A PARENT'S AND CAREGIVER'S GUIDE TO INSTAGRAM

IN PARTNERSHIP WITH

PLAN INTERNATIONAL

GIRLS GET EQUAL

YOUTH for MENTAL HEALTH COALITION

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01
INTRODUCTION

A MESSAGE FROM
TEAM KRAMER

"Kids these days are very familiar with the online world, and it's mainly because they spend more time indoors now than before. They like posting snippets of their lives through selfies and videos, and they also like to share their personal style, interests, and milestones on social media - just ask our daughter Kendra!

Social Media is undeniably a big part of our lives now, as we live in the Digital Age already. But of course, we still have to be careful in how we use it, lalo na our kids.

We need to constantly remind them to be careful when going online, and siyempre we also have to monitor their usage. The internet contains a lot of content that kids have to avoid. As parents, Doug and I believe that it's very important to talk to our children about how to use the internet wisely-social media in particular.

Kaya when Kendra told us that she wanted to have her own social media account, we made sure to explain everything to her clearly and to set ground rules.

Our followers have seen our kids grow up through our social media sites like Instagram, Facebook and YouTube, so in a way, this has been like a preparation stage for us since we first started sharing our lives with the online community.
Behind all the posts we share, Doug and I always make it a point to be mindful about safety, and we teach our kids and remind them about the pros and cons of having an online presence.

Now that Kendra is older and is entering her teen years, she is becoming more and more independent. It helps to have something to guide our kids as they transition from their tween to teen years

The Instagram Parent's Guide has been such a helpful tool for us as parents as our ate grows into her own person.

Kids are digital natives and social media is a real part of their lives. As parents, it's our responsibility to help them thrive online just like how we help and support them in real life. That's why we encourage other parents to use the guide to keep yourselves up-to-date on the app's tools and features, and to continuously have open and honest communication with your children. "

QUOTES FROM
DOUG, CHESCA, AND KENDRA

" Chesca and I believe that ensuring that our children have a positive online life is a journey in its own. It is a two-way conversation and an exchange of trust. By starting this conversation, families can prepare themselves for a positive online life that works for both parents and children. We also made sure to teach the kids to not get validation from views and likes. "

-DOUG KRAMER

" We all know that everyone is prone to feeling the need to compare what they see online to real life. This can have a negative effect on our mental health, especially among adolescents. We always remind Kendra that she doesn't need to get validation from other people, especially not from social media. "

-CHESCA KRAMER

" I like using Instagram because I get to share things I love and I'm interested in! And of course, it's like a scrapbook of my life. The content that I share are my little memories that I can always look back on as I grow older. "

-KENDRA KRAMER

A MESSAGE FROM
PLAN INTERNATIONAL PHILIPPINES

" **SA MGA KAPWA KO MAGULANG,**

We're witnessing massive digital transformation these days. The internet provides us with almost everything we need to know at our finger tips, halos lahat ay nasa internet na.

Children and the youth use Instagram for advocacy, entertainment, education and to communicate with friends and family. During the COVID-19 pandemic, being online has become even more important: a lifeline for those often isolated at home and an important tool as young people struggle to keep up with their education and stay connected to the wider world.

Importanteng alam natin na habang ang internet ay maraming magagawa para sa pag-aaral, at pakikipag-ugnayan, ito ay pwede ring magamit sa masamang gawain at maaaring makapahamak sa ating kabataan, lalo na sa mga batang babae.

Almost every day, children and the youth are exposed to so much content, a lot of which may contain harmful messages and materials. Threats of violence from fake accounts and false information online can harm our children and youth -- physically and mentally.

Together, we must build a safer world for girls and all children. Magtulungan tayo para tiyaking ligtas ang Instagram para sa mga bata at kabataang babaeng gumagamit nito.

All children deserve to be free to learn, connect, and grow online without the threat of violence or abuse. Mga magulang, sama-sama tayo sa pangampanya para sa mas ligtas na Instagram at ligtas na internet para sa kalayaan ng ating kabataan. "

ANA MARIA LOCSIN
COUNTRY DIRECTOR
PLAN INTERNATIONAL PHILIPPINES

MESSAGES FROM
YOUTH ADVOCATES
OF PLAN INTERNATIONAL
PHILIPPINES

" We are already in the era when the Internet is an essential part of our everyday lives. Thus, we should become knowledgeable enough [about] how to use it, and critically analyze the information we see online. "

ANDREA, 18
YOUTH ADVOCATE
PLAN INTERNATIONAL PHILIPPINES

" It may be true that internet use has its risks, but it is still vital to know how to use it to positively influence others, become a leader, and help protect kids like us online. For instance, in the Sangguniang Kabataan, we use the internet to check-up on the welfare of other kids in the community, making sure they are okay and safe amid the pandemic. "

RAQUEL, 23
YOUTH ADVOCATE
PLAN INTERNATIONAL PHILIPPINES

" Social media is a huge help when it comes to our daily lives, especially amid the pandemic. However, we must remember that it's not a safe space for everyone. We must always be cautious and mindful of the effects of our online activities and strive to be responsible users of social media. "

PHOLIN, 16
YOUTH ADVOCATE
PLAN INTERNATIONAL PHILIPPINES

" As a young advocate of cybersafety, I believe that my knowledge on this issue can make an impact on others. That is why I share it with other kids like me. These learnings also help me stay guarded and safe from online abuse. "

JENNY JOY, 13
YOUTH ADVOCATE
PLAN INTERNATIONAL PHILIPPINES

A MESSAGE FROM
YOUTH FOR MENTAL HEALTH COALITION

" TO ALL THE WONDERFUL FILIPINO MOTHERS AND FATHERS,

We in Youth for Mental Health Coalition, Inc. (Y4MH) have always regarded parents as heroes for the unwavering support you have given, are giving, and will continue to give your children. Like any other hero, we understand that there will be instances you cannot simply handle by yourself and situations that may be devastating for you as well. We hope that these situations will not discourage you and will not, in any form, make you feel less of a parent.

When COVID - 19 hit the Philippines, millions of people suffered from its effects, including you and your children. Believe us, we know. We have heard countless stories from frustrated parents and suffering teens who just wanted to feel better about themselves. We also experienced these challenges individually and as a whole.

We hope that the Instagram Parents Guide will help you and guide you. We shared tips and resources you may need to take better care of your mental health. It was euphoric when we received the invitation from Meta as we believe in the essential influencing power of social media in creating mentally healthy and resilient communities.

To you who are reading this message, thank you for wanting to improve yours and your child's mental well-being. Reading through this guide is a start and we are hoping it will not end here. We are with you in your journey to finding that peace you and your children need to cope up healthily. Together with the coalition and my team, Rachelle, Francine, Camille, Aina, Geryna, and Ric, we will be here to support you in your mental health journey because you always, in all ways, matter.
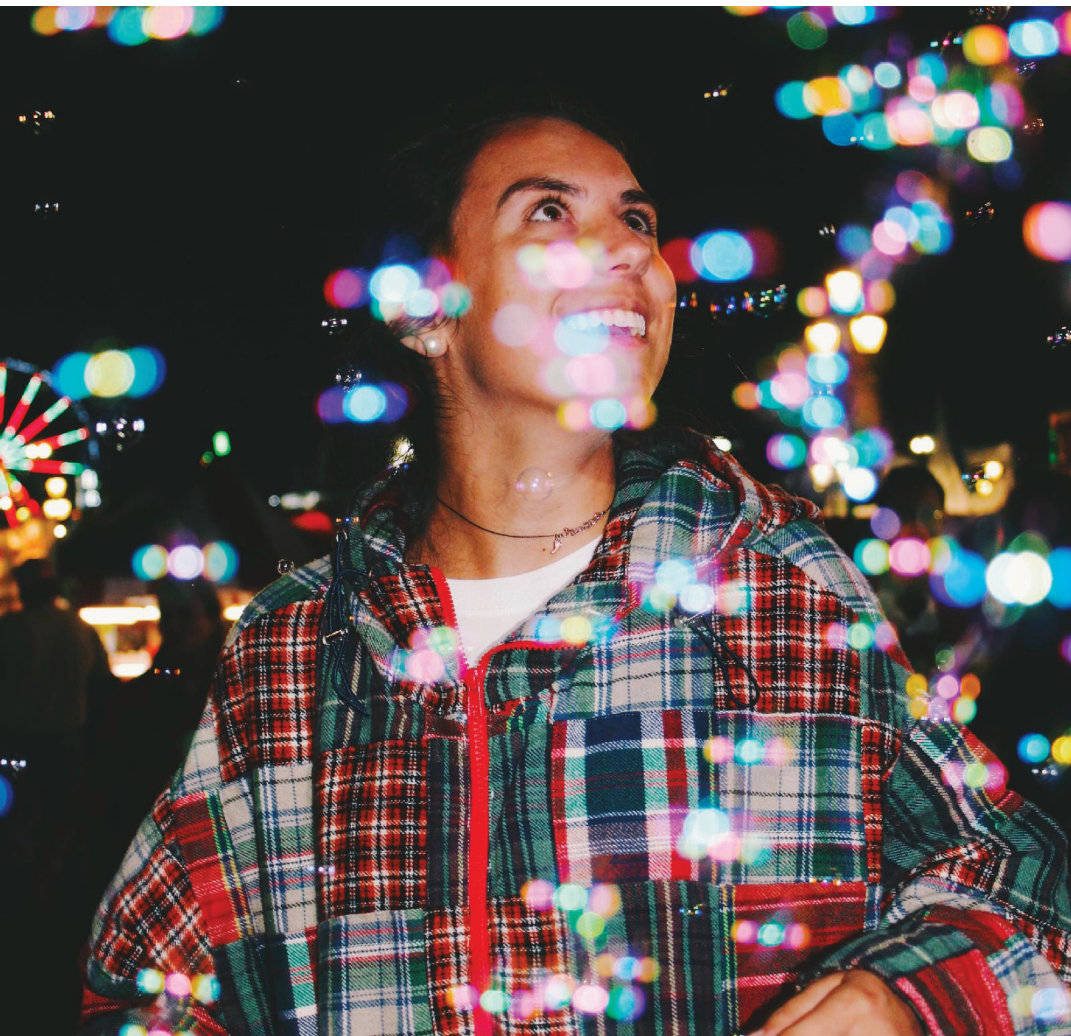
Lagi nyo pong tandaan, kayo ay mahalaga, lagi't lagi.

