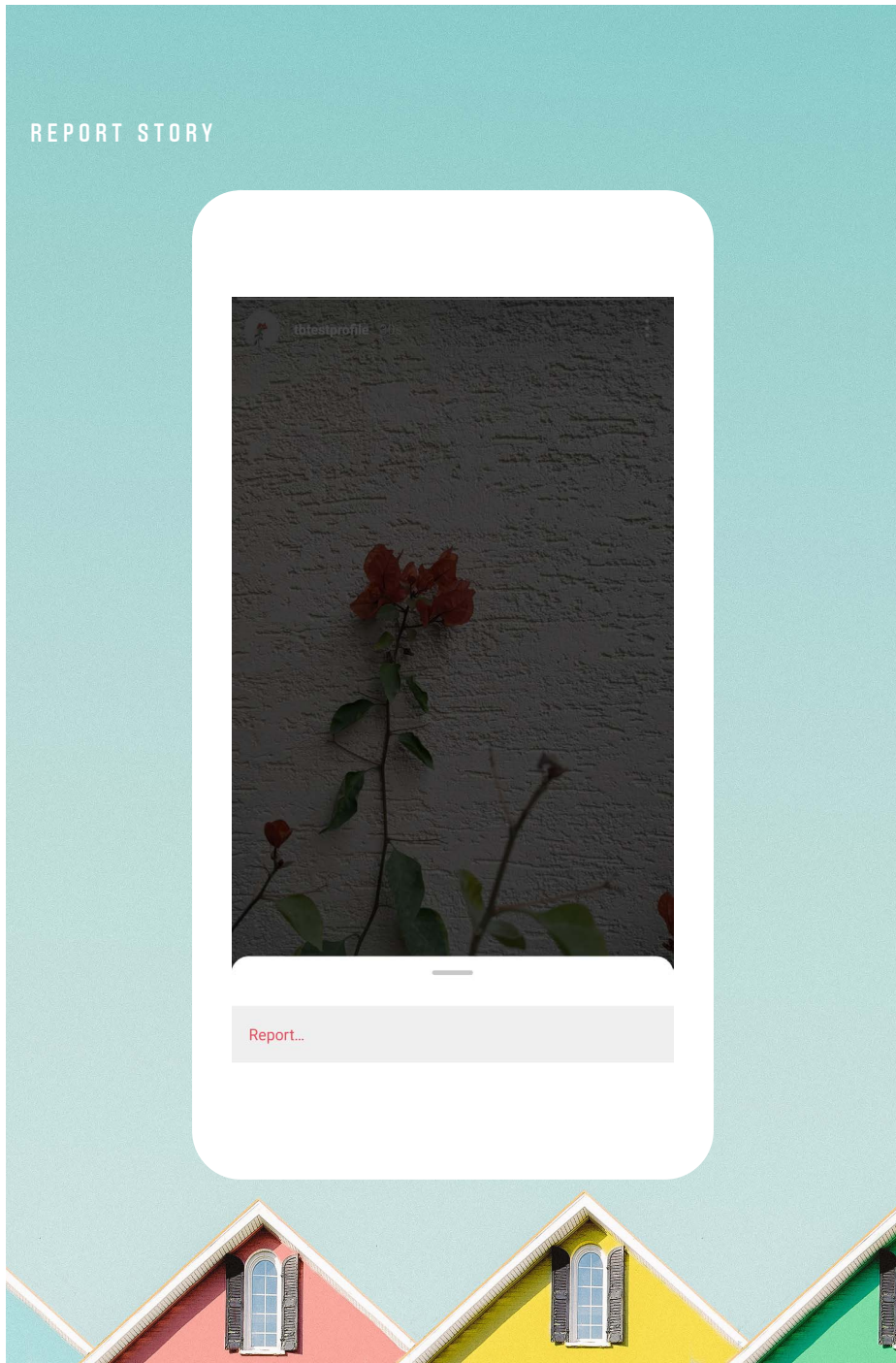
Anyone can report content on Instagram, from profiles/accounts, to posts, comments, DMs, Lives, Stories, IGTV, and Reels.





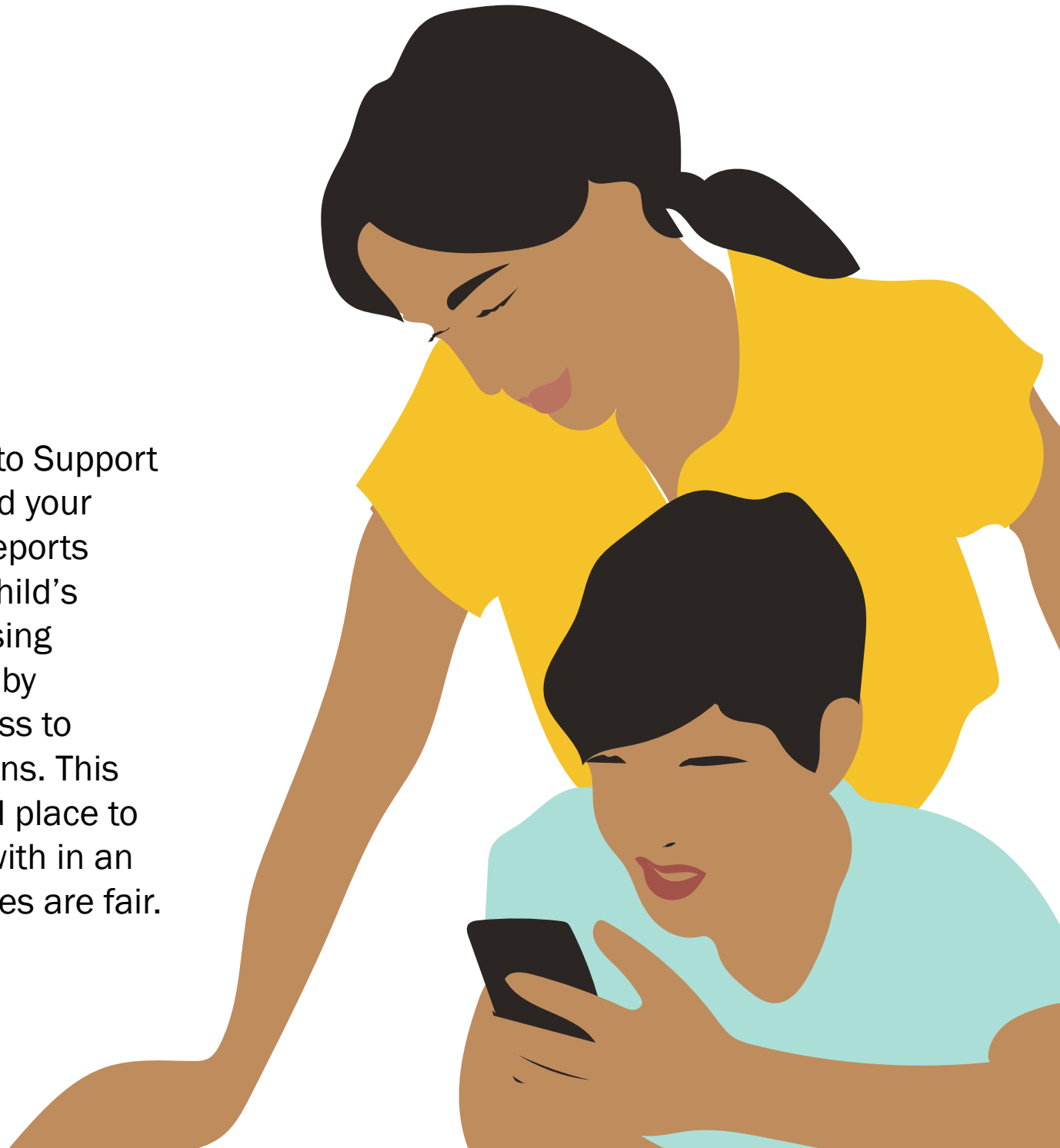


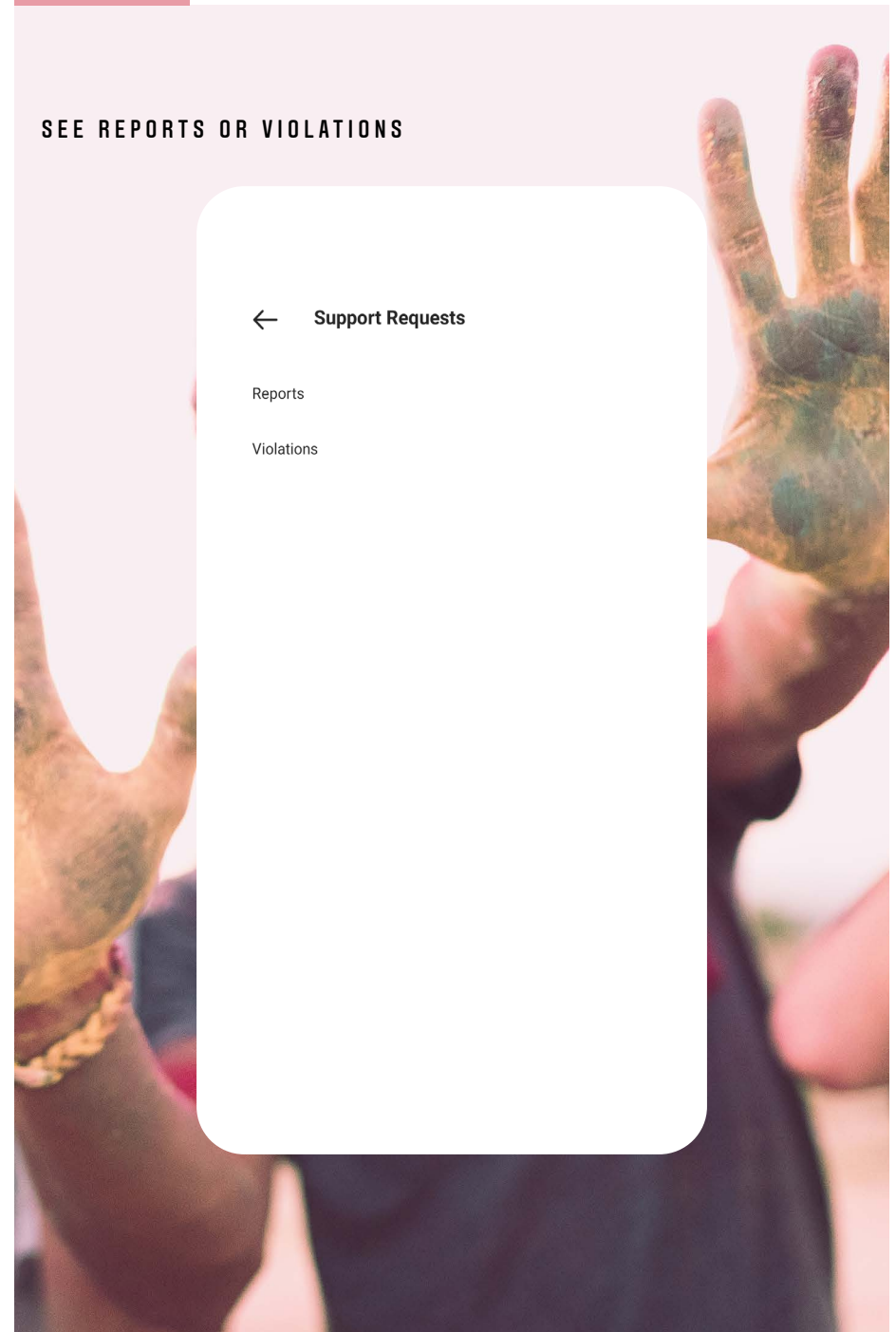
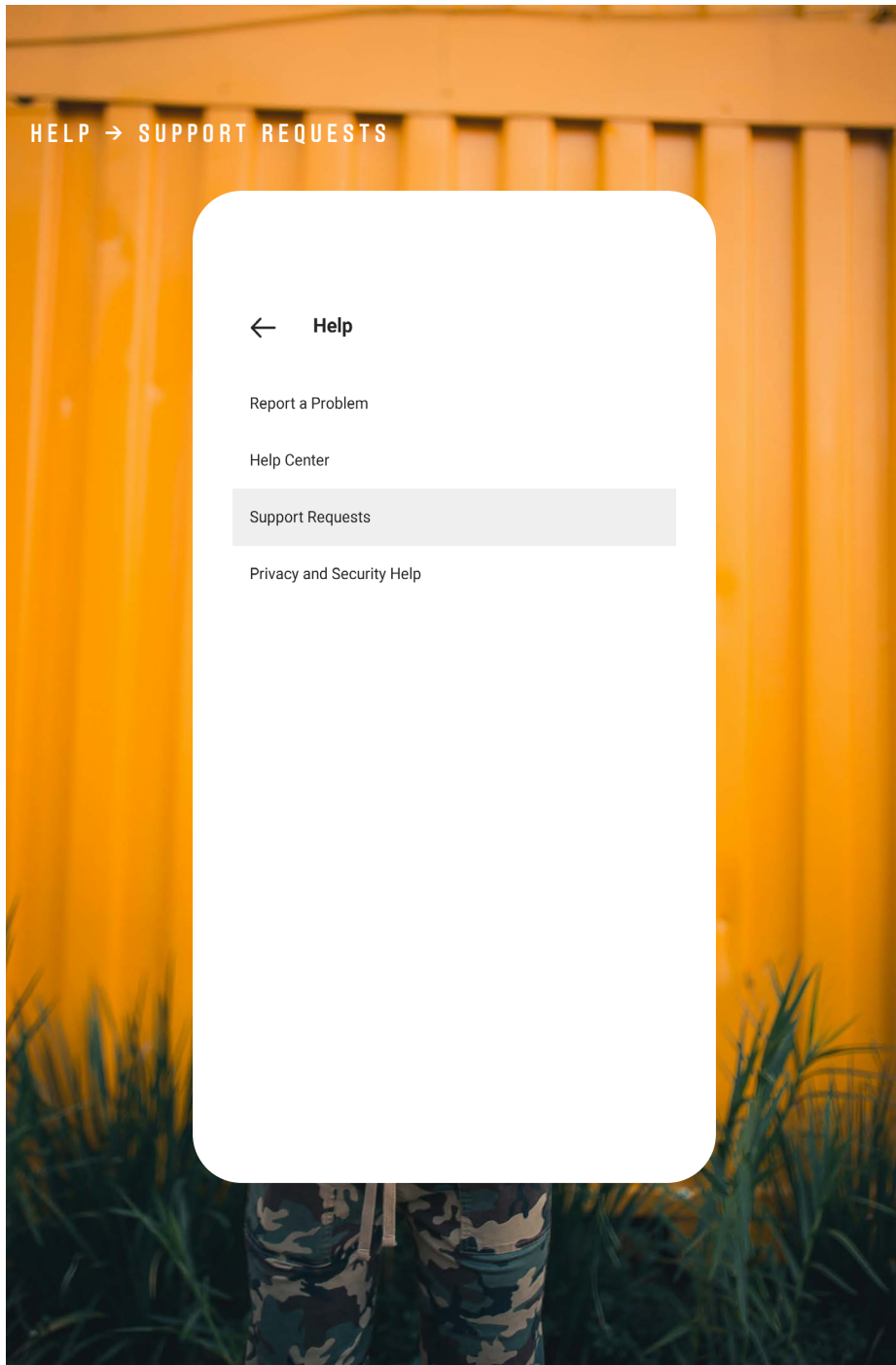