Thank you for being our hero, **"**

RAY ALYANNAH LAGASCA
NATIONAL CHAIRPERSON
YOUTH FOR MENTAL HEALTH COALITION, INC.
INFO@Y4MH.ORG

02
WHAT IS
INSTAGRAM

Instagram is a photo, video, and message sharing app with a community of people that use it to connect with each other through their passions and interests. Instagram is especially popular among teens: they use it to capture special moments, relate to one another, and carry conversations in a fun way—using photos, videos, filters, comments, captions, emojis, and hashtags.

Instagram runs on Apple iOS, Android devices, and the web. The minimum age to have an Instagram account is 13.

We require everyone to be at least 13 to use Instagram and have asked new users to provide their age when they sign up for an account. While many people are honest about their age, we know that some people can lie about their date of birth. We want to do more to stop this from happening, but verifying a person's age online is complex and something many in our industry are grappling with. To address this challenge, we're developing new artificial intelligence and machine learning technology to help us keep teens safer and apply new age-appropriate features, like those described in this guide. Accounts that represent someone under the age of 13 must clearly state in the account's bio that the account is managed by a parent or manager.

Whether it's through Feed, DMs, Stories, Reels, Live, or IGTV, our mission is to bring people closer to the people and things they love. We know that for everyone in our community to express themselves freely, it's essential to make Instagram a safe and supportive place.

To learn more about safety on Instagram, please visit:
https://www.instagram.com/creators/guide/tools-for-a-safe-positive-experience/17876204894093335/

03
MANAGE PRIVACY

Privacy is important. 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, which is why anyone under 16 who signs up to Instagram will have the option to choose between a public or private account, with private selected by default.

Understanding that they have control over who sees and interacts with the things they post online will empower teens to be themselves on Instagram, while helping them to stay safe online.

ACCOUNT PRIVACY

We want to strike the right balance of giving teens all the things they love about Instagram, while also keeping them safe. We don't want teens to be contacted by adults they don't know or don't want to hear from, and we believe having a private account is the best way to prevent that from happening.

Having a private account will let your child control who sees or responds to their content. If you have a private account, people have to follow you to see your posts, Stories, and Reels, and all follow requests need to be accepted by you first. People you haven't accepted also can't comment on your content in those places, and they won't see your content at all in places like Explore or hashtags.

That's why, anyone who signs up to Instagram and is under 16 will have the option to choose between a public or private account, with private selected by default

For teens who already have a public account on Instagram, we'll show them a notification reminding them that their account privacy is public, and explaining how to change their account to private.

Account Privacy

Choose who can see what you share. You can change this anytime in Settings.

🔒 **Private**
Only accounts you approve can see your photos and videos.

🔓 **Public**
Anyone can see your photos and videos.

Next

DEFAULTED TO PRIVATE ACCOUNT WHEN TEENS UNDER 16 SIGN UP

ACCOUNT PRIVACY

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.

If your child's account is public, anyone on or off Instagram, with or without an Instagram account, can see the content your child posts such as on Stories, Feed, or Live, and follow your child without needing approval.

We know there will still be teens who prefer to have a public account—for example, young creators who are trying to build an audience—which is why we'll still give teens a choice, while doing what we can to highlight the benefits of a private account. If your child already has a public account, they can switch to private at any time in their Privacy Settings.
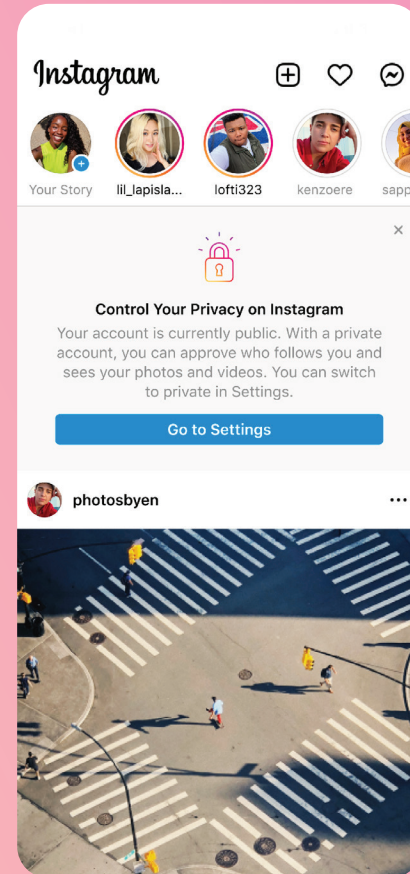
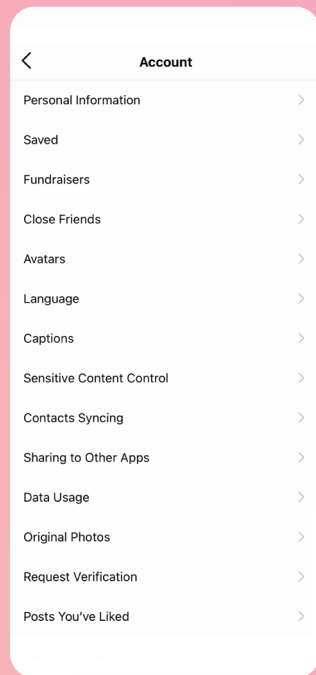NOTIFICATION TO SWITCH
TO PRIVATE ACCOUNT
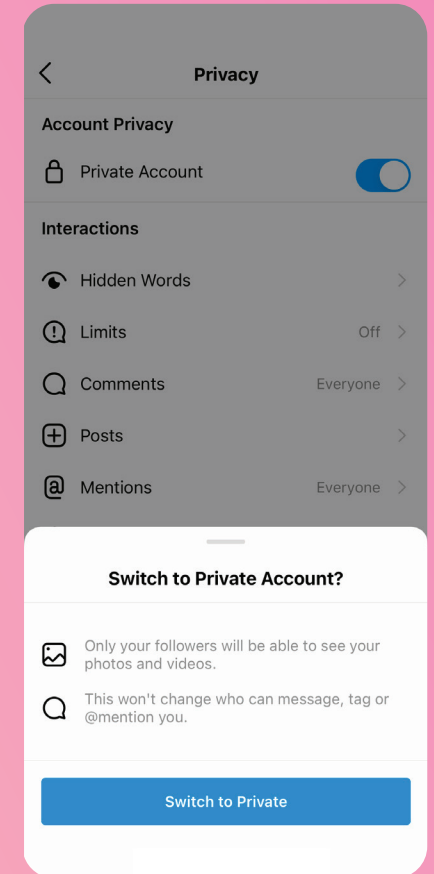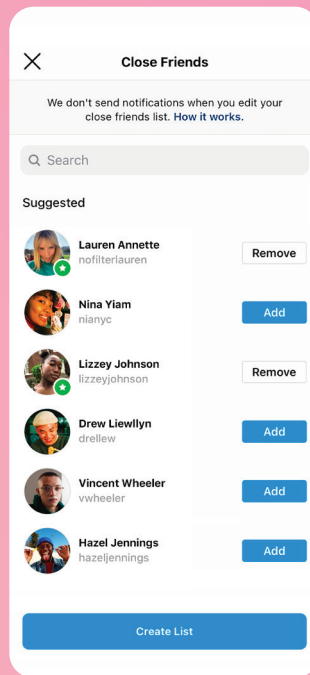

SETTINGS → PRIVACY
→ TOGGLE PRIVATE ACCOUNT

SHARE STORIES WITH CLOSE FRIENDS

Your child can create a Close Friends list and share their Stories 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 are added or removed from their Close Friends list.