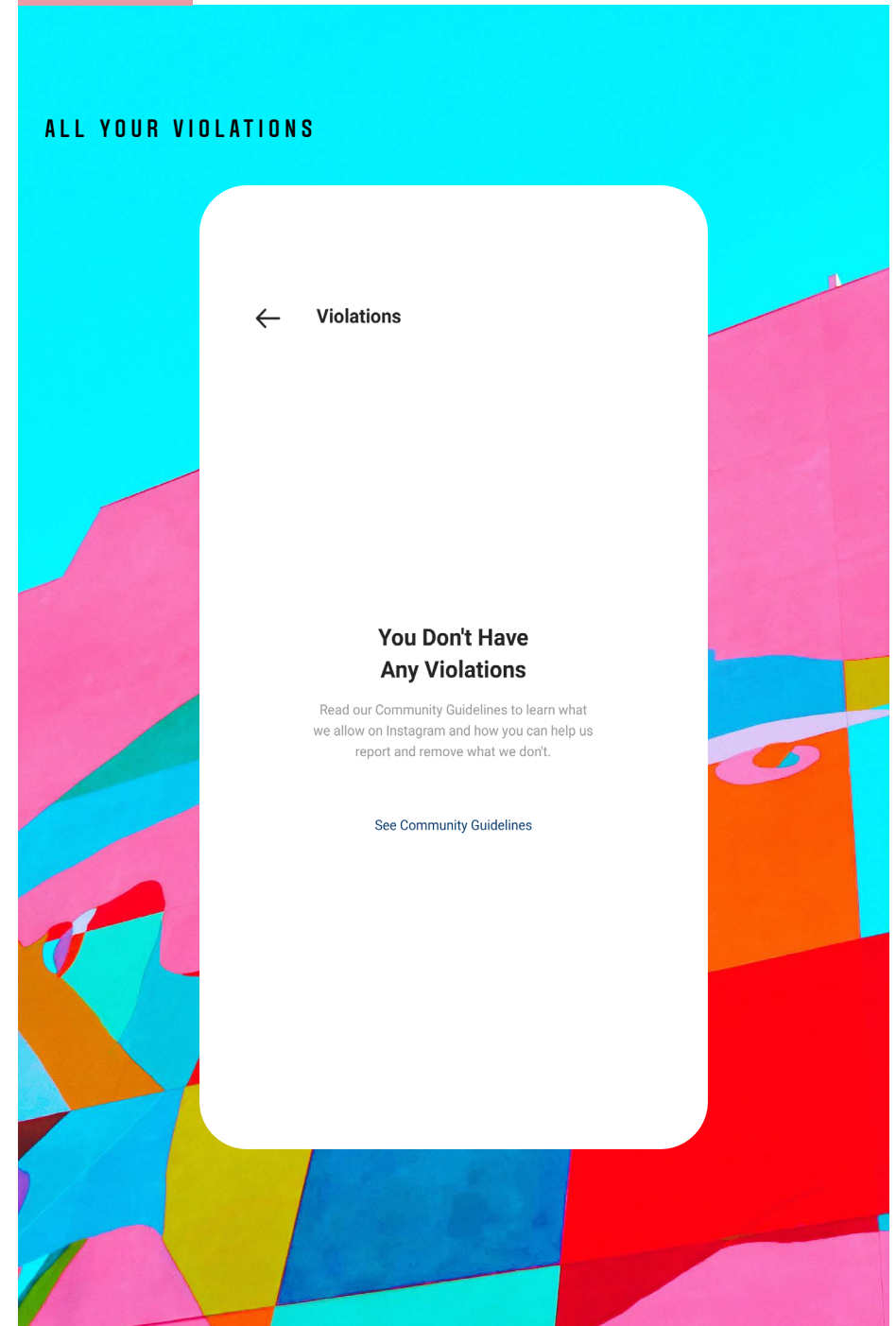
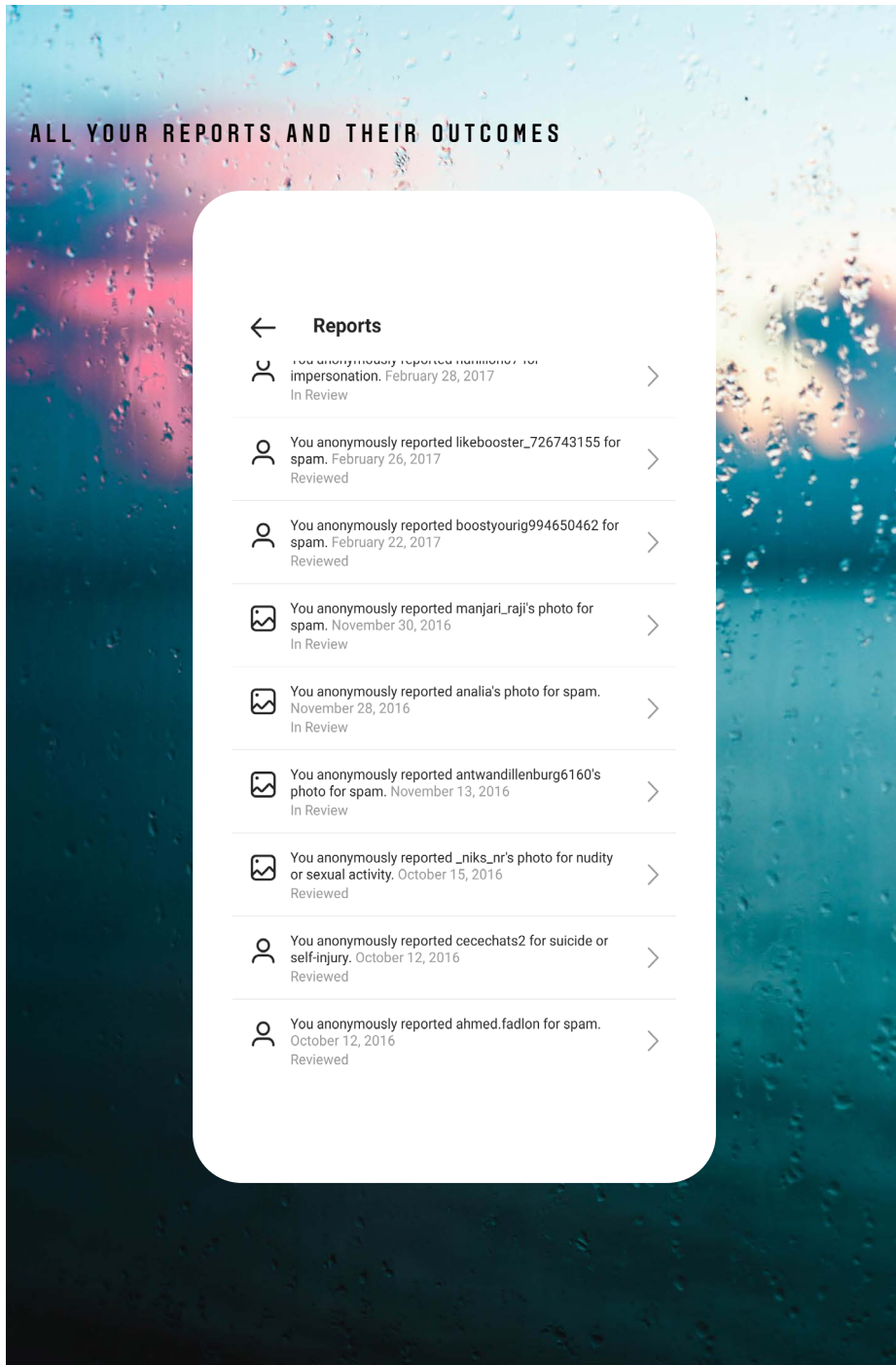


Support Requests

Our community now has access to Support Requests - a place where you and your child can follow updates to the reports filed and any violations by your child's account. This is aimed at increasing transparency into our processes by ensuring that everyone has access to viewing their reports and violations. This also provides people a dedicated place to appeal decisions they disagree with in an effort to ensure that our processes are fair.

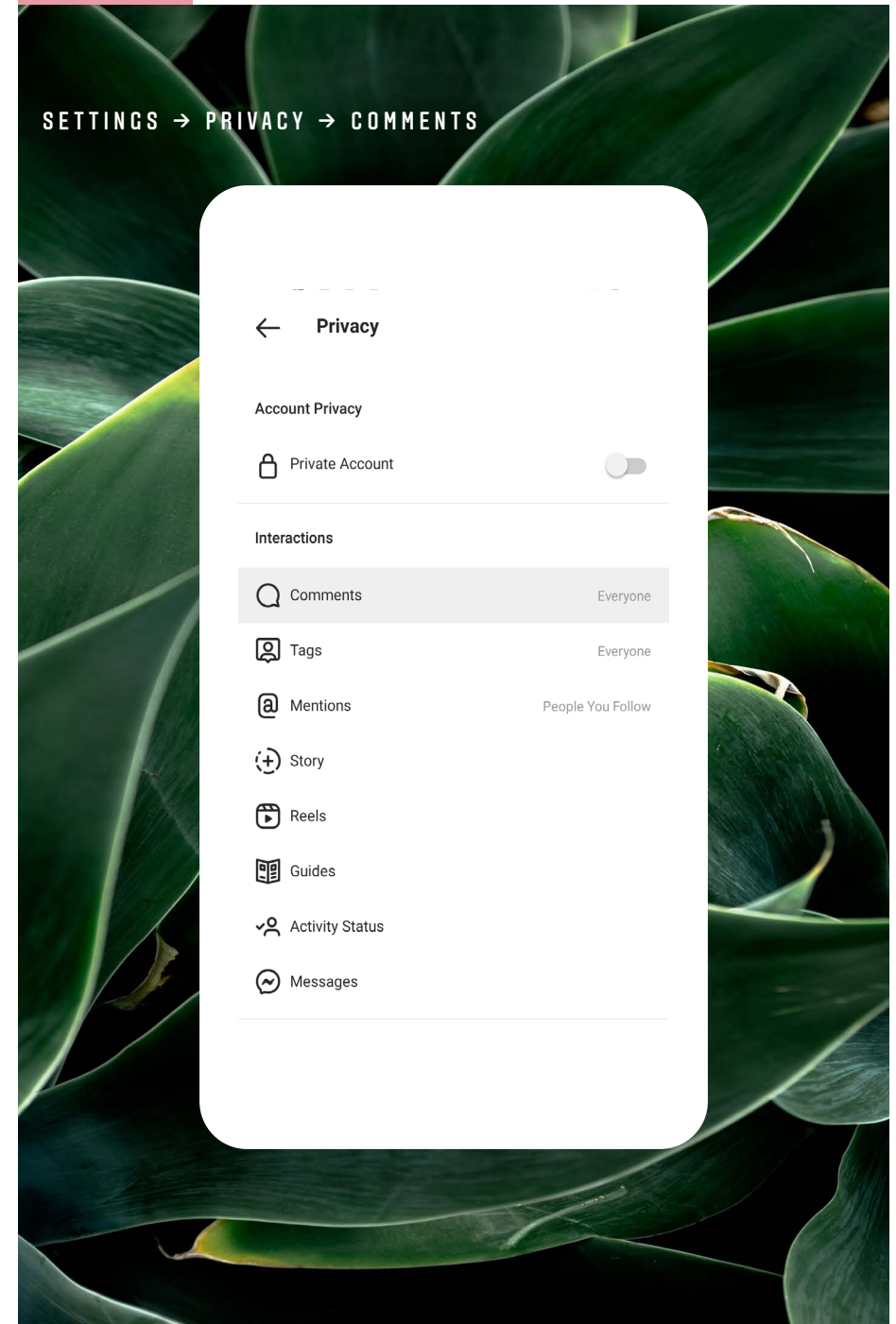






Manage Comments

Your child 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 just their followers. Your child can also remove comments entirely from their posts.



Filter out Comments

We have controls that help you manage the content you see and determine when comments are offensive or intended to bully or harass. We've built filters that automatically remove offensive words and phrases and bullying comments. Your child can also create their own list of words or emojis they don't want to have appear in the comments section when they post by going to "Filters" in the Comment Controls section.

AUTOMATIC AND MANUAL COMMENT FILTERS

← Comments

Controls

Allow Comments From Everyone >

Block Comments From 0 People >

Any new comments from people you block won't be visible to anyone but them. These settings don't apply to your ads.

Filters

Hide Offensive Comments

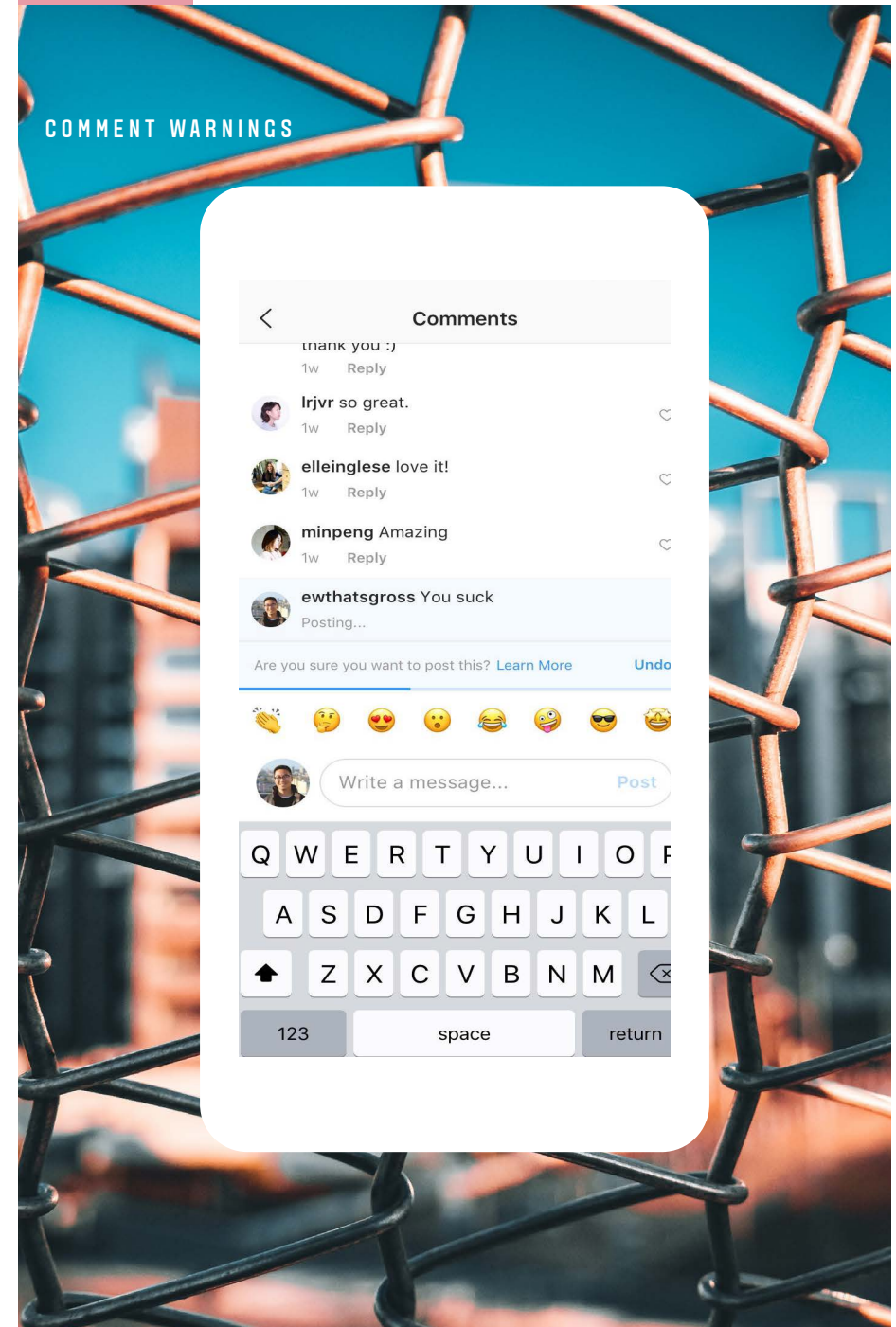
Automatically hide comments that may be offensive from your posts, stories, reels and live videos.