SETTINGS → ACCOUNT
→ CLOSE FRIENDS LIST

ADD / REMOVE PEOPLE
FROM FOLLOWER LIST

STORIES SHARED WITH CLOSE
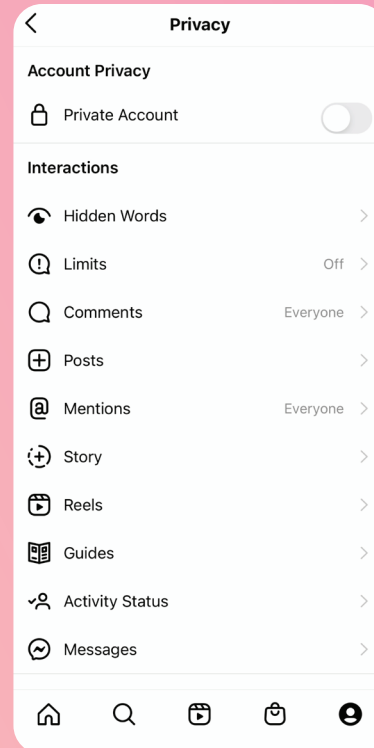FRIENDS HAVE A GREEN RING

VIEWING STORIES SHARED WITH
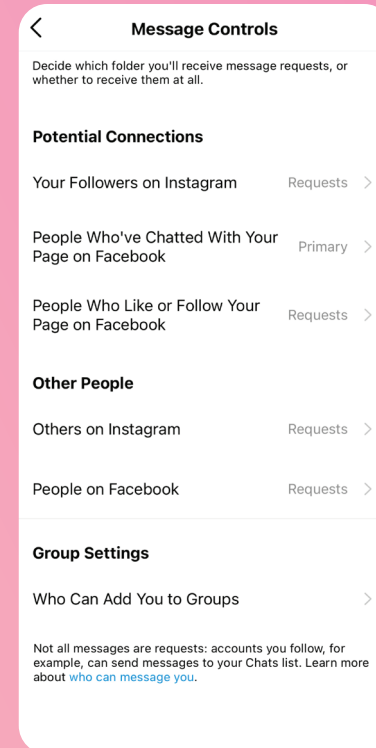CLOSE FRIENDS HAVE A GREEN TAG

MESSAGE CONTROLS

We want everyone on Instagram—but particularly teens—to have control over who can message them, and we don't want teens to receive unwanted messages from people, especially adults, they don't know.

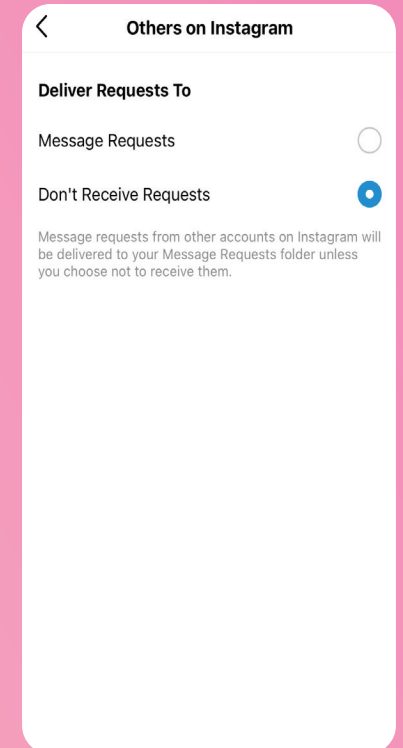That's why we've launched a series of features to protect teens in their DMs (Direct Messages).

Everyone on Instagram can limit who can send them Direct Messages and who can add them to group chats. That means your child can choose to only receive messages from people who follow them. In addition, the only adults who are able to message teens are adults who are connected to them.

Privacy

Account Privacy

🔒 Private Account

Interactions

◉ Hidden Words

⊙ Limits   Off

◯ Comments   Everyone

⊕ Posts

@ Mentions   Everyone

⊕ Story

▶ Reels

📖 Guides

Activity Status

◉ Messages

SETTINGS → PRIVACY → MESSAGES

Message Controls

Decide which folder you'll receive message requests, or whether to receive them at all.

Potential Connections

Your Followers on Instagram   Requests

People Who've Chatted With Your Page on Facebook   Primary

People Who Like or Follow Your Page on Facebook   Requests

Other People

Others on Instagram   Requests

People on Facebook   Requests

Group Settings

Who Can Add You to Groups

Not all messages are requests: accounts you follow, for example, can send messages to your Chats list. Learn more about who can message you.

MESSAGE CONTROLS

Others on Instagram

Deliver Requests To

Message Requests ◯

Don't Receive Requests ◉

Message requests from other accounts on Instagram will be delivered to your Message Requests folder unless you choose not to receive them.

CUSTOMIZE DELIVERY OF MESSAGES
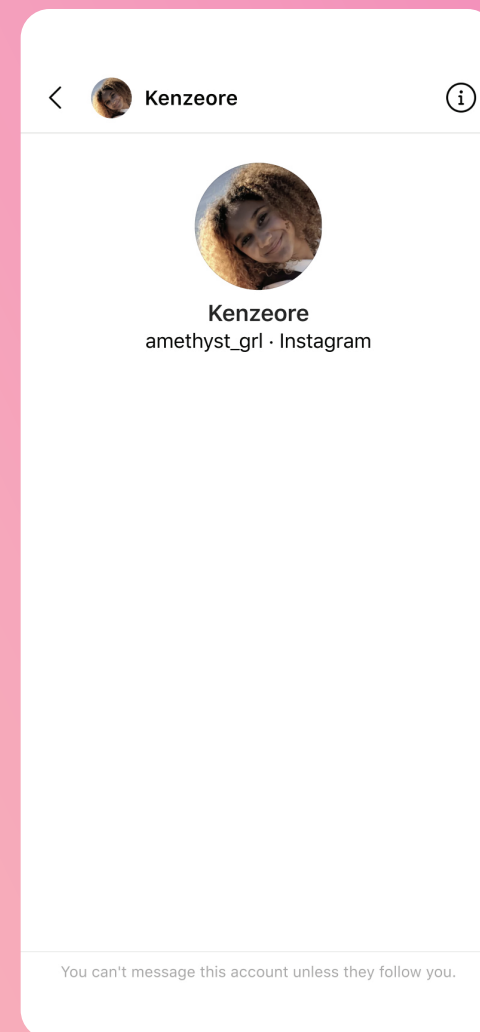
MESSAGE CONTROLS

We've also taken several steps to protect teens from unwanted messages from adults. This year, we introduced a new feature that prevents adults from sending messages to people under 16 who don't follow them.

That means, when an adult tries to message a teen who doesn't follow them, they receive a notification that DM'ing them isn't an option. This feature relies on the age people give us when they sign up, as well as our work to predict peoples' ages using machine learning technology

We've also developed new technology to help us find adult accounts that have shown potentially suspicious behavior—for example, they may have been repeatedly blocked or reported by teens—and prevent those accounts from finding and interacting with teens' accounts.

Using this technology, we won't show teens' accounts in Explore, Reels, or 'Accounts Suggested For You' to these adults. They also won't be able to see comments from teens on other people's posts, nor will they be able to leave comments on teens' posts. And finally, if a potentially suspicious adult account does find a teen's accounts by searching for their username, they won't be able to follow them.

We'll continue to look for additional places where we can apply this technology. This technology has started rolling out in several countries, and will be launching in your country soon.

PREVENTING ADULTS FROM MESSAGING TEENS

PREVENTING ADULTS FROM MESSAGING TEENS

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LIMIT ADVERTISER REACH

We've also made changes to how advertisers can reach teens with ads globally. We'll now only allow advertisers to target ads to people under 18 (or older in certain countries) based on their age, gender, and location. You may have received a request from your child to allow them to see more personalised ads. We're now taking this further, by raising the age to under 18, removing the option to opt in to more personalised ads, and rolling out these targeting limitations to all teens on Instagram globally.