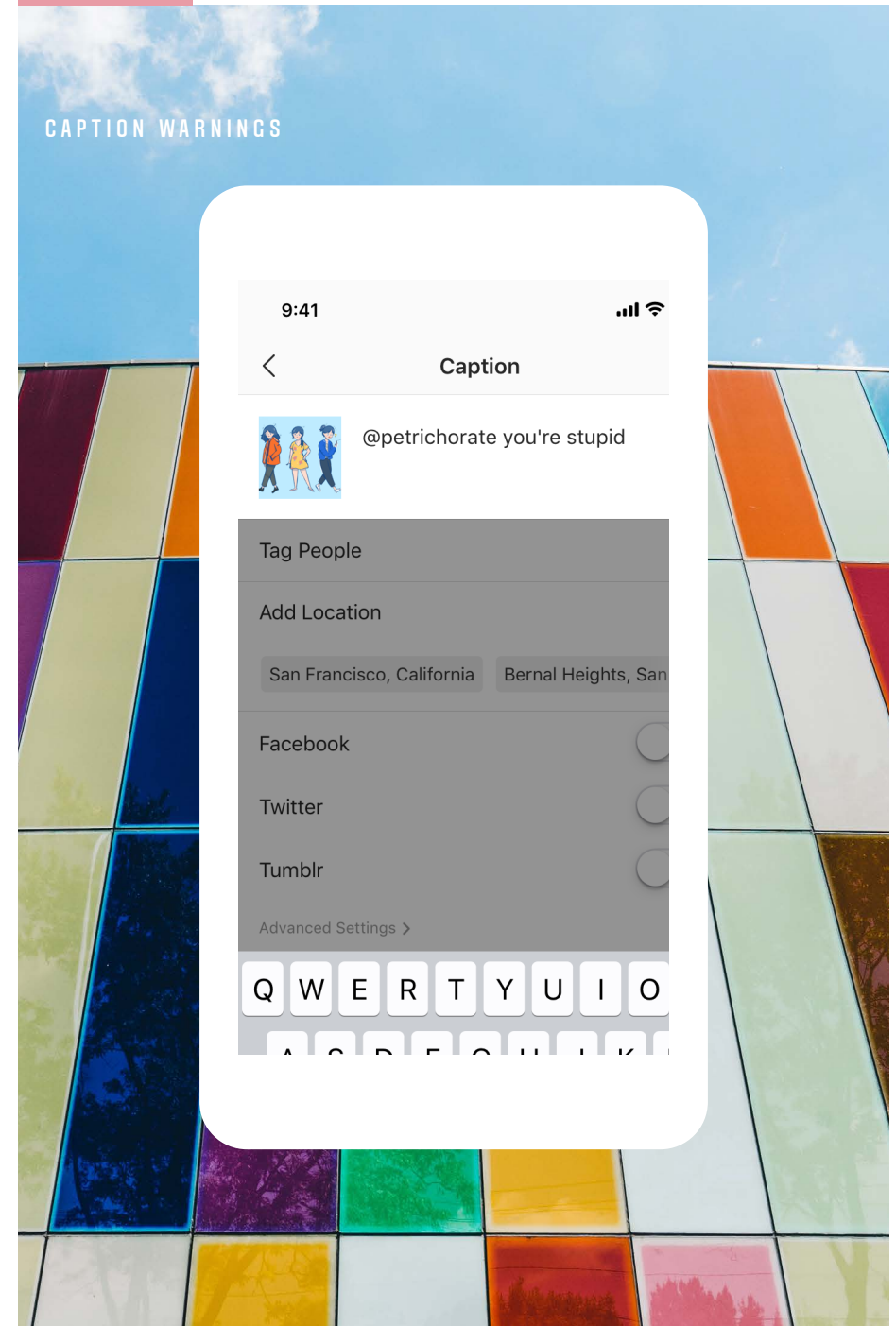
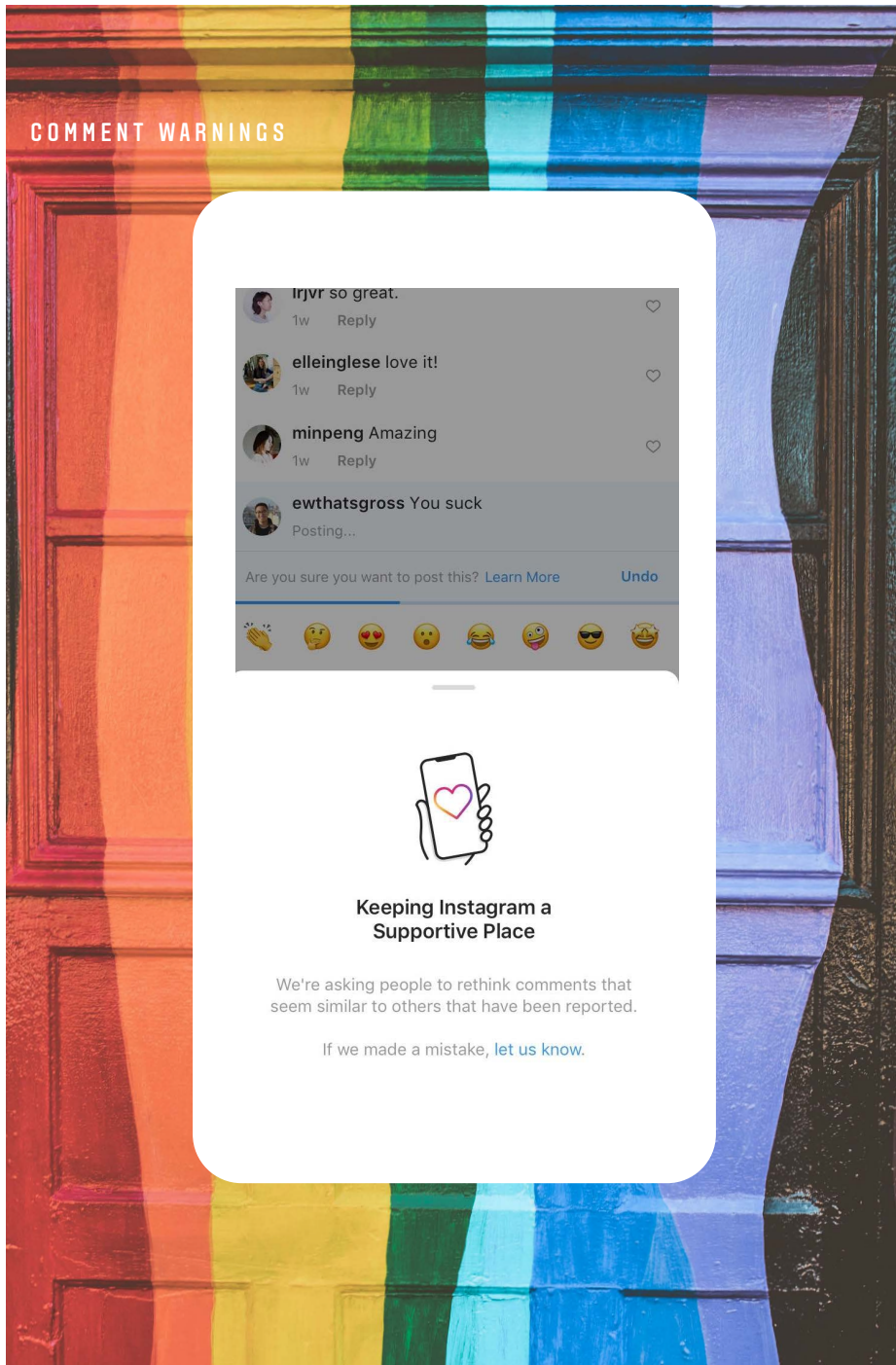
Manual Filter

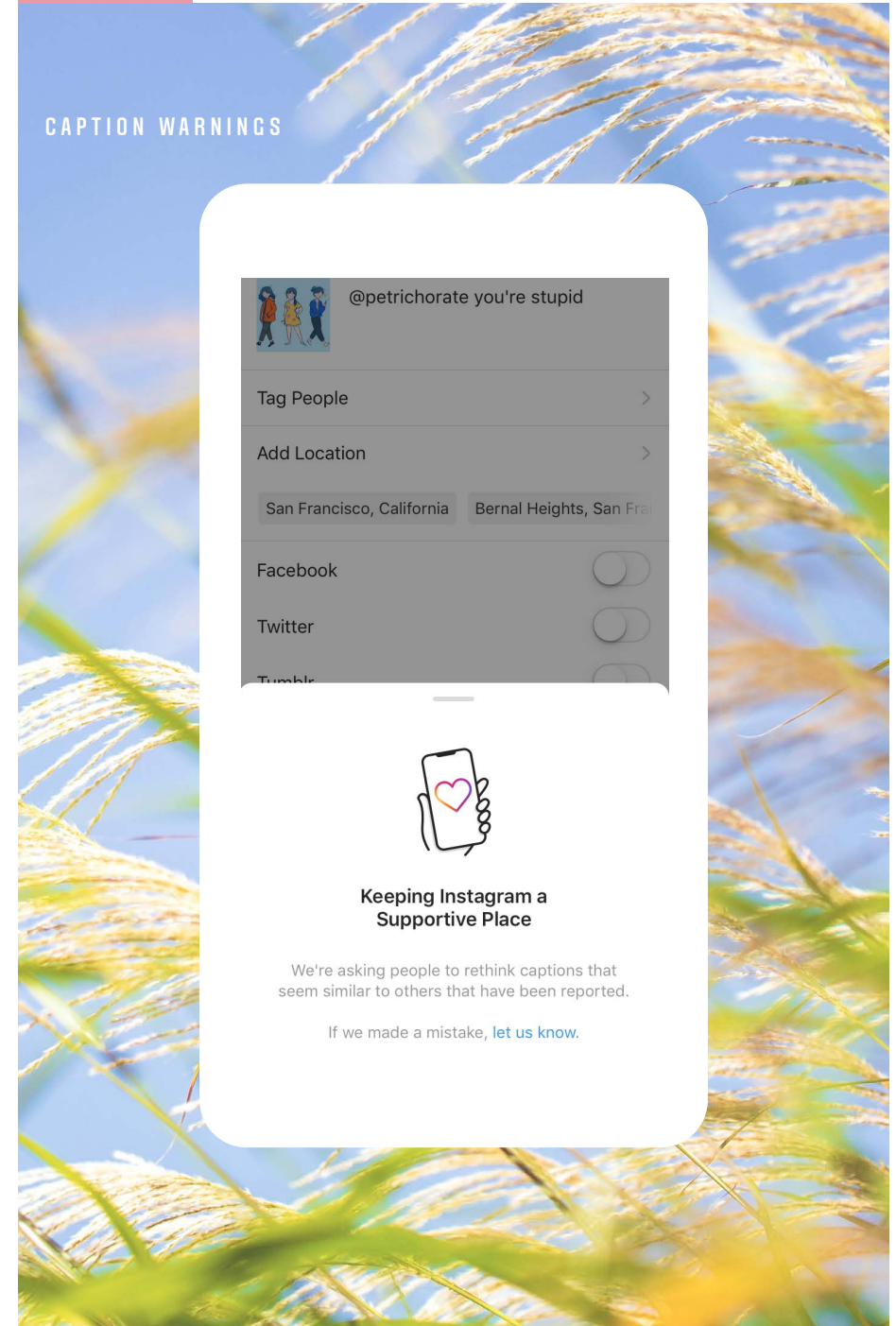
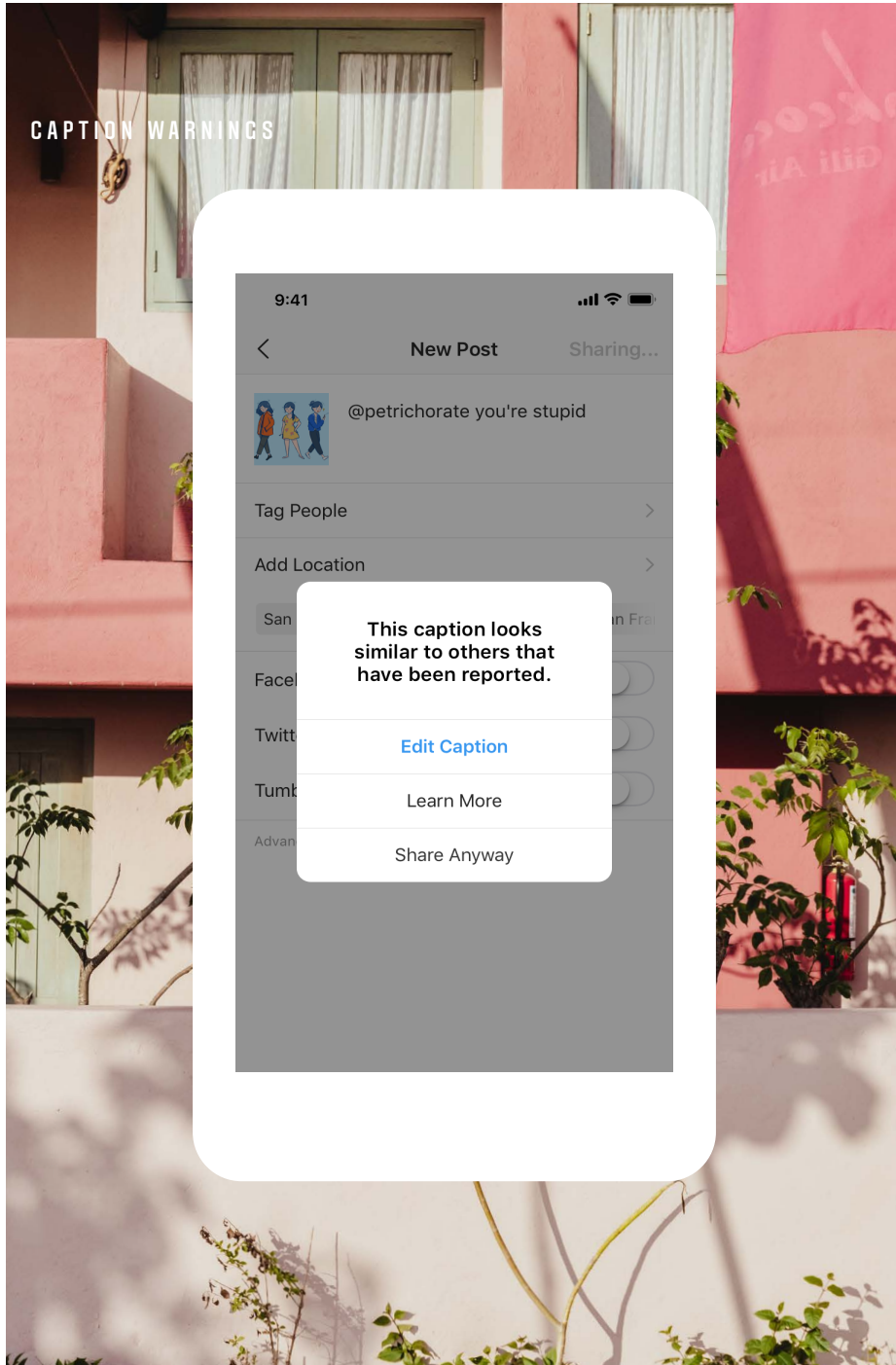
Hide comments that contain specific words or phrases from your posts, stories, reels and live videos.

Comment and caption warnings

We automatically identify when a comment or a caption in a post is found to be hurtful and offensive, and we notify the person making the comment or posting the caption before it is posted. This gives them a chance to pause and undo their comment or caption, and we also use the opportunity to show them what is and isn't allowed on Instagram. The intervention prevents the recipient from potentially receiving a harmful interaction.





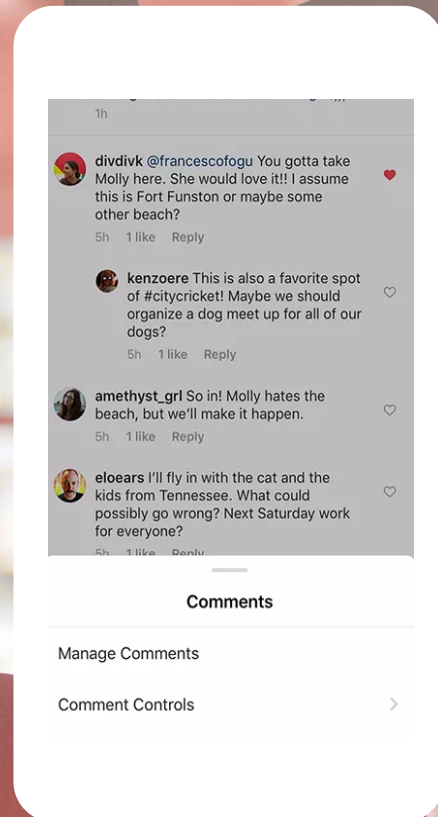
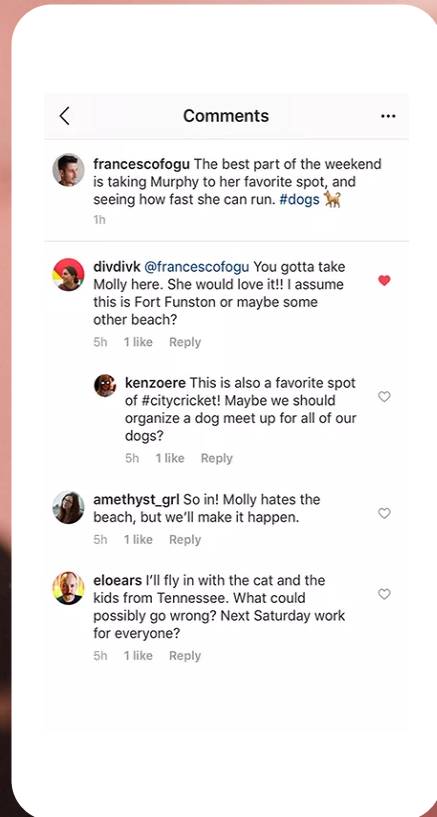


Bulk comment management

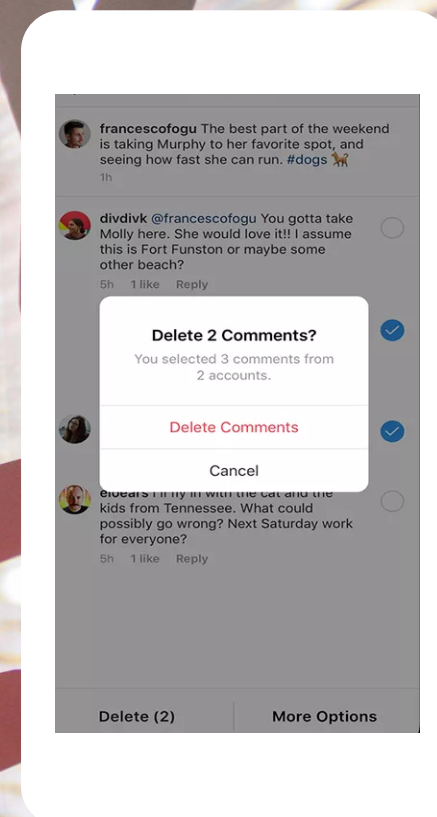
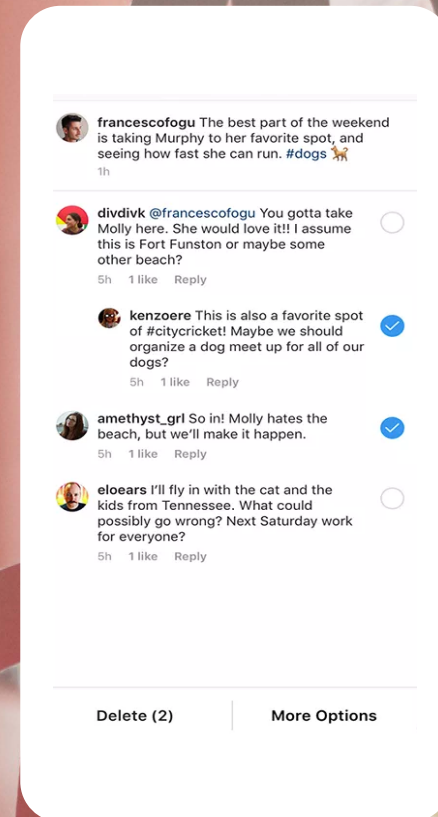
We know it can feel overwhelming to manage a rush of comments, so we've introduced features to delete comments in bulk, as well as block or restrict multiple accounts that post negative comments. To enable this feature on iOS, tap on a comment and then the dotted icon in the top right corner. Select Manage Comments and choose up to 25 comments to delete at once. Tap More Options to block or restrict accounts in bulk. On Android, press and hold on a comment, tap the dotted icon, and choose which comments or accounts to Block or Restrict.



BULK COMMENT MANAGEMENT

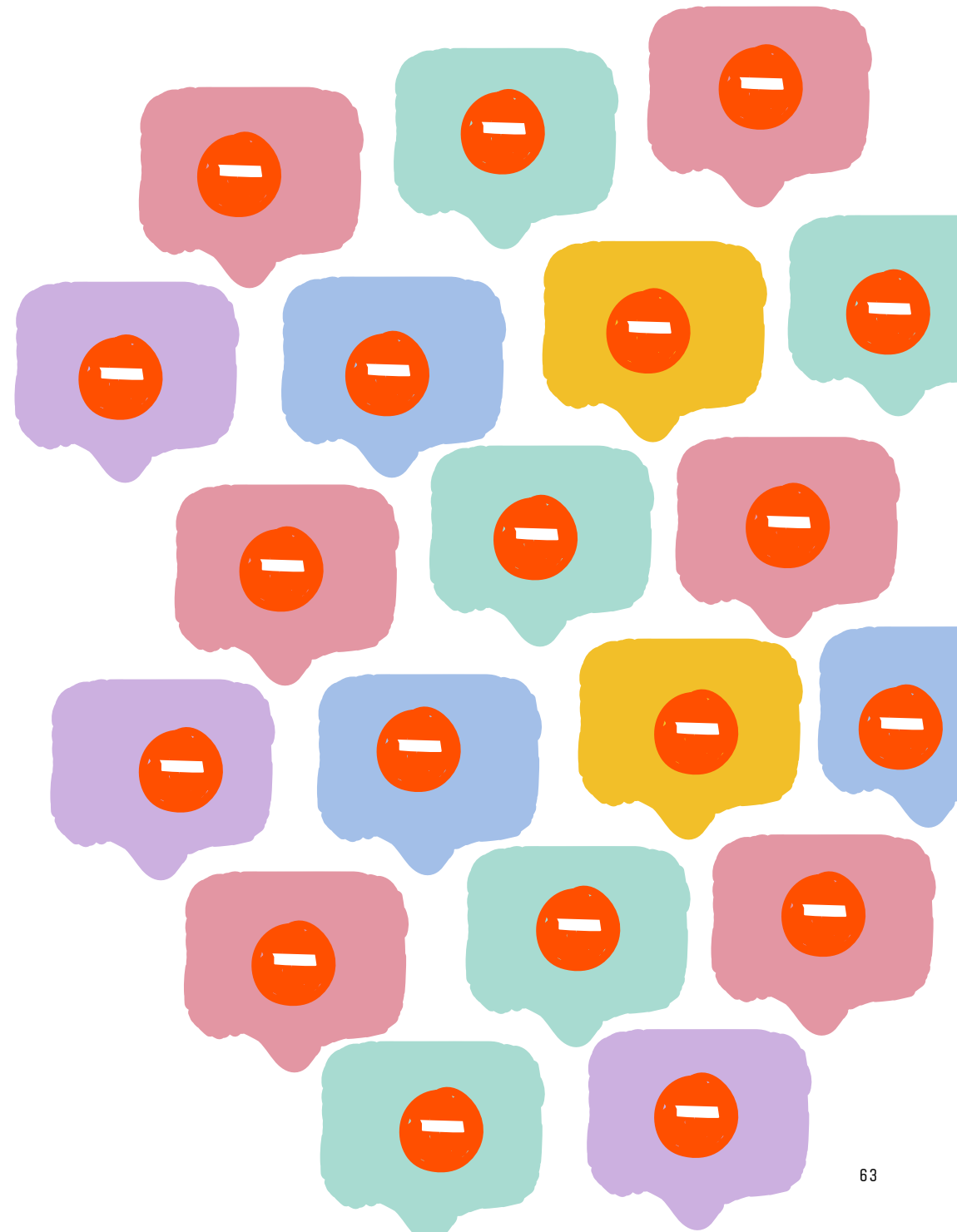


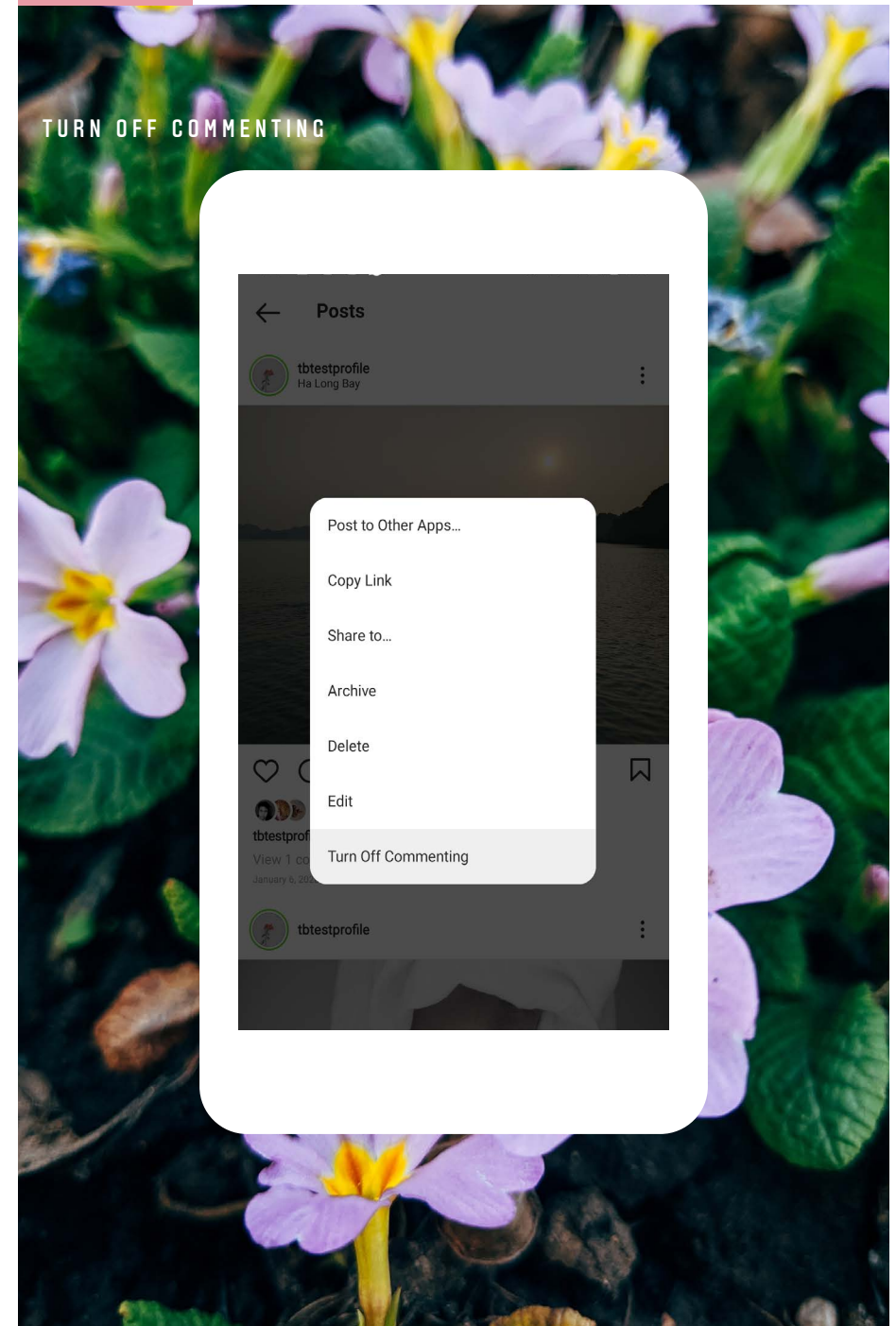
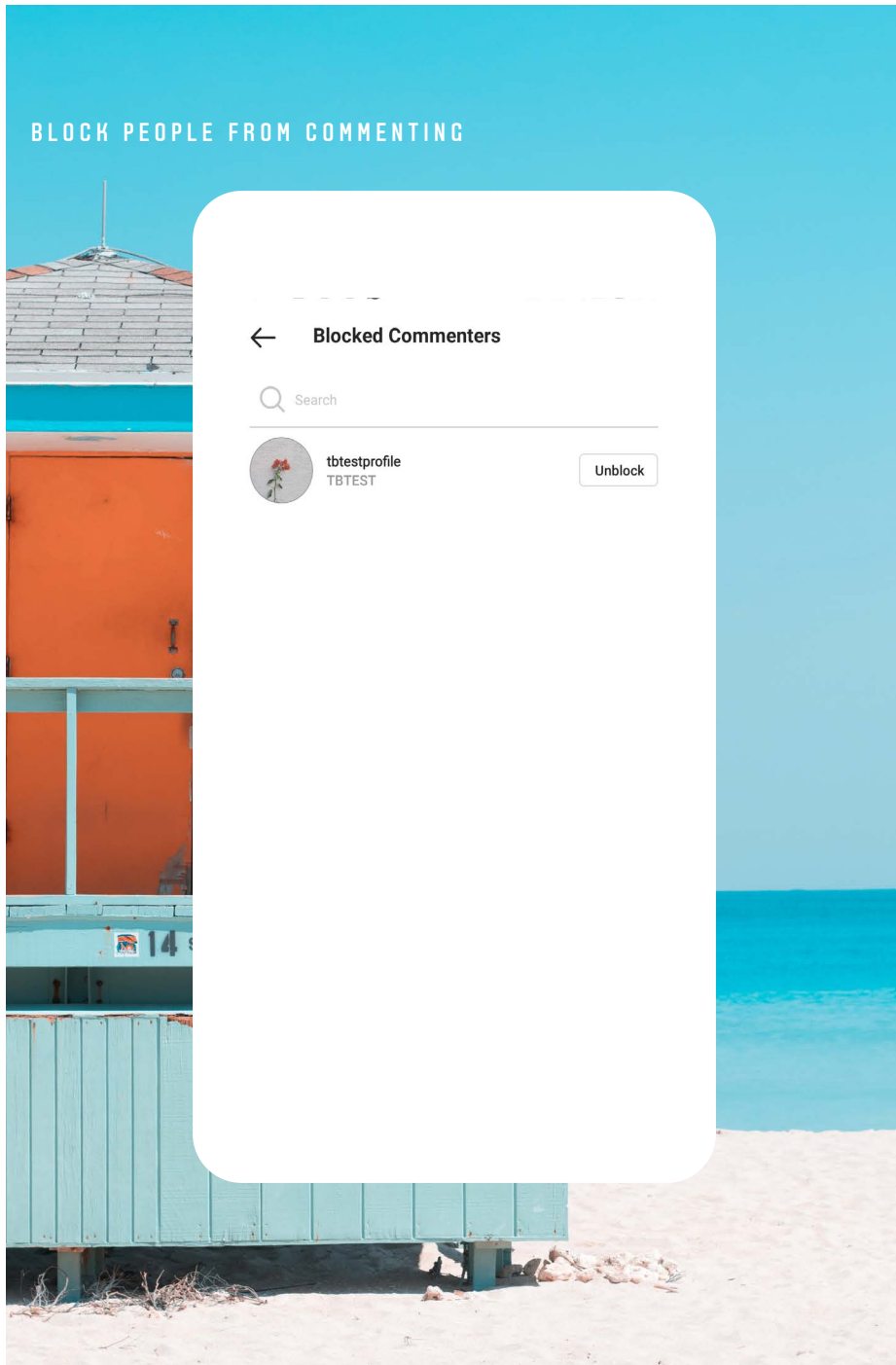
BULK COMMENT MANAGEMENT



Block comments

Your child can block accounts that they don't want to interact with. Comments will no longer appear from a blocked account. Your child can also turn off comments from all posts or individual posts.





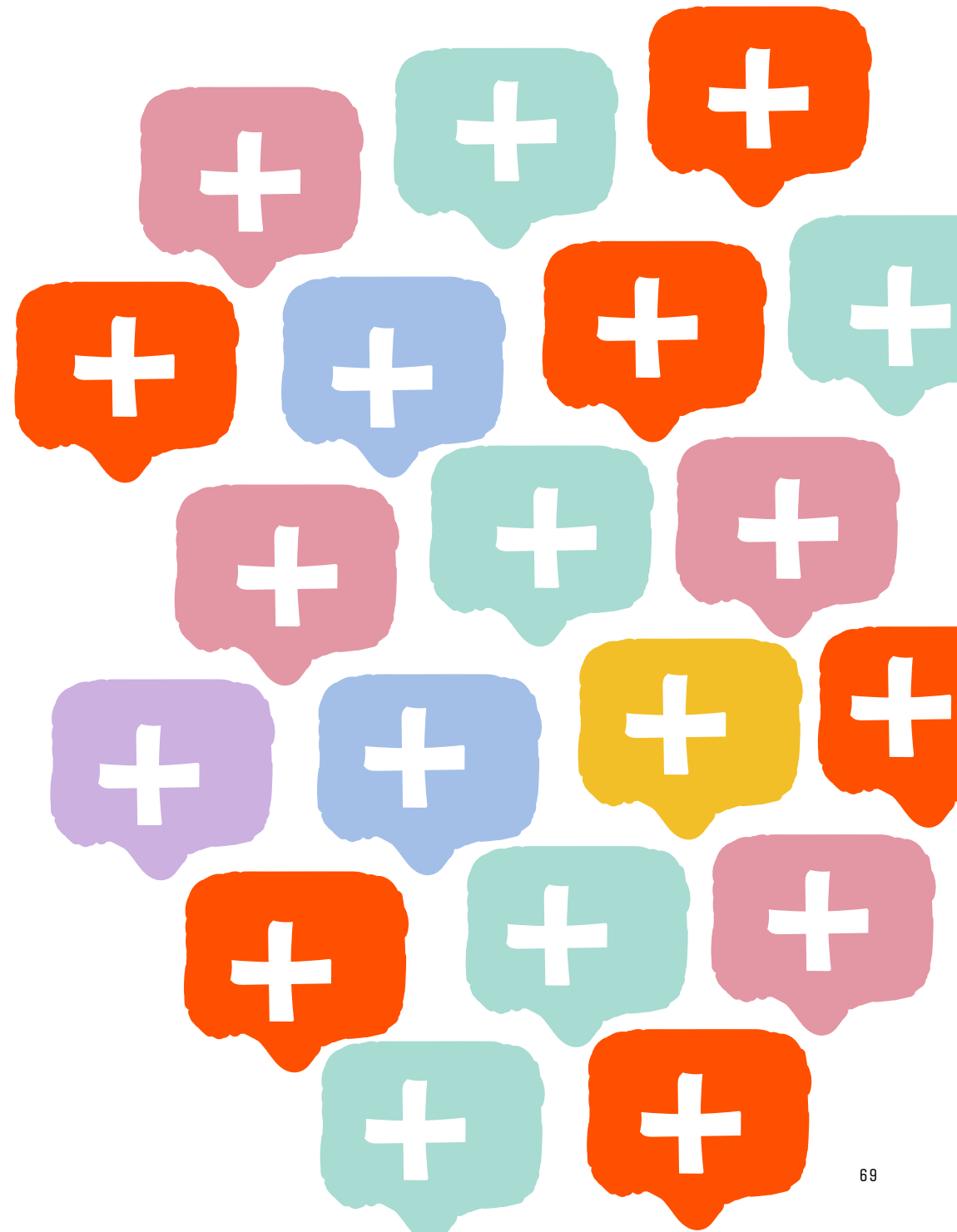
“Just like in real life, using social media involves interacting with other people. However, these personal conversations happen on a public forum. Unlike bullying in the playground, digital harassment or cyberbullying is quite often a hidden offence. For bullying to stop, it needs to be promptly recognised and reported. Creating an online environment we want goes beyond calling out bullying and recognizing that everyone deserves respect – online and offline. By communicating with teens about giving and expecting respect, even in online interactions, parents can help build a healthy digital environment that embraces empathy and discovery, while minimising negativity and judgement. It’s up to all of us!”