We already give people ways to tell us that they would rather not see ads based on their interests or on their activities on other websites and apps, such as through controls within our ad settings. But we've heard from youth advocates that teens may not be well equipped to make these decisions. We agree with them, which is why we're taking a more precautionary approach in how advertisers can reach teens with ads.
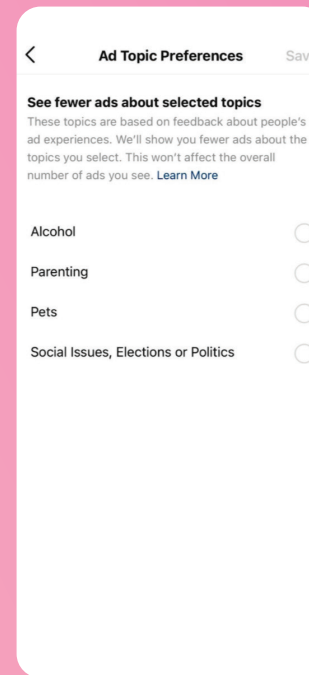
When people turn 18, we'll notify them about targeting options that advertisers can now use to reach them and the tools we provide to them to control their ad experience.
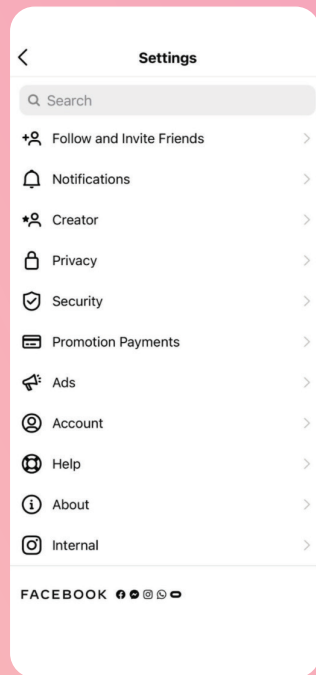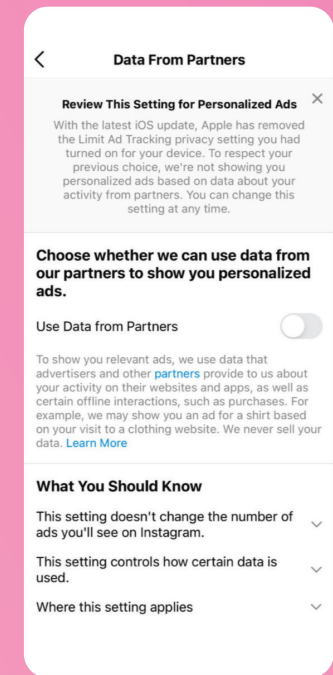

SETTINGS → ADS
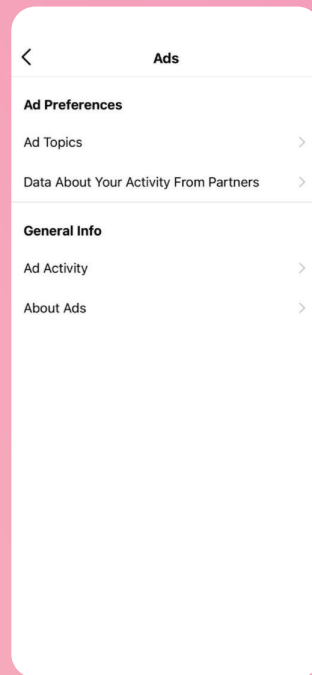
ADS → ADS PREFERENCES

AD TOPIC PREFERENCES

DATA FROM PARTNERS

04

MANAGE INTERACTIONS

There is no place for bullying and harassment 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, or message 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.
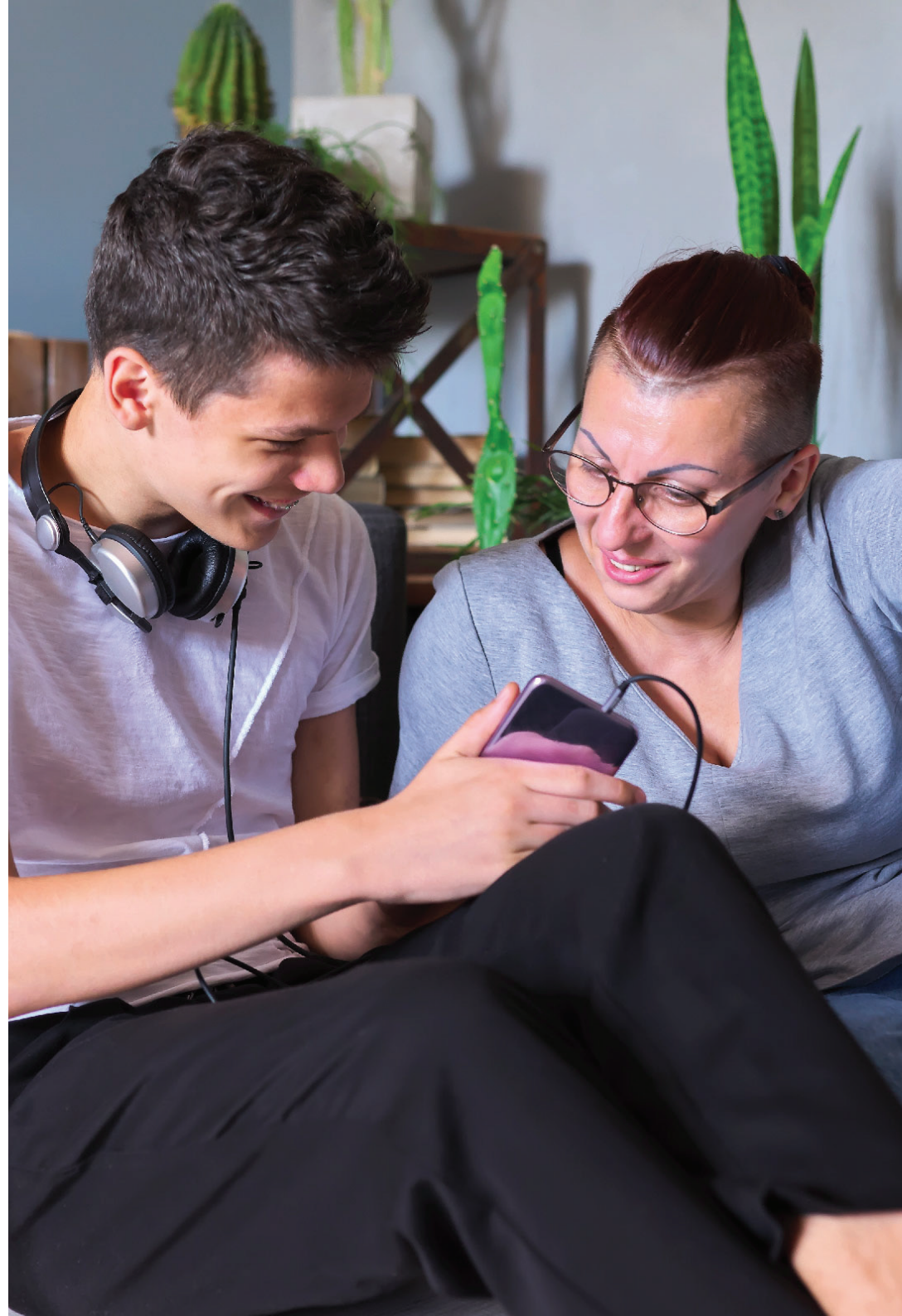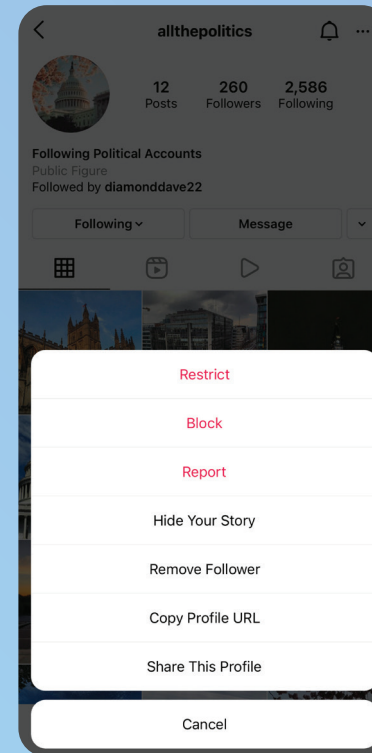
REPORT INTERACTIONS

Anyone can report content on Instagram, from profiles/accounts, to posts, comments, DMs, Lives, Stories, IGTV, and Reels.
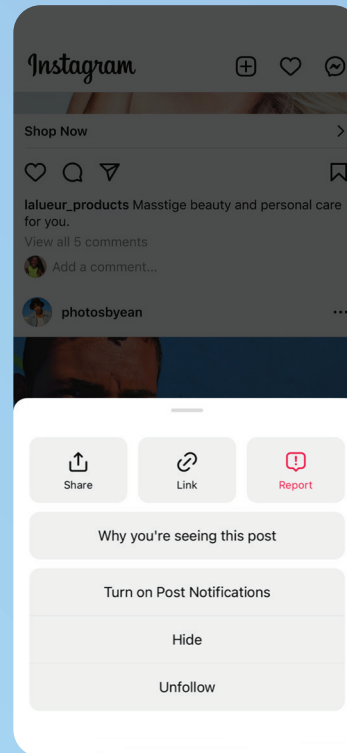
PROFILES:
TAP "..." ON TOP-RIGHT CORNER
OF PROFILE → REPORT