Aparajita Bharti
Young Leaders for Active Citizenship
[@ylacofficial](https://www.instagram.com/y_lac_official/)

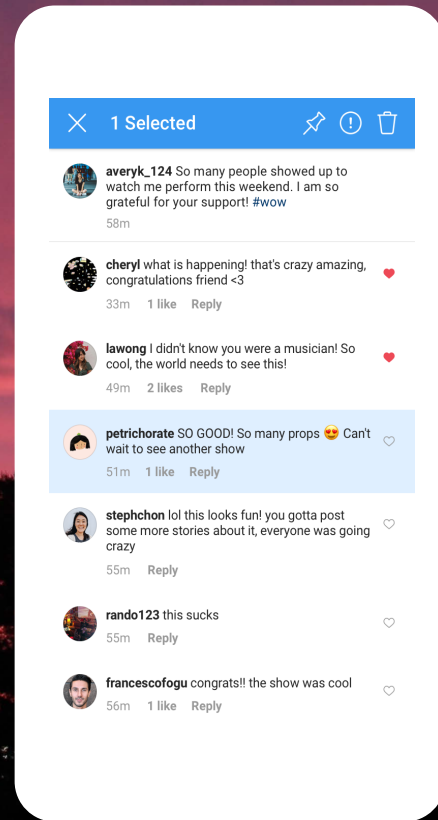
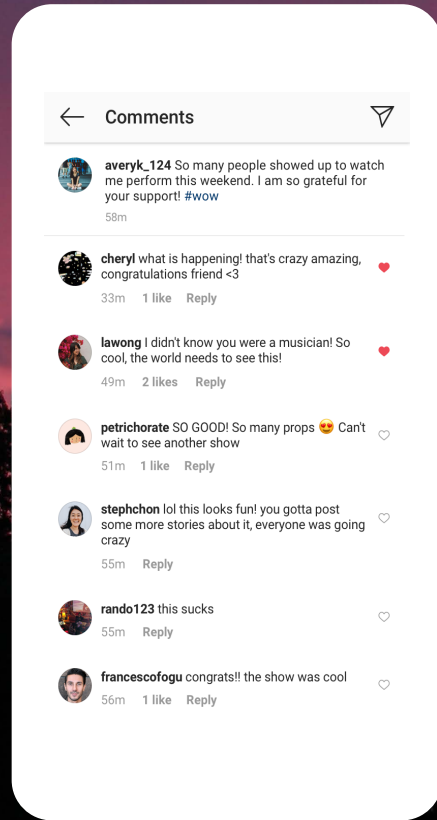


Pinning positive comments

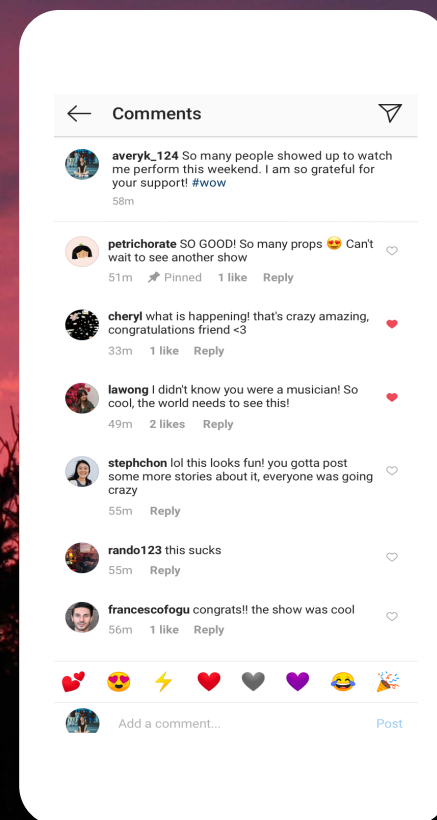
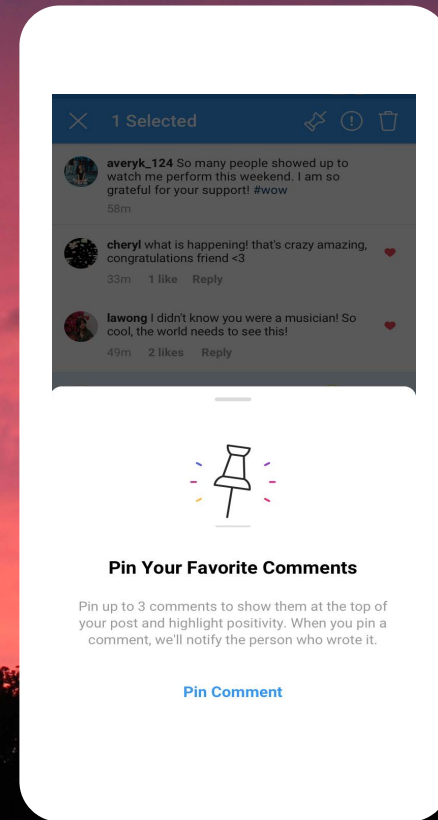
In addition to removing negative comments, we want to give people an easy way to amplify and encourage positive interactions. Pinned Comments gives your child a way to set the tone for their account and engage with their community by pinning a select number of comments to the top of their comments thread.



PINNING POSITIVE COMMENTS

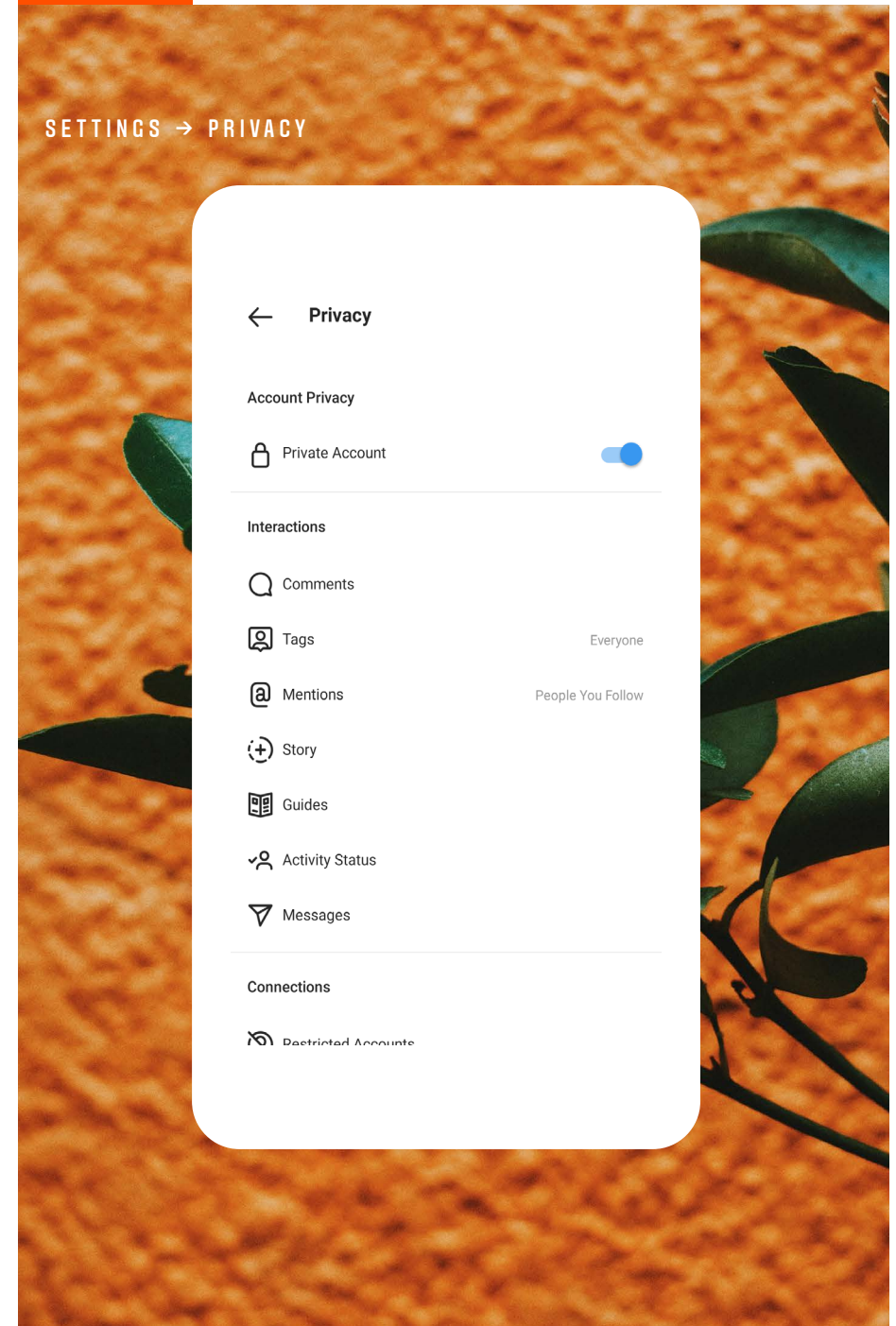


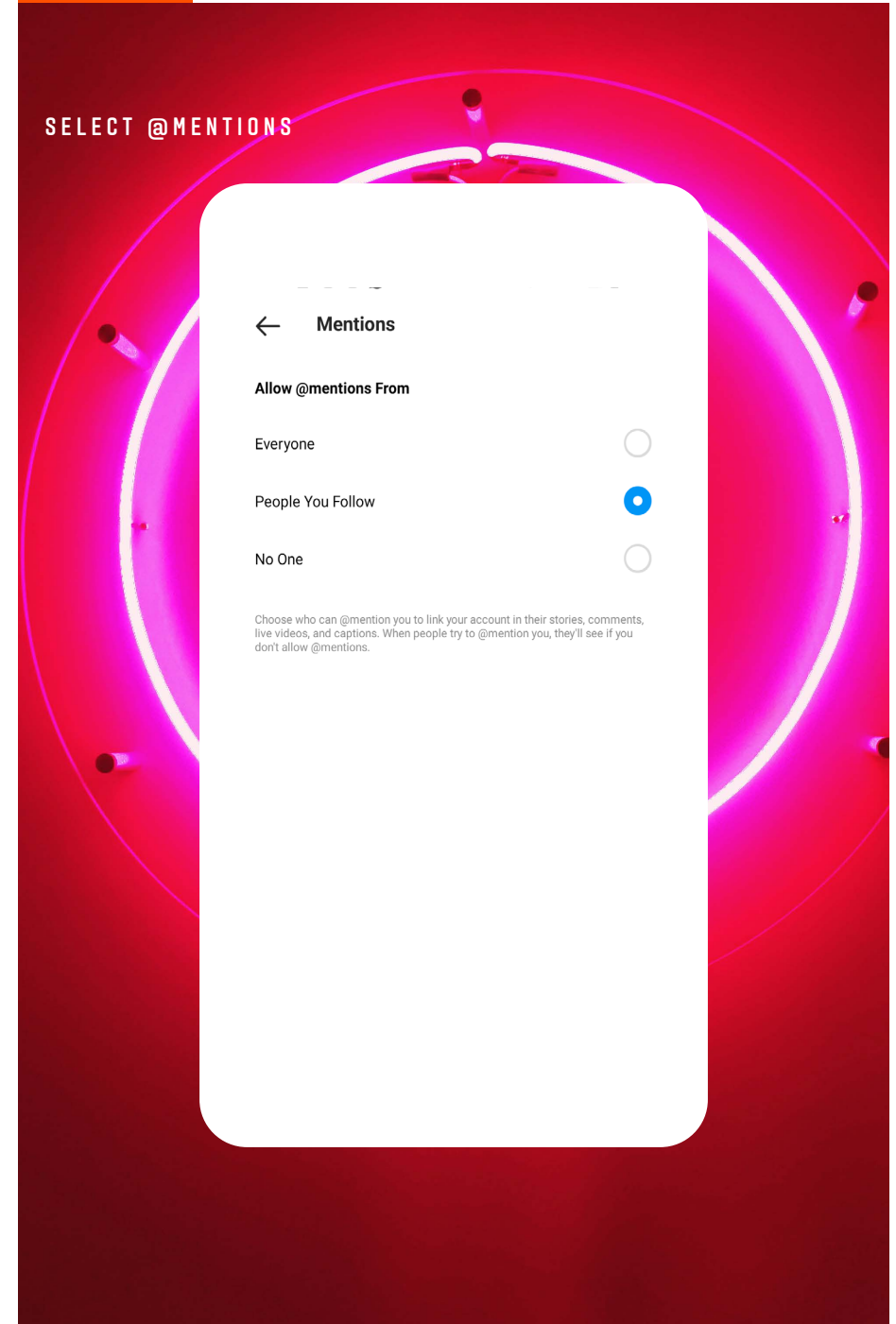
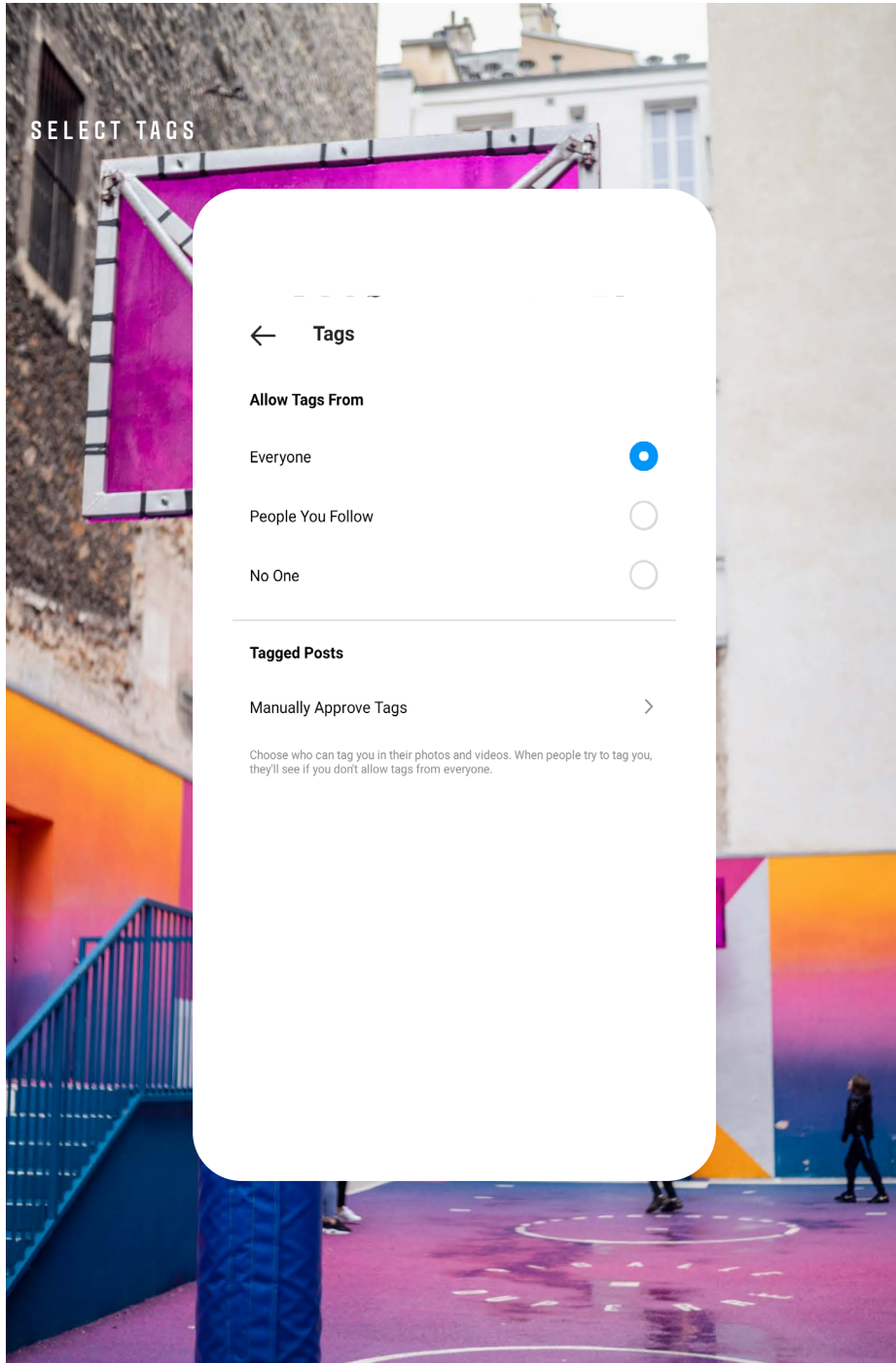
PINNING POSITIVE COMMENTS



Control tags and mentions

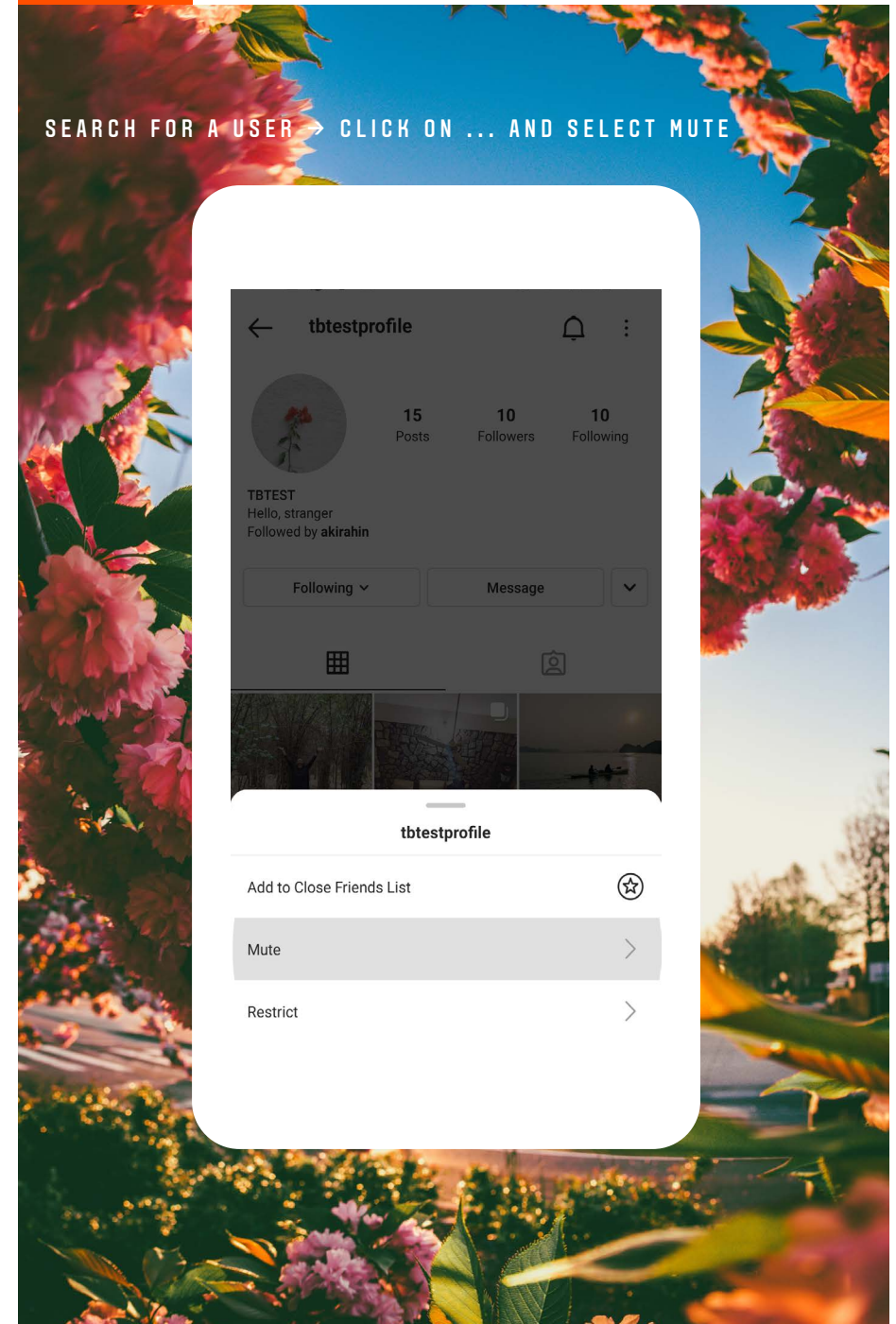
We've created new controls that allow people to manage who can tag or mention them on Instagram. Your child can choose whether they want everyone, only people they follow or no one to be able to tag or mention them in a comment, caption or Story.