POSTS:
TAP "..." ON TOP-RIGHT CORNER
OF POST → REPORT
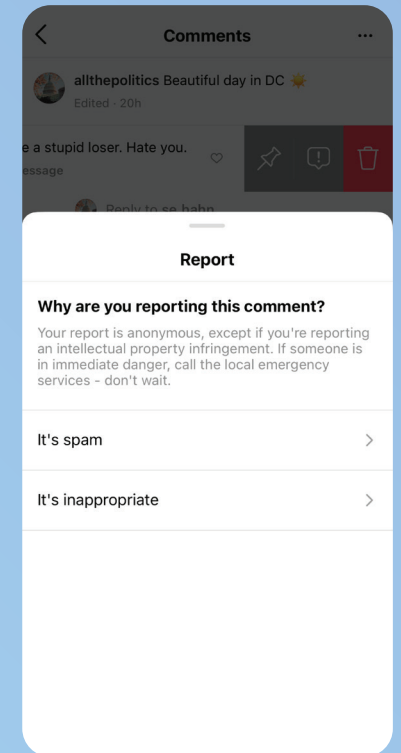
COMMENTS:
SWIPE LEFT ON COMMENT
→ TAP REPORT ICON
→ REPORT THIS COMMENT

REPORT INTERACTIONS

DMS:
TAP AND HOLD INDIVIDUAL MESSAGE
→ REPORT

STORIES:
TAP "..." ON TOP-RIGHT CORNER OF STORIES
→ REPORT
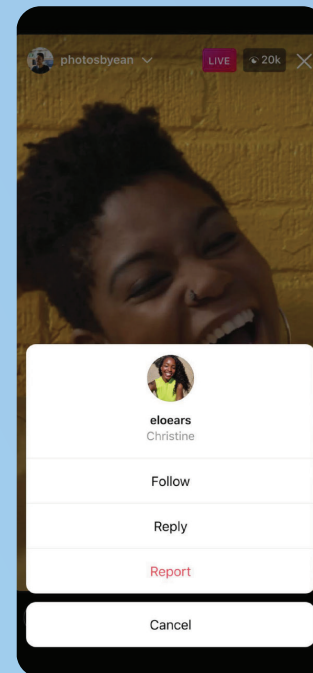
LIVE:
TAP "..." NEXT TO "COMMENT"
ON THE BOTTOM OF THE LIVE → REPORT
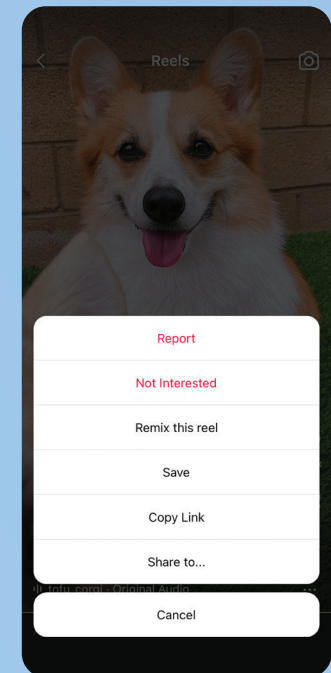
REELS:
TAP "..." ON BOTTOM-RIGHT CORNER OF REEL
→ REPORT

SUPPORT REQUESTS

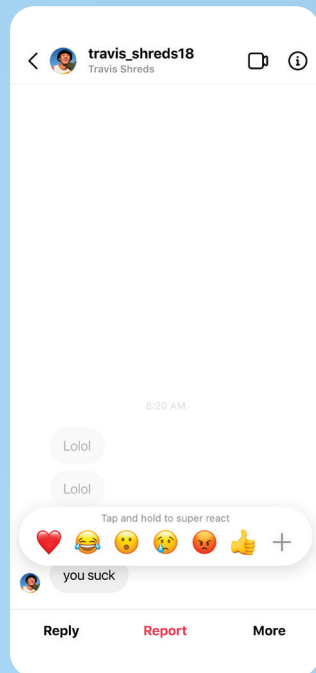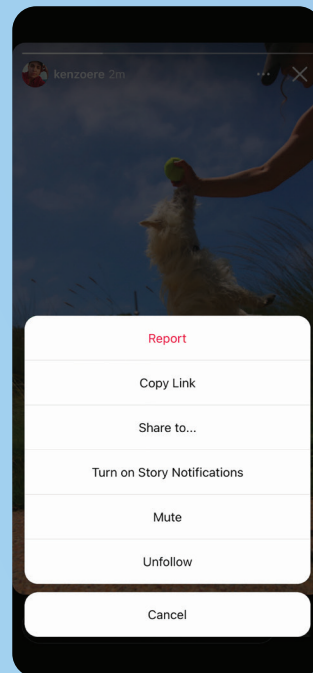Our community now has access to Support Requests—a place where you and your child can stay current on reports filed and follow updates on any violations by your child's account. This is aimed at increasing transparency into our processes by ensuring that everyone has access to viewing their reports and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

< **Help**

Report a problem >

Help Centre >

Support requests >

Privacy and security help >

< **Support requests**

Reports >
These are reports that you've submitted.

Violations >
These are posts that you've shared that go against our guidelines.
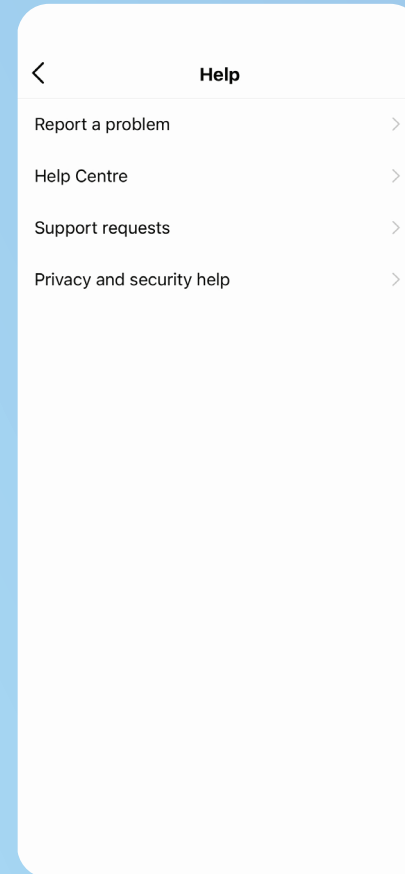
SETTINGS → HELP
→ SUPPORT REQUESTS
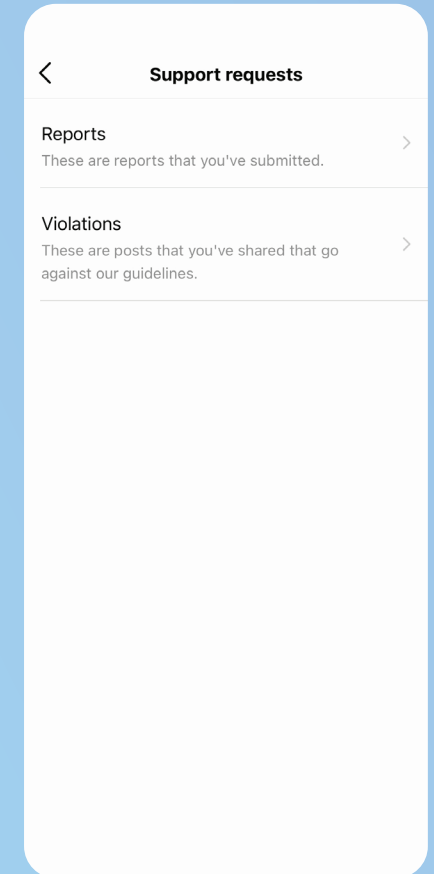
VIEW ALL
REPORTS AND VIOLATIONS

MANAGE LIKE COUNTS

We want people to be able to focus on the photos and videos that are being shared on Instagram, not just how many likes posts get. We also want to give our community control over their own experience on Instagram.

That's why we now give everyone the option to hide like count on all posts in your feed. You'll also have the option to hide like count on your own posts, so others can't see how many likes your posts get, and you can do this on a post-by-post basis. You can hide like count on everyone else's posts by visiting the new Posts section in Settings.
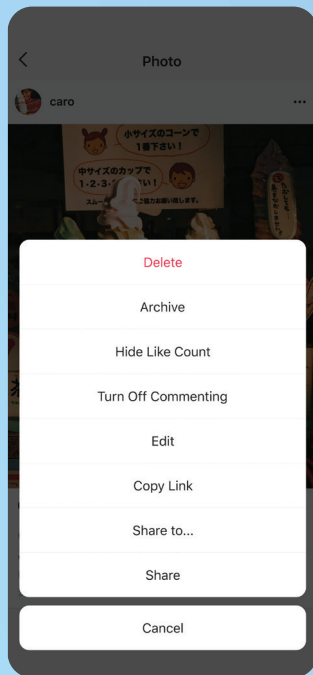
HIDE LIKE COUNT
ON YOUR POST

YOUR POST WITH
NO LIKE COUNT
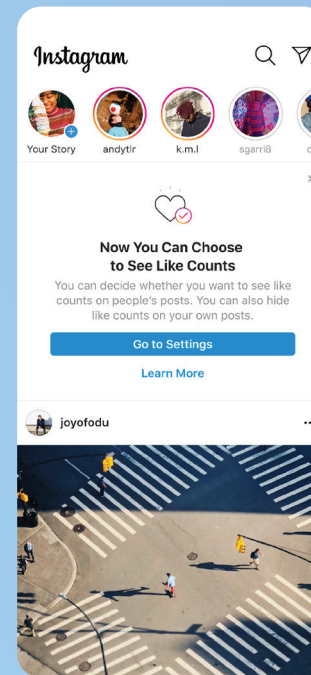
VISIT SETTINGS TO HIDE LIKE
COUNT ON OTHERS' POST
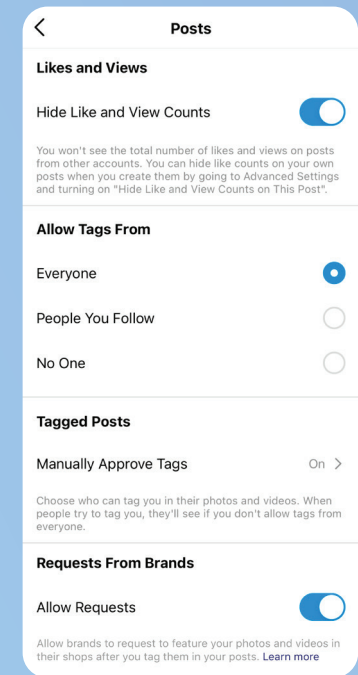
SETTINGS → PRIVACY → POSTS
→ HIDE LIKE AND VIEW COUNTS

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. We know sometimes teens don't like blocking people because they worry that person will be notified—this isn't the case. We don't tell people when they've been blocked, or who has blocked them, and you can unblock an account at any time.

We also recently announced an update to our blocking feature, to make it harder for someone who you've already blocked from contacting you again through a new account. Read about it here:

about.instagram.com/blog/announcements/introducing-new-tools-to-protect-our-community-from-abuse

Now, whenever you decide to block someone on Instagram, you'll have the option to both block their account and preemptively block new accounts that person may create.
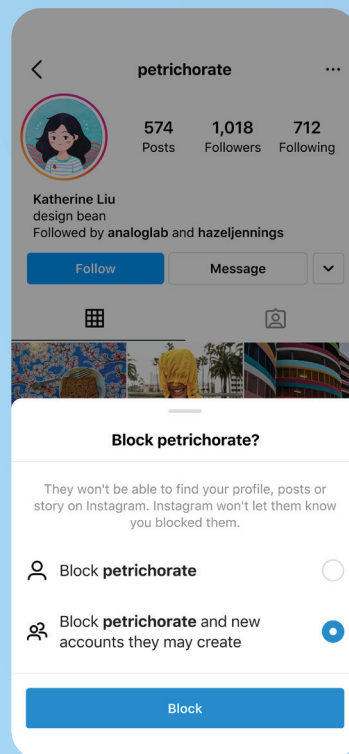
PROFILE
→ TAP "..." IN TOP-RIGHT CORNER
→ BLOCK
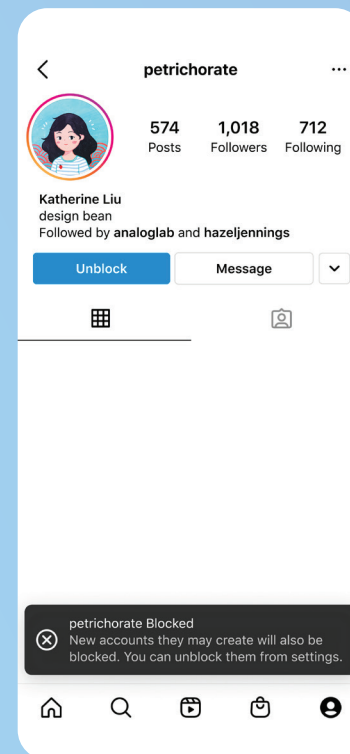
BLOCKED ACCOUNT
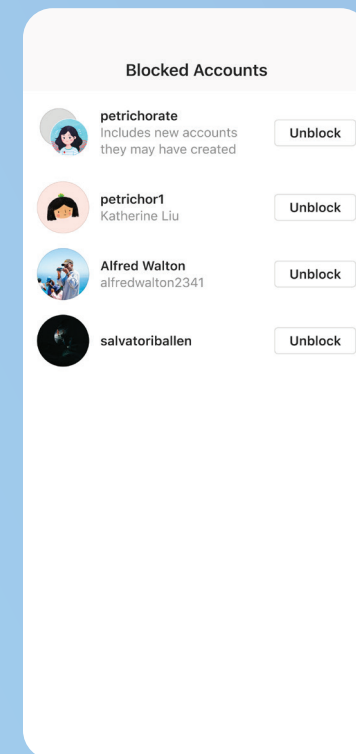
SETTING → PRIVACY
→ BLOCKED ACCOUNTS

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.
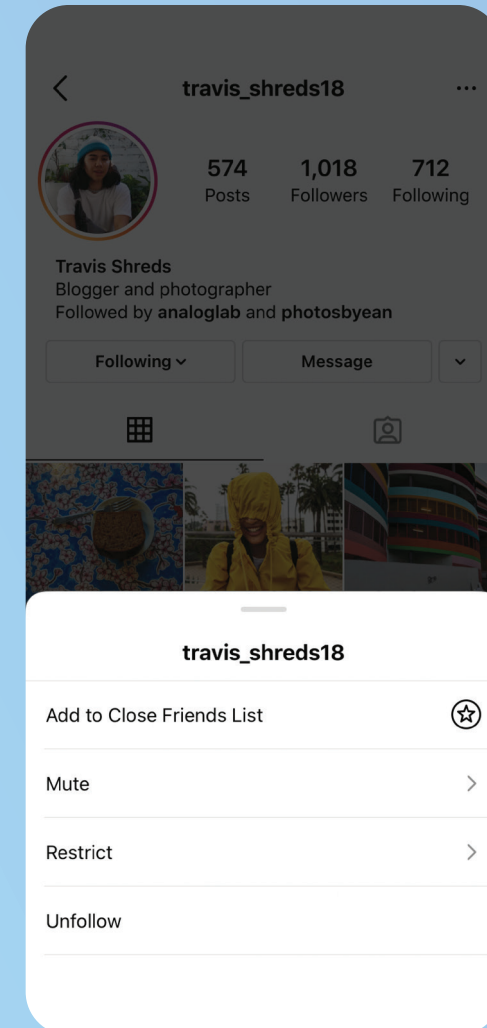
RESTRICT AN ACCOUNT

Sometimes teens 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.
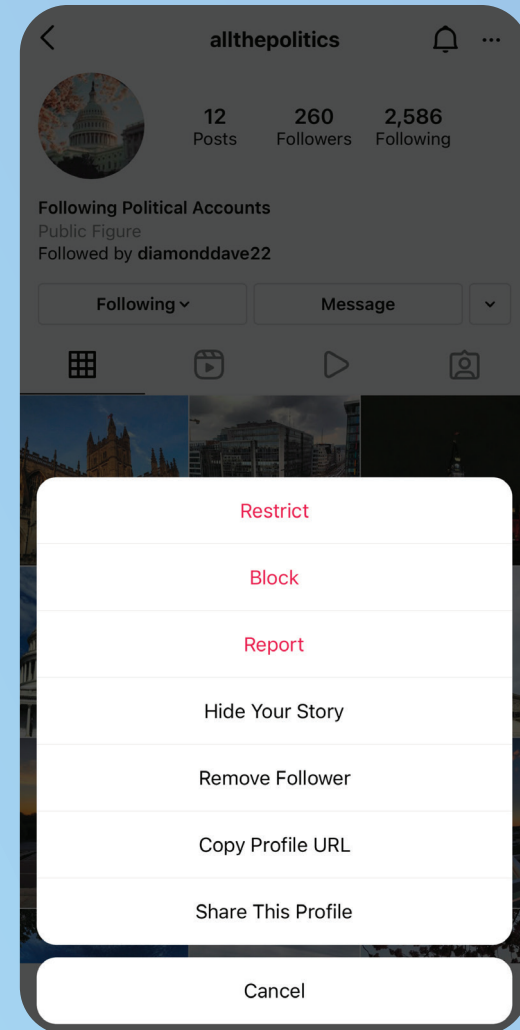
PROFILE
→ TAP "..." IN TOP-RIGHT CORNER → RESTRICT

05
MANAGE COMMENTS

Your child is in control of who can comment on their photos and videos. In the "Comment" section of Instagram's privacy 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. They can also remove comments entirely from their posts.