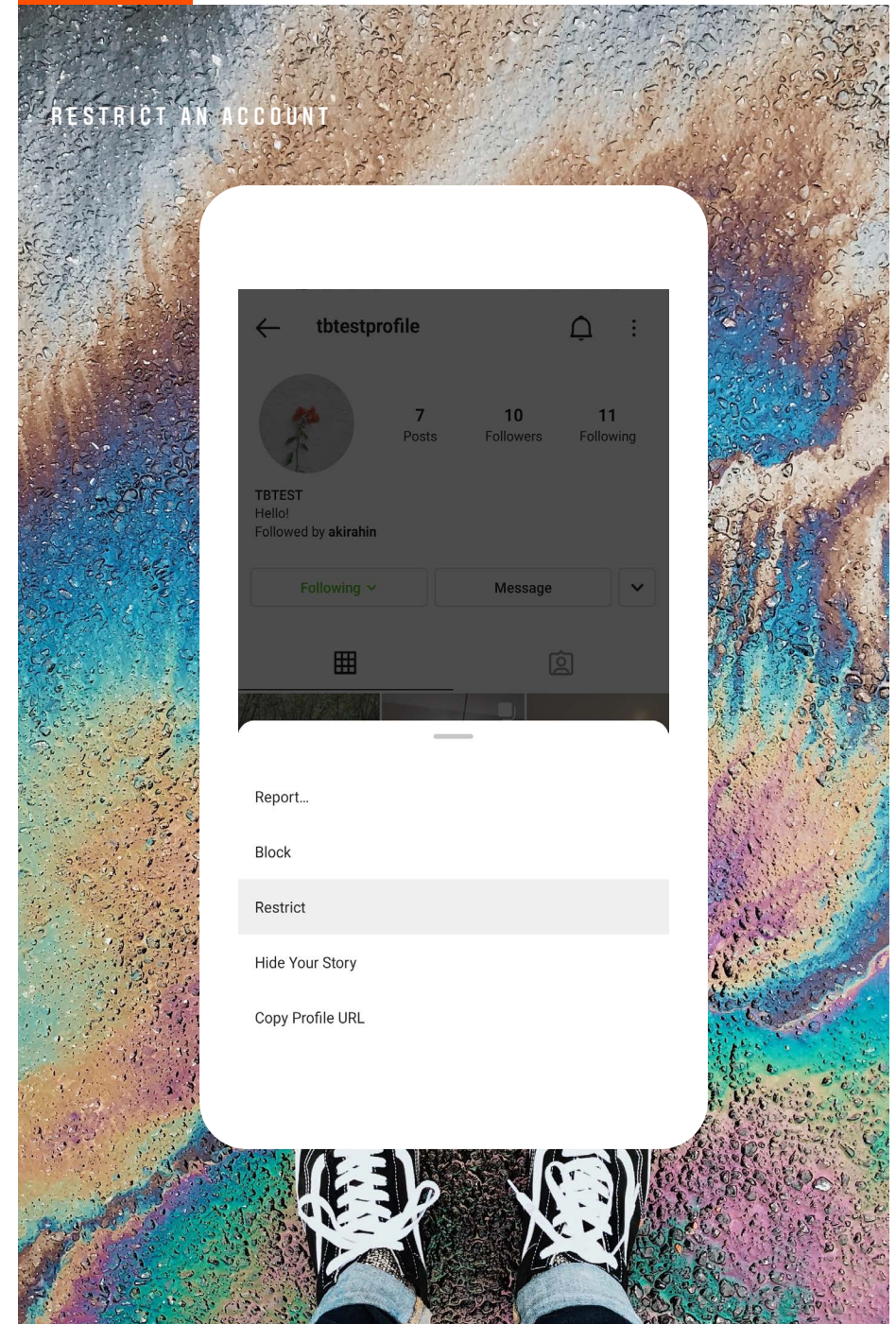
Mute an account

There may be accounts that your child isn't interested in interacting with but is hesitant to unfollow. Muting will keep posts or Stories from those accounts from showing up in your child's feed. The other person will not know they've been muted, and your child can unmute at any time.



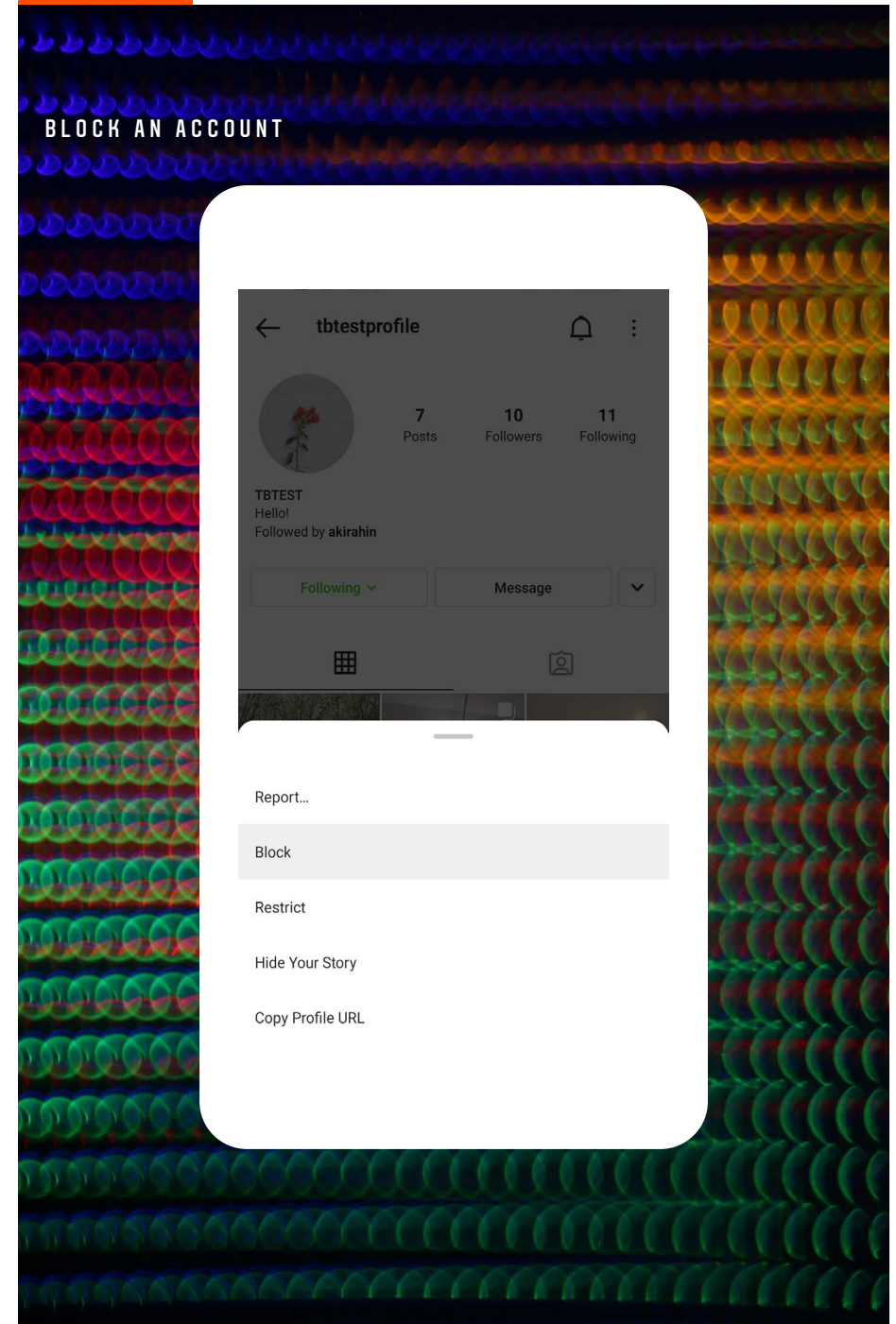
Restrict

Sometimes young people aren't comfortable blocking or unfollowing someone because they feel it could lead to uncomfortable or escalated situations. To help, we developed Restrict mode, which allows your child to protect their account from unwanted interactions without making the bully aware. Once they Restrict someone, comments from that person will only be visible to that person. Restricted people aren't able to see when you're active on Instagram or when you've read their direct messages. Your child can remove restrictions at any time.



Block unwanted interactions

Your child can block accounts they don't want to interact with. This will block people from seeing and commenting on their posts, Stories, Reels, and Live broadcasts. When your child blocks an account, that person is not notified. Your child can unblock an account at any time.





05 /

Manage Time

When it comes to spending time on Instagram, it's important to have open conversations with your teen and come to an agreement about what is an appropriate amount of time on the platform each day or each week.

Taking regular breaks can also be important, especially during stressful times. There are a number of tools to help you and your family understand and take control of the time your child is spending on the app. You can work together to decide what the right balance is for your family.

“As a parent, first ask and listen. It is crucial to talk to your child and together work out how to strike the best online-offline balance. Simple things like encouraging your child to limit notifications for social media apps, to self-monitor their own phone use and to make plans to do activities offline like meeting friends or doing sport can be helpful. Reducing your own screen time can also help to set a really positive example!

Boundary setting can also go a long way in managing screen time and you can set some simple ground rules such as not bringing devices into places you sleep, having a “switch off” time at night or eating meals together without any phones. If you need to, do not hesitate to reach out for help for your child through a counselling service if they are struggling with underlying issues related to online use like cyberbullying.

As a parent, you can even help your child identify tech tools, social media, videos or games that do not just offer entertainment but teach valuable skills or lessons about how to live or learn better.”

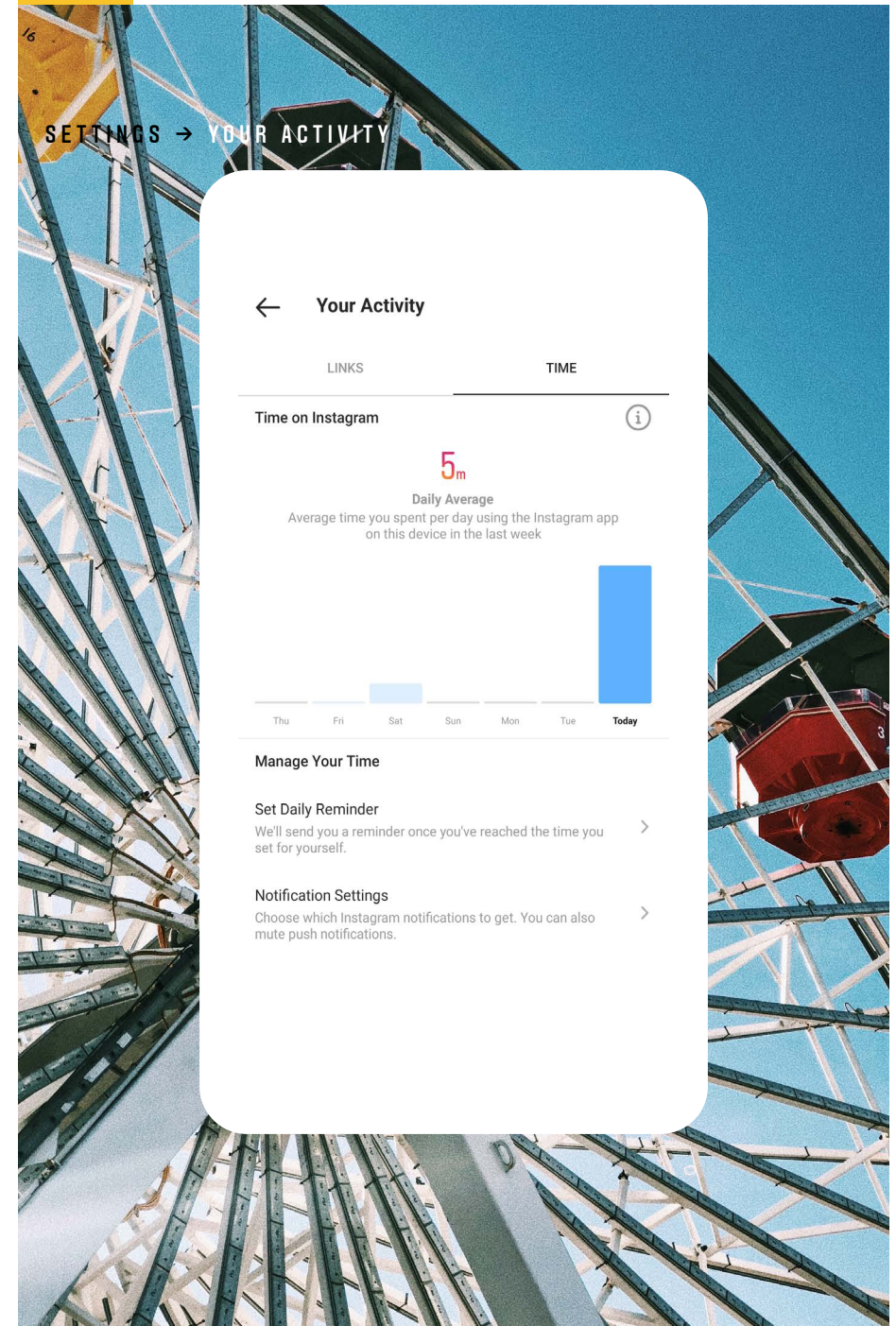
Pattie Gonsalves
It's Ok To Talk
[@itsoktotalk](https://www.instagram.com/itsoktotalk)





View your activity

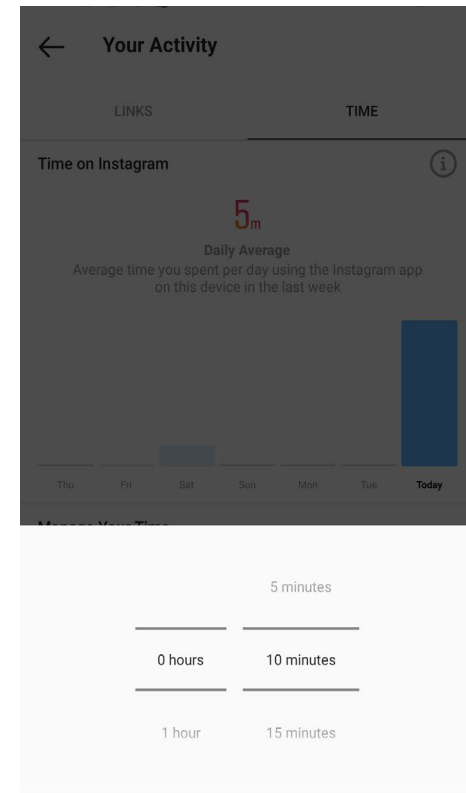
The Activity Dashboard shows your child how much time they've spent on Instagram for the past day and week, as well as their average time on the app. Your child can tap and hold the blue bars to see how much time they've spent on Instagram on a certain day.



Set a daily reminder

Your child can use the daily reminder to set a limit on how much time they want to spend on Instagram. Talk with your child about how they feel while using the app. Is there a point when they don't get as much out of it? Setting the daily reminder together can be a good way to talk to your child about how they are using Instagram throughout the day.

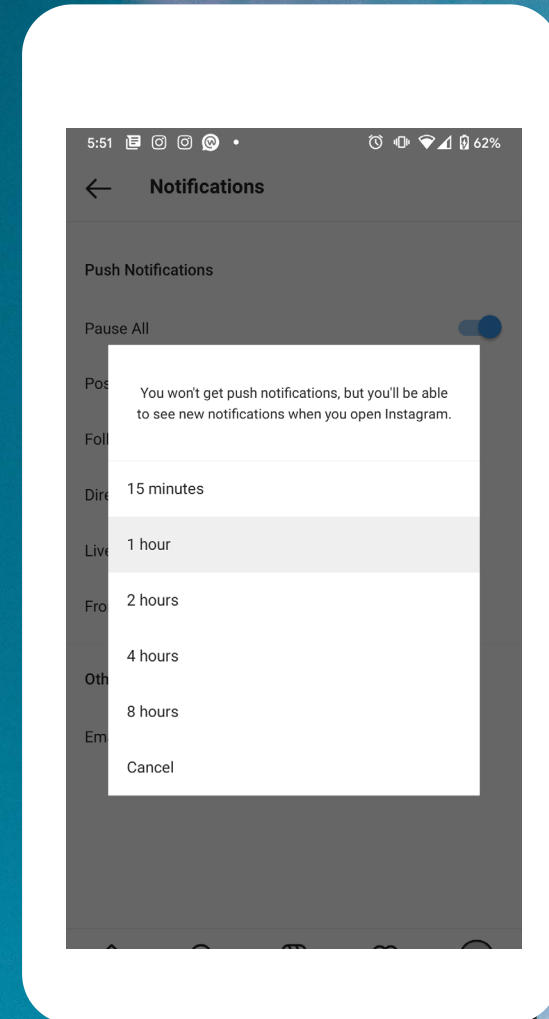
SET A DAILY REMINDER



Mute push notifications

Your child can use the “Mute Push Notifications” feature 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.