FILTER OFFENSIVE COMMENTS

As well as turning off comments completely, we also have controls that help you manage what comments can appear under your posts, and controls that can hide comments that are offensive or intended to bully. We've built filters that automatically hide potentially offensive or bullying comments, and we just launched an option to 'Hide More Comments' that may be potentially harmful, even if they may not break our rules.

Your child can also create their own custom list of words, phrases, or emojis they find offensive, and we'll make sure that no comments containing these terms show up under their posts. We really encourage them to do this, to make sure that what is hurtful to them won't show up under their posts.

Comment Controls

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

Words, separated by commas...

Choose words or phrases, and we will hide comments that contain those words or phrases.

Filter Most Reported Words

Hide comments that contain words or phrases that are most commonly reported on your posts and stories.

SETTINGS → PRIVACY → COMMENTS

BULK COMMENT MANAGEMENT

We don't want anyone on Instagram to have to receive bullying, offensive or abusive messages in their DMs. Because DMs are private conversations, we don't proactively look for hate speech or bullying there the same way we do elsewhere on Instagram. But that doesn't mean there's no way to protect our community from hurtful messages. As well as our existing messaging controls which let you choose who can message you, we've also built a new tool which, when turned on, will automatically filter DM requests containing offensive words, phrases, and emojis, so you never have to see them.

When your child turns on this feature, they can either choose to use our pre-defined list of offensive terms, which we developed with leading anti-discrimination and anti-bullying organizations from around the world, or they can also create their own custom list of words, phrases, or emojis that they personally find offensive. We recommend they do this, because we understand that different words can be hurtful to different people. All DM requests that contain these offensive words, phrases, or emojis will be automatically filtered into a separate hidden requests folder, and they won't be notified when they receive it. If they choose to open the hidden requests folder, the message text will be covered so they're not confronted with offensive language, unless they tap to uncover it. They then have the option to accept the message request, delete it, or report it.

You can turn both comment and DM request filters on and off in a new dedicated section of your Privacy Settings called Hidden Words.

BULK COMMENT MANAGEMENT
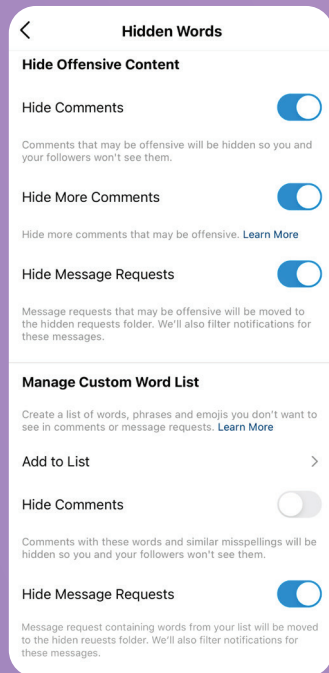
SETTINGS → PRIVACY
→ HIDDEN WORDS
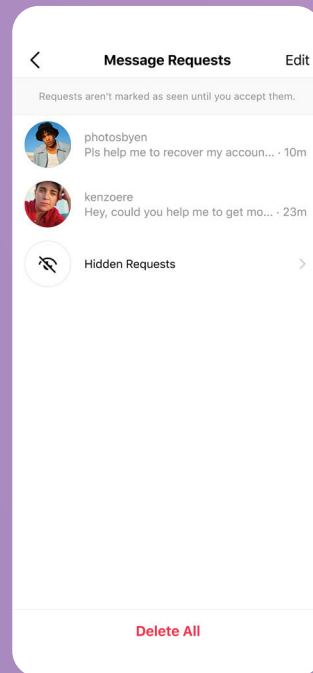
MESSAGES → REQUESTS TAB
→ MESSAGE REQUESTS → HIDDEN REQUESTS
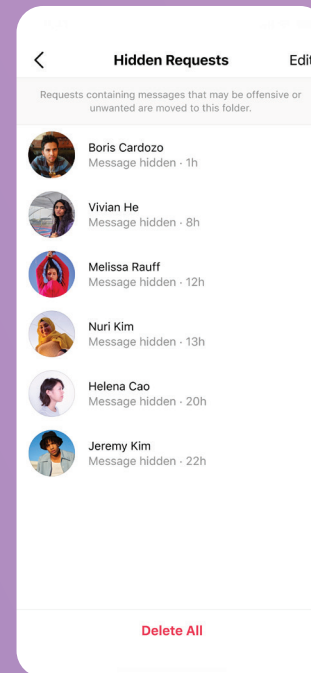
HIDDEN REQUESTS INBOX
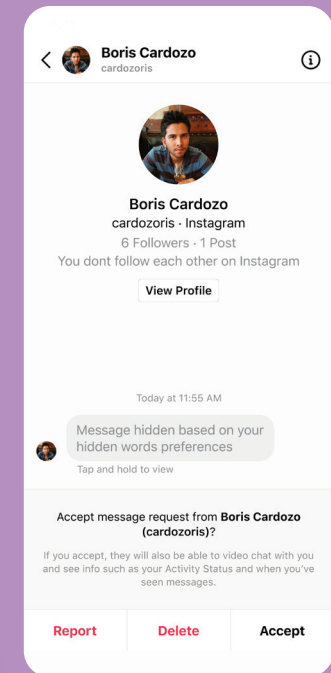
HIDDEN DM

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 or "View all comments" and then tap the "…" icon in the top-right corner. Select "Manage Comments" and choose up to 25 comments to delete at once. From here, you can also choose to restrict or block accounts in bulk.

On Android, tap on a comment or "View all comments" and then select the comments you want to manage. Tap on the trash can icon in the top-right corner to delete comments in bulk, or if you want to restrict or block multiple accounts, you can do so by tapping the other icons in the top-right corner.

BULK COMMENT MANAGEMENT
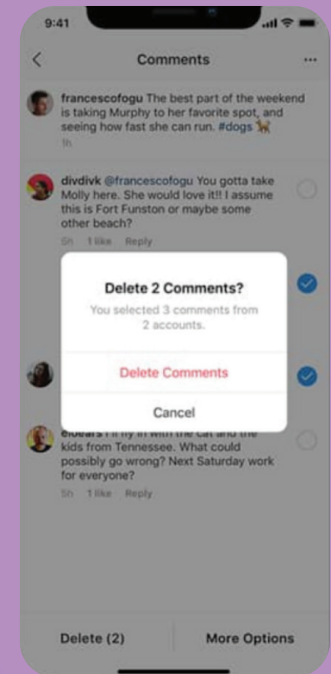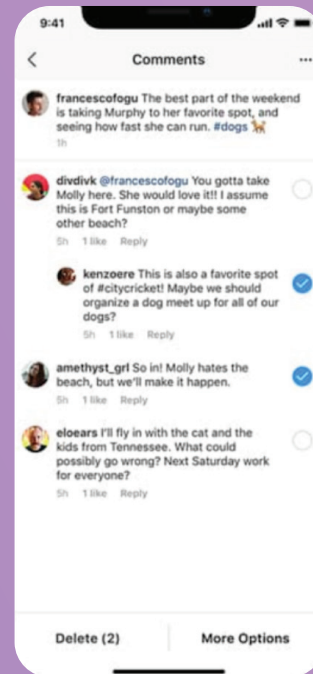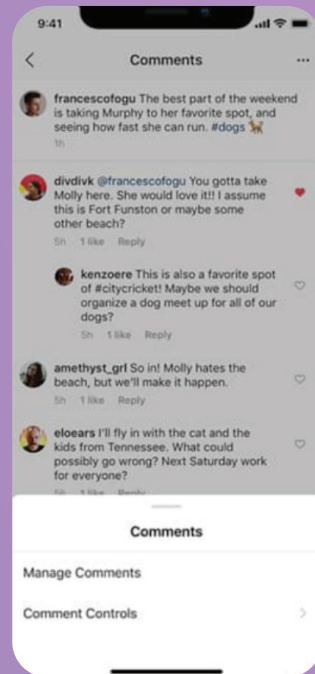
TAP "..." IN THE TOP-RIGHT CORNER TAP "MANAGE COMMENTS" SELECT COMMENTS TO REMOVE → TAP "DELETE" TAP "DELETE COMMENTS"