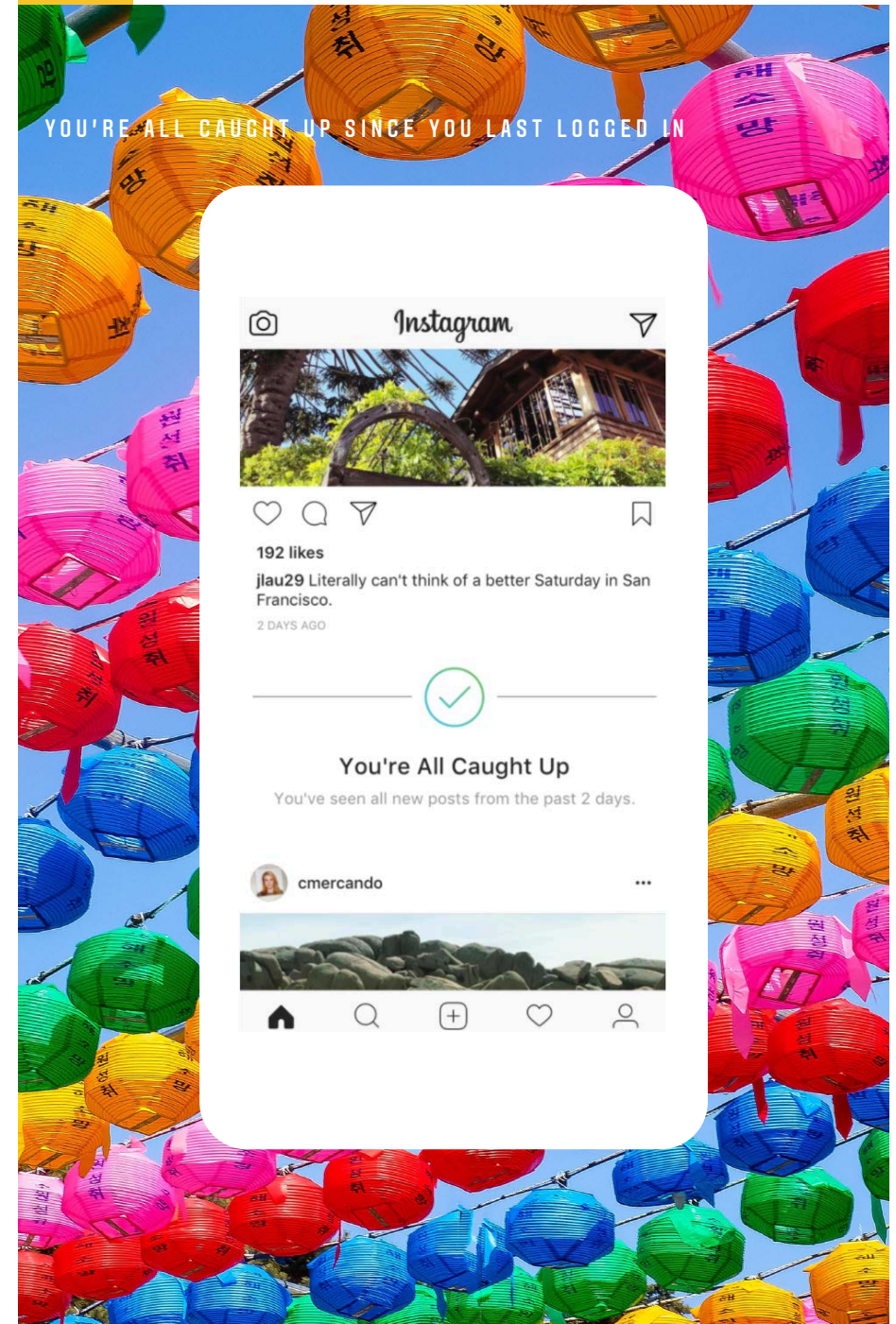
MUTE PUSH NOTIFICATIONS



You're all caught up

Young people can feel pressure to see and interact with all their friends' posts. When they scroll through every post on their feed from the past two days, they will see a message that says "You're All Caught Up".

This way, they'll know that they're up to date on everything their friends and communities are up to.





It's important to think about the security of your and your teen's Instagram account. We encourage you to create strong passwords that are not easy to guess, and recommend that you never share your password with anyone. We have created multiple features that help you manage your security and help ensure that your Instagram account stays safe and in your hands.

Two factor authentication

Keep your child's account secure and your log-in private, especially across multiple devices. Two-Factor Authentication is an additional security layer that helps secure an account from unauthorized password usage, and can be enabled from within Settings. Logging into an Instagram account will then require a password as well as a secure code that is sent through an authenticator app or via text message.



SETTINGS → SECURITY

← Two-Factor Authentication



Add Extra Security To Your Account

Two-factor authentication protects your account by requiring an additional code when you log in on a device we don't recognize.

[Learn More](#)



Emails from Instagram

Verify your child's account security and ensure that you or your child does not miss important legitimate emails from Instagram regarding your child's account. Also note that Instagram will never contact your child through DMs or any other channel, other than the ones approved on their app settings.

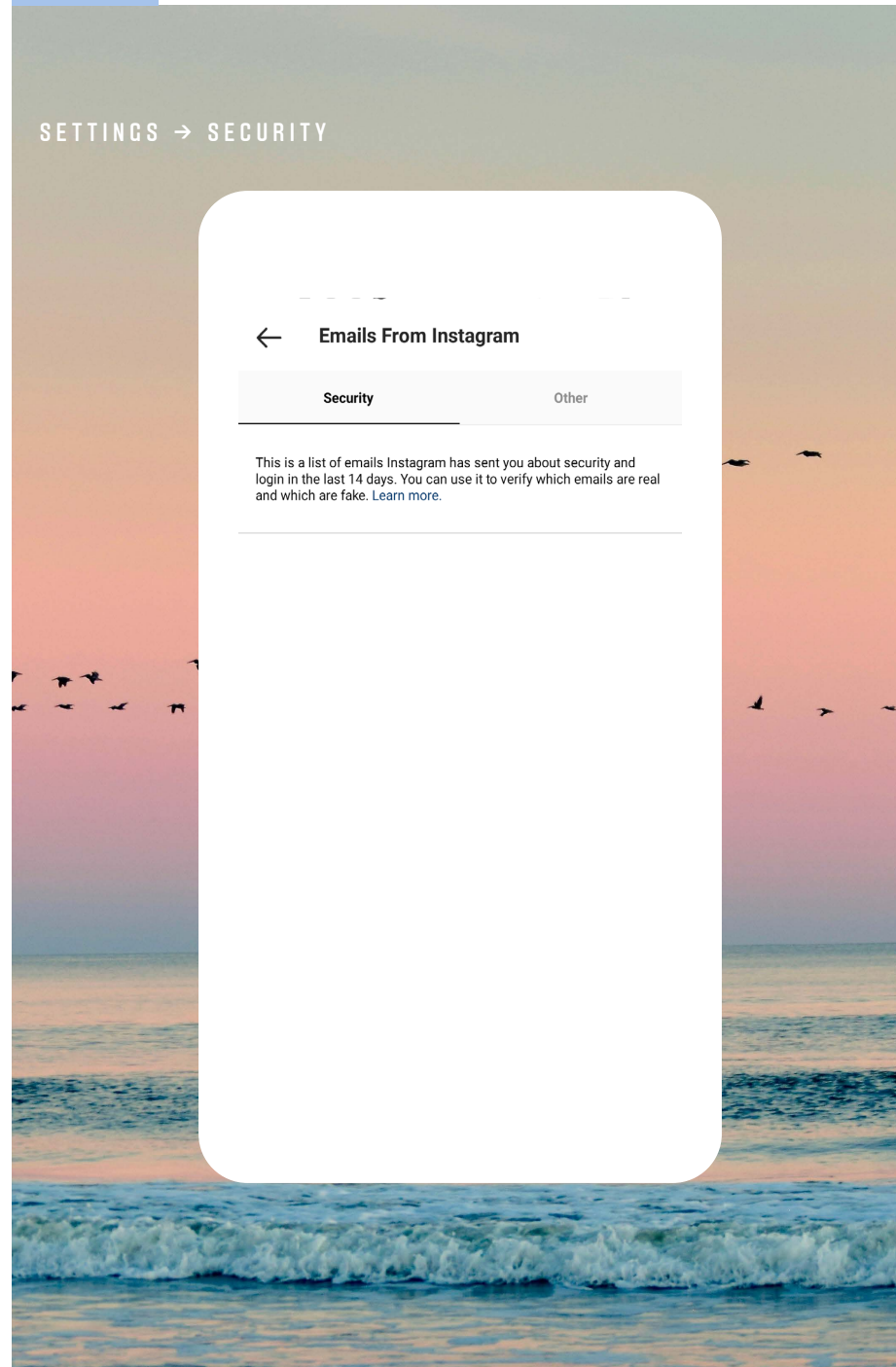
SETTINGS → SECURITY

← Emails From Instagram

Security

Other

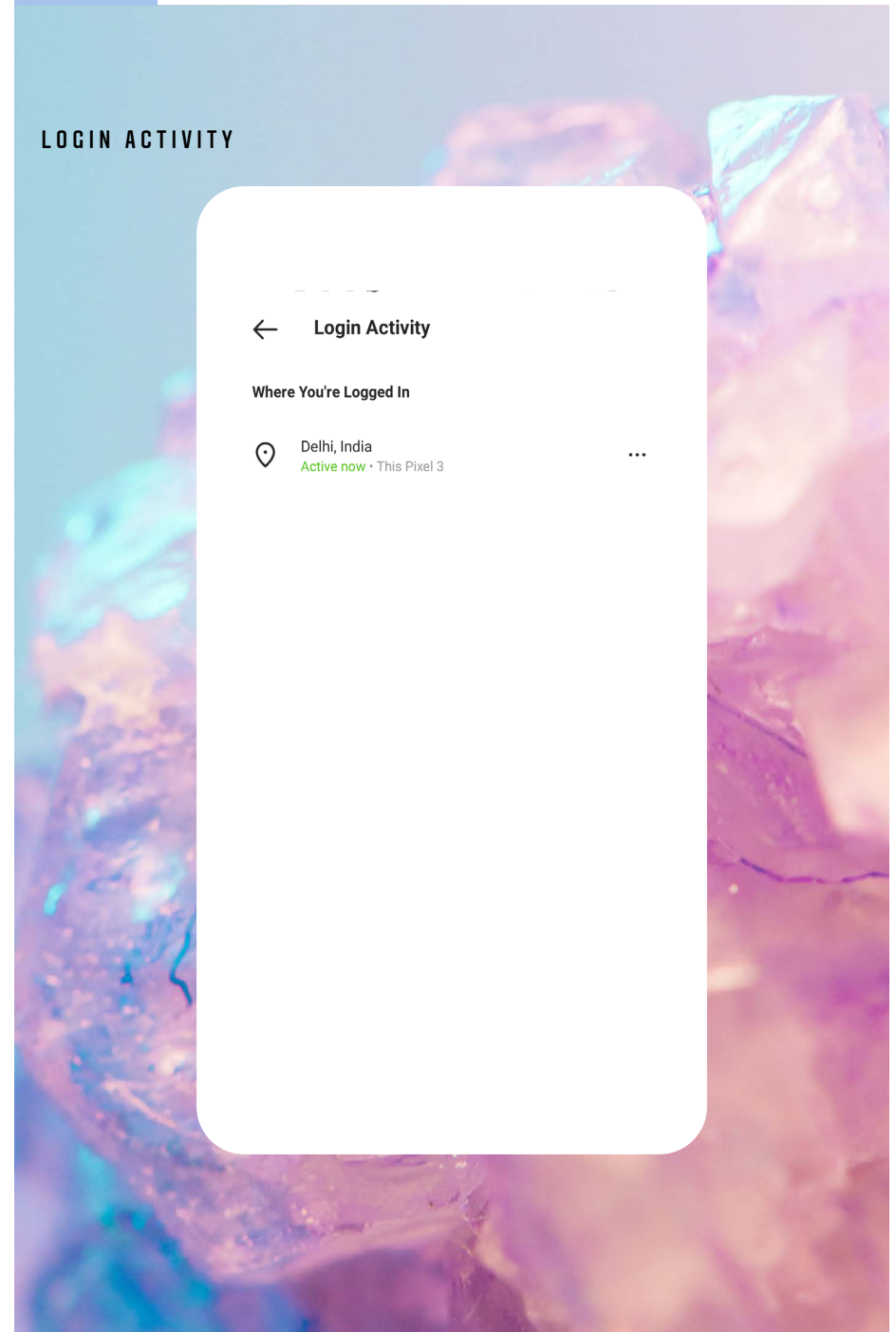
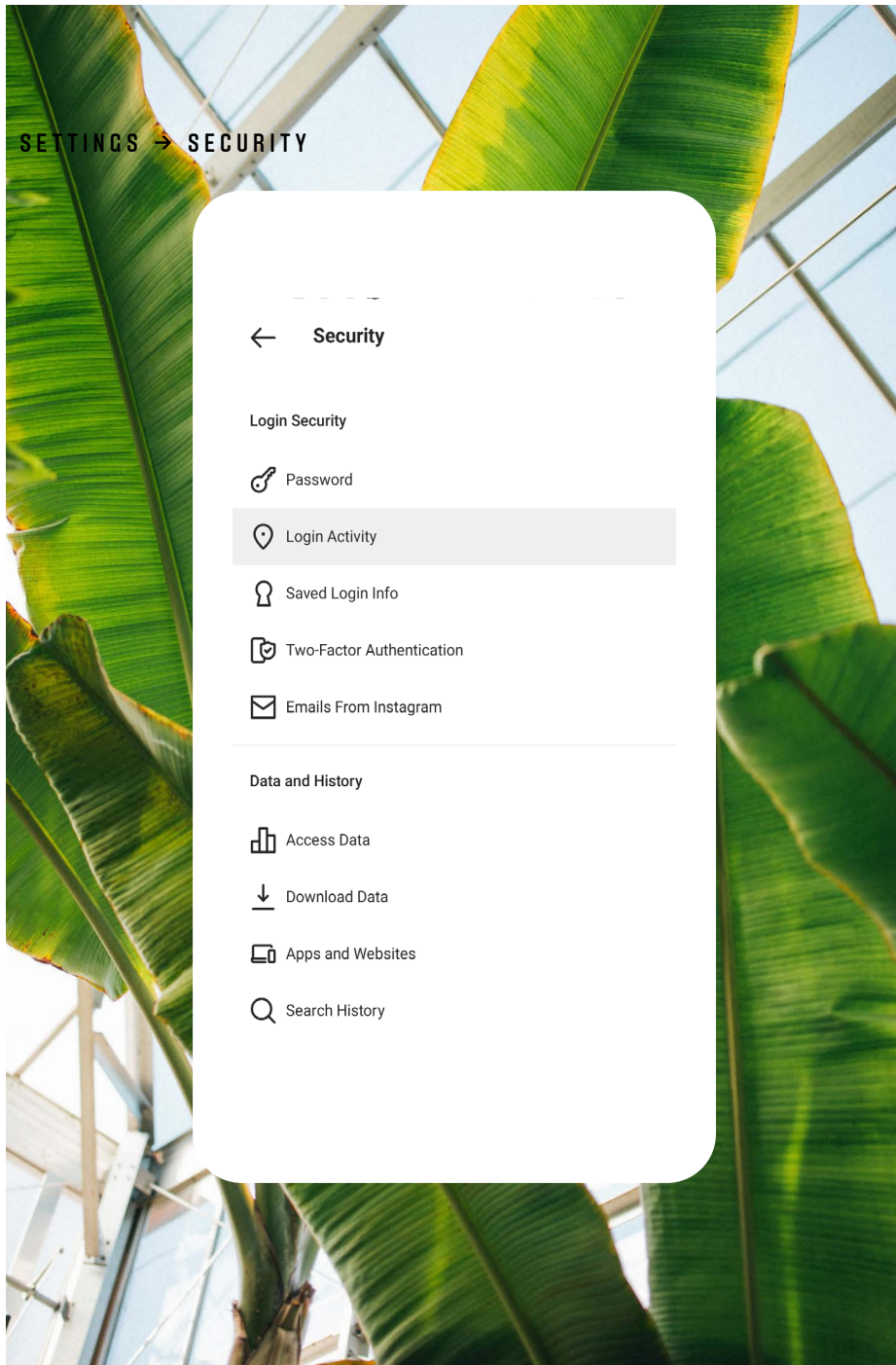
This is a list of emails Instagram has sent you about security and login in the last 14 days. You can use it to verify which emails are real and which are fake. [Learn more.](#)



➔ Login activity

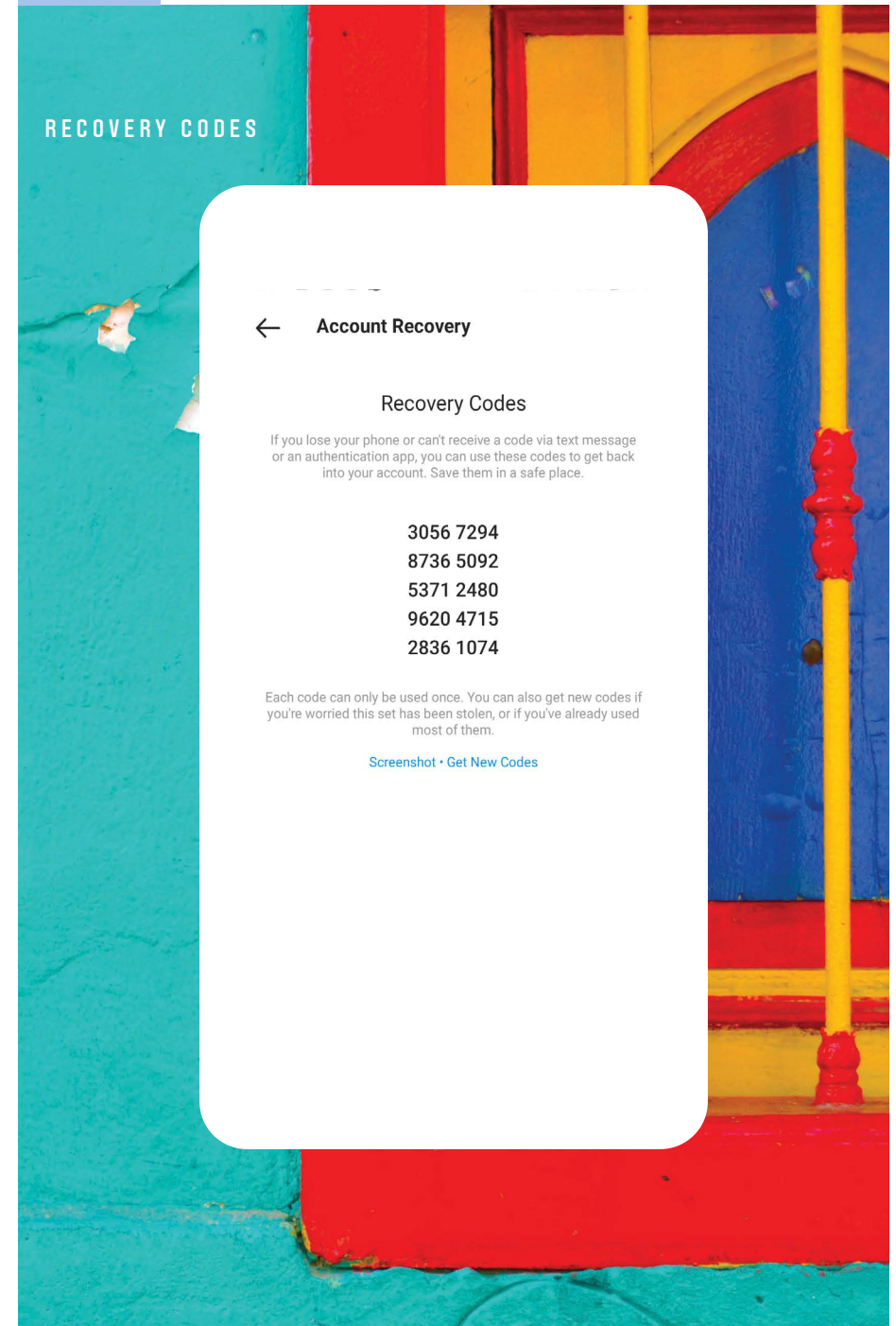
You can only be logged into a single Instagram account at a time, but your device can store login information for multiple Instagram accounts. You can add or remove login information from your Instagram app settings.

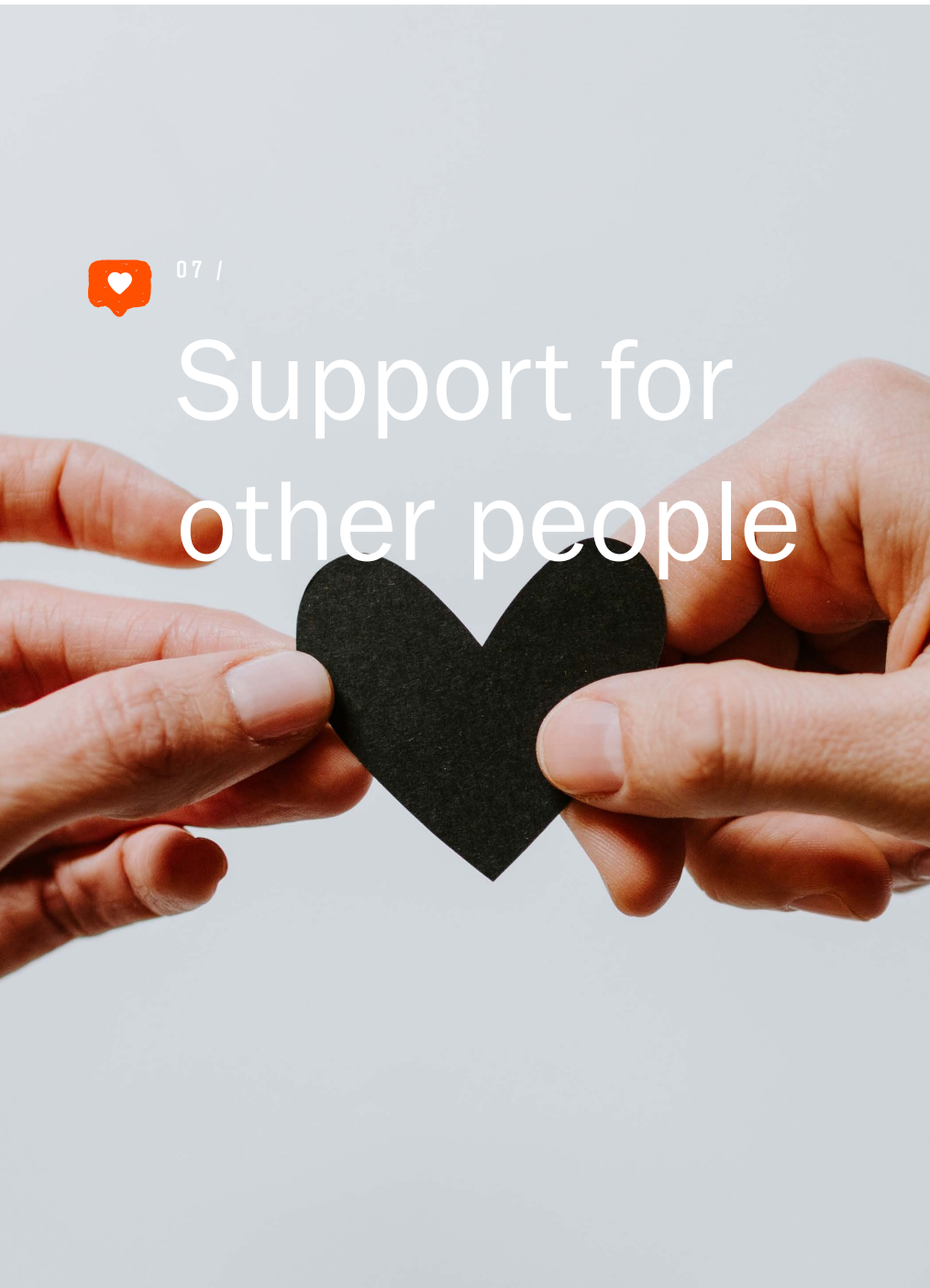




Recovery Codes

Once Two-Factor Authentication is set up, you will have access to Recovery Codes, which enables you to log in if you are not able to receive your Two-Factor Authentication code via an authenticator app or via text message.





It may never happen, but it's important for young people to know how to act if they are concerned for someone else's emotional well-being on Instagram. You may have already had discussions about mental health with your child. If not, try broaching the topic of skills for helping others with kindness and without judgement. Instagram provides a number of tools for reporting concerning behaviour, which are explained on the following pages.

Support for Other People

[Suicide Prevention India Foundation](#) has compiled an exhaustive list of helplines and resources that our community can use in times of need.

Resources for Mental Health and Suicide Prevention in India

Crisis helpline staff are trained to help anyone through emotional distress or suicidal feelings. They listen non-judgmentally and keep your identity private.

[Fortis Stress Helpline](#)

+91 83768 04102 (24/7)

mentalhealth@fortishealthcare.com

This helpline is for students and parents that have questions regarding general mental well-being or exam/academic stress.

[Aasra](#)

+91 9820466726 (24/7)

aasrahelpline@yahoo.com

This helpline listens no matter what the problem. It's primarily a crisis helpline and can help with suicide prevention in English and Hindi. The website provides a directory of hotlines arranged on the basis of location.

[iCall](#)

+91 9152987821 (Mon-Sat: 8am-10pm), 022-25521111 (Mon-Sat: 10am-8pm) icall@tiss.edu

This is an email and telephone based free counselling service run by TISS.

[Vandrevala Foundation](#)

+91 730 459 9836, +91 730 459 9837, 1860 2662 345 (24/7)

help@vandrevalafoundation.com

This helpline has trained counsellors to answer any queries you may have through telephone or email.

[Samaritans Mumbai](#)

+91 84229 84528-30 (5-8pm everyday) talk2samaritans@gmail.com

Samaritans Mumbai is a helpline providing emotional support for those who are stressed, distressed, depressed, or suicidal.

[Jeevan Aastha](#)

1800 233 3330 (24/7)

help@jeevanaastha.com

This helpline offers assistance to people who are feeling suicidal, struggling with anxiety, depression and other mental health issues. They support students and parents in dealing with exam/academic stress. Counsellors speak English, Hindi and Gujarati.

[Snehi](#)

+91 9582208181 (10am-10pm)

snehi.india@gmail.com

This organisation provides free telephonic counselling to children, adolescents and families.

[COOJ Mental Health Foundation](#)

0832-2252525 (Mon-Fri: 1pm - 7pm)

coojtrust@yahoo.co.in

This organisation offers free telecounseling services in English.

[Sumaitri](#)

011-23389090 (Mon-Fri: 2pm-10pm; Sat-Sun: 10am-10pm)

feelingsuicidal@sumaitri.net

This helpline offers free telecounseling to individuals who are feeling suicidal. They also offer support to people experiencing a range of emotional and mental health issues. Counsellors speak English and Hindi.

[Parivartan Counseling Helpline Services](#)

7676602602 (Mon-Fri: 4pm - 10pm)

parivarthanblr@gmail.com[Roshni Foundation](#)

040-66202001 , 040-66202000 (Mon-Sun: 11am - 9pm)

This hotline offers support specifically to women who are struggling with mental health issues. Counsellors speak English, Hindi and Telugu

[Arpita Foundation](#)

080-23655557 , 080-23656667 (Mon-Sun: 7am - 9 pm)

arpita.helpline@gmail.com

This is a suicide prevention hotline. While counselors predominantly offer counselling in English and Hindi, counselling is available in different regional languages at certain times. See the table on the website for more information.

[Hitguj Helpline](#)

022-24131212 (24/7)

This helpline offers support for a range of mental health issues in English, Hindi and Marathi.

[Healing Minds](#)

18001807020 (Mon-Sun: 9am - 6pm)

This Kashmir-based organisation offers phone counselling on mental health issues including suicide prevention in English, Urdu and Kashmiri; and counseling over the chat platform available on their website in English.

[Mann Talks](#)

8686139139 (Mon-Sun: 9am - 6pm)

This organisation offers talk therapy over the phone to individuals in English and Hindi. Select counsellors also speak Pujabi and Bengali. The website offers resources to support those in emotional distress.

[Jeevan Aadhar Adolescent Helpline](#)

1800-233-1250 (Mon-Sun: 9am - 6pm)

This helpline is specifically to offer mental health support to adolescents in English and Hindi.

[Hope Helpline](#)

7244333666, 0744-2414141 (24/7)

drmlagrawal@gmail.com

A GPS-enabled helpline specifically for students in coaching institutes to help relieve stress and decrease the number of suicides.

Online Chat-Based Platforms

If you are uncomfortable speaking to someone on a helpline number, you can use any of the following platforms available online to chat with a trained professional:

[LonepackBuddy](#)

Lonepack Buddy is a free app that gives you a safe space to speak anonymously. It connects you to trained volunteers who will listen to your thoughts, ask questions and acknowledge your feelings. The volunteers are not necessarily mental health professionals, but the website provides you with a list of trained counsellors if you need help.

[Nowandme](#)

Nowandme provides a platform for individuals to talk about their feelings without being judged. It offers a list of resources including a directory of mental health professionals, crisis helplines, blogs and modular courses to help people struggling with mental health issues. The organisation also hosts regular events on the subject of mental health and self-care.

[It's Okay To Talk](#)

It's Okay To Talk provides a platform for people to share their stories to break the taboo surrounding mental health issues. It also provides a list of helplines that offer support in mental health.

[Teentalk India](#)

Teentalk India provides a range of resources addressed to young people including articles for self-help, videos, tools, diagnostic tests, community forums and a directory of mental health professionals sorted State-wise.

[Nulta](#)

Nulta is a healthcare app that can connect you to a trained mental health professional from the Tata Institution of Social Sciences to offer you support in your time of need. A nominal fee is applied for the chats.

Resources for the LGBTQIA+ Community

[Arise Helpline](#)

+91 9013262626 (Mon-Sun: 9am - 6pm, except public holidays)

Support is available for free for the LGBTQ+ community on the phone, on chat and over video, depending on what you prefer. Counselling is offered by trained professionals on a range of mental health issues in the following languages: English, Hindi, Tamil, Telugu, Kannada.

[Orinam](#)

+91 98415 57983 (Mon-Sun: 6:30 pm onwards)

orinam.net@gmail.com

Orinam is an informal collective that runs a hotline to provide mental health support to people from the LGBTQ+ community and their families. It is run by trained peer counsellor volunteers who are supported by a team of clinical psychologists and therapists. Support is offered in one-on-one calls in English, Tamil and Telugu; and in the form of anonymous and confidential online peer support groups. Referrals can be made to other LGBTQ+ affirming professionals including psychiatrists and doctors. Crisis support is available for those in need, such as relocation and finding shelters.

[Queerythm](#)

9745545559 (Also available on WhatsApp and it's a good idea to message them here first).

Offers counselling to people from the LGBTQ+ community in English, Malayalam and Tamil.



Compiled by our teen [Counter Speech Fellows](#), here is a list of tips and conversation starters parents can use to talk to their teens:

Tips:

1. Keep your tone casual and conversational instead of interrogative. Try and weave a discussion around social media into everyday conversations instead of tackling it as a serious issue.
2. Take some time to familiarize yourself with the app, search for content your child is interested in and keep an eye out for some of the latest hashtag trends and challenges.
3. Approach the conversation with an open mind and try to acknowledge the productive things your child does online - like learning new skills or engaging in discussions around issues that they care about.
4. Encourage empathy and respect when dealing with negative issues, but negotiate with your child where to draw the line and create boundaries for themselves.
5. Explain some of your concerns or the risks of being online, along with the many opportunities of being online.
6. Lead by example when talking about screen time.
7. Don't underestimate your child's knowledge of the platform,

Conversation starters:

1. I saw your latest story and I thought it was...
2. I saw XYZ's post and I thought it was hilarious! Have you seen it?
3. What do you like most about Instagram?
4. Can you teach more how to use Instagram? I'm curious about the app but don't really know how it works.
5. Are people nice to each other online? How do you and your friends deal with mean comments?
6. How much time do you think is a good time to spend on Instagram? Do you feel like you could use a break now and then?
7. Can you share some of the fun stuff you see on Instagram with me? I'd love to learn more!
8. Do you talk to anyone on Instagram? Anyone I know? Or don't know?
9. What do you like posting about?
10. Do the people you follow inspire you or make you feel like you're missing out?





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Glossary of Instagram terms

BLOCK

Block is a tool your child can use if someone is bothering them on Instagram. When your child blocks someone, the other person isn't notified, but they'll no longer be able to interact with your child in any way.

COMMENT

A comment is a reaction to the content someone posts on Instagram. Comments appear below posts on your child's feed, and can use words or emojis.

COMMUNITY GUIDELINES

We want to foster a positive, diverse community. Everyone who uses Instagram must adhere to our Community Guidelines which are designed to create a safe and open environment for everyone. This includes things like no nudity or hate speech. Not following these guidelines may result in deleted content, disabled accounts or other restrictions.

DIRECT OR DM

Instagram Direct is where young people can message each other individually or in groups. They can also share photos and videos with just the people they're messaging.

EXPLORE

Explore is where young people will see photos and videos from accounts and hashtags they might be interested in. Explore is different for everyone - the content changes depending on accounts and hashtags your child follows.

FEED

Feed is where young people can see posts from the accounts they follow. Young people generally see feed posts as being more celebratory or special. Feed posts can be photos or videos.

IGTV

IGTV is a place to share video content up to one hour in length. Your child can find videos from their favourite creators, and make their own longer content.

LIVE AND VIDEO CHAT

Your child can go live to share with their followers in real time. When live, they can invite friends to join them, co-host a live session, or leave comments and send hearts. They can also video chat in Direct with up to four people.

POST

A post refers to the media your child is putting on their Feed or on Stories. This can be photos or videos.

PROFILE

Your child's Instagram profile is where their friends and followers will find their posts, and can access their stories. It also includes a short bio. If your child's profile is private, only their main profile picture and bio is visible.

REELS

Reels allows people to record and edit short videos up to 30 seconds in the Instagram Camera. You can add effects and music to your reel or use your own original audio.

REPORT

Reporting is a way your child can let Instagram know that something they have seen is inappropriate. Your child can report anything on Instagram that they believe violates our community guidelines.

RESTRICT

Restrict is a tool that allows your child to protect their account from unwanted interactions without making the restricted person aware. Once they restrict someone, comments from that person will only be visible to that person. Restricted people aren't able to see when your child is active on Instagram or when your child has read their direct messages.

STORIES

Stories disappear from the app after 24 hours, unless your child has enabled archiving, which makes their expired stories available only to them. Your child can subsequently share these in their Stories Highlights. Anyone who can view your child's stories can screenshot them. Stories available only to them. Your child can subsequently share these in their Stories Highlights. Anyone who can view your child's stories can screenshot them.



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Resources

For more tools and resources to help you navigate healthy social media habits with your child, visit the following helpful resources:

about.instagram.com/community/parents

about.instagram.com/community/safety

help.instagram.com

CyberPeace Foundation: www.cyberpeace.org

Centre for Social Research: www.csrindia.org

Aarambh India Initiative: <http://aarambhindia.org>

Young Leaders for Active Citizenship: <https://theylacproject.com>

It's Ok To Talk: <http://itsoktotalk.in>

Suicide Prevention India Foundation: www.spif.in