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.
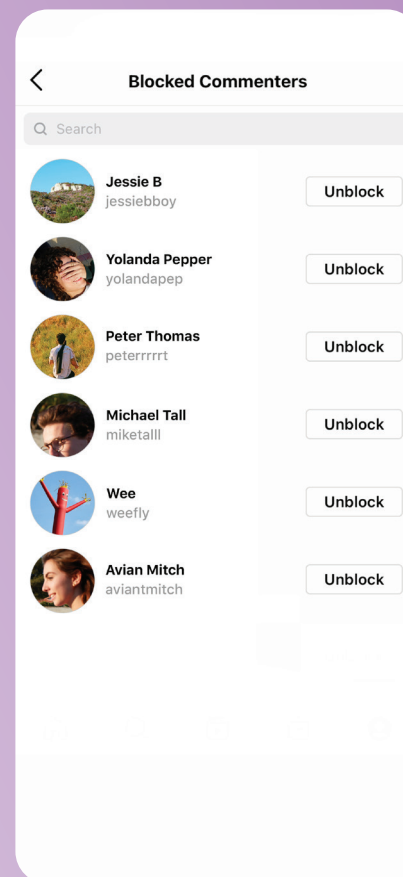
SETTINGS → PRIVACY → COMMENTS
→ BLOCK COMMENTS FROM
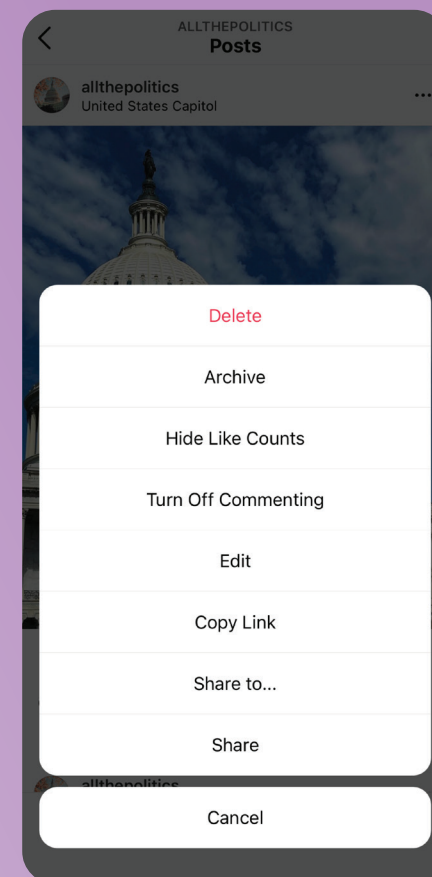
TAP "..." IN CORNER OF POST
→ TURN OFF COMMENTING

PIN 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.
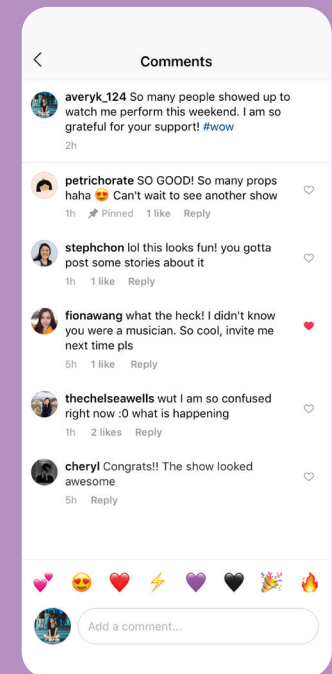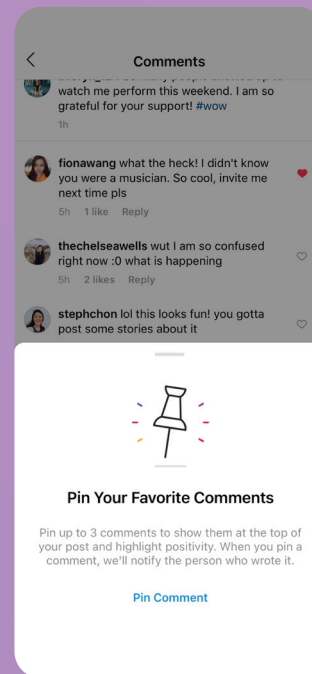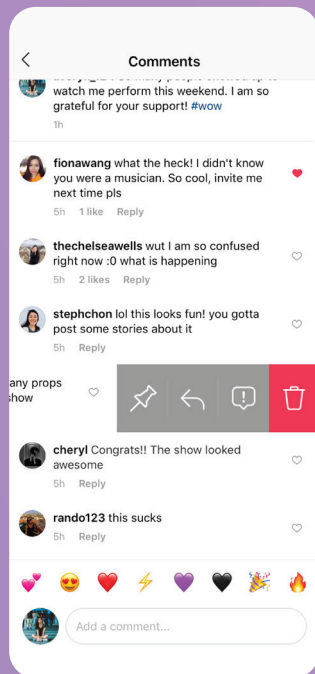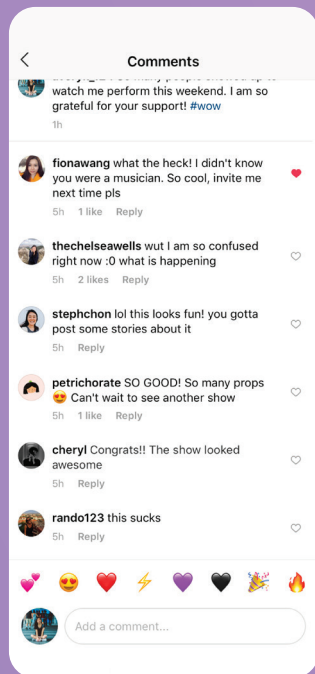
VIEW COMMENTS
SWIPE LEFT ON COMMENT → TAP " ←pin icon→ " TAP "PIN COMMENT" PINNED COMMENTS APPEAR AT TOP OF COMMENTS THREAD

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 in Stories.

Privacy

Account Privacy

🔒 Private Account

Interactions

◉ Hidden Words   >

⊘ Limits   Off   >

💬 Comments   Everyone   >

⊞ Posts   >

@ Mentions   Everyone   >

⊕ Story   >

▶ Reels   >

📖 Guides   >

👥 Activity Status   >

◎ Messages   >
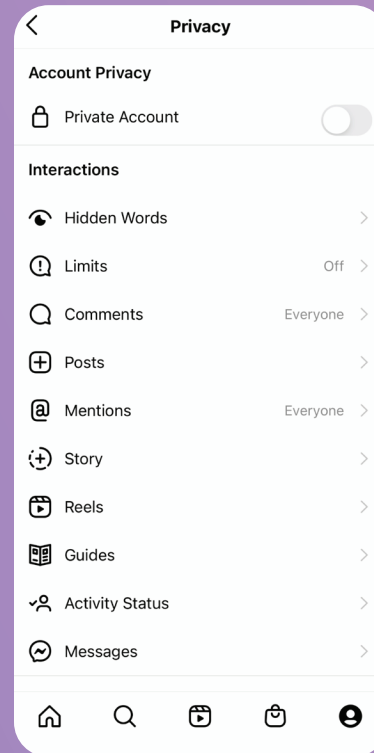
SETTINGS → PRIVACY
→ POSTS/MENTIONS

Posts

Likes and Views

Hide Like and View Counts   ⬤

You won't see the total number of likes and views on posts from other accounts. You can hide like counts on your own posts when you create them by going to Advanced Settings and turning on "Hide Like and View Counts on This Post".

Allow Tags From

Everyone   ⬤

People You Follow   ○

No One   ○

Tagged Posts

Manually Approve Tags   On   >

Choose who can tag you in their photos and videos. When people try to tag you, they'll see if you don't allow tags from everyone.

Requests From Brands

Allow Requests   ⬤

Allow brands to request to feature your photos and videos in their shops after you tag them in your posts. Learn more

POSTS → ALLOW TAGS FROM

Mentions

Allow @mentions From

Everyone   ⬤

People You Follow   ○

No One   ○

Choose who can @mention you to link your account in their stories, comments, live videos, and captions. When people try to @mention you, they'll see if you don't allow @mentions.

MENTIONS → ALLOW @MENTIONS FROM

06
MANAGE TIME

When it comes to spending time on Instagram, it's important to have open conversations with your child, 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.

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.

Your Activity

Links | Time

Time on Instagram ⓘ

21m

Daily Average
Average time you spent per day using the Instagram app on this device in the last week

Fri Sat Sun Mon Tue Wed **Today**

Manage Your Time

Set Daily Reminder
We'll send you a reminder once you've reached the time you set for yourself. >

Notification Settings
Choose which Instagram notifications to get. You can also pause push notifications. >

TAP " ←HAMBURGER ICON→ " IN TOP-RIGHT CORNER OF YOUR PROFILE
→ YOUR ACTIVITY → TIME

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.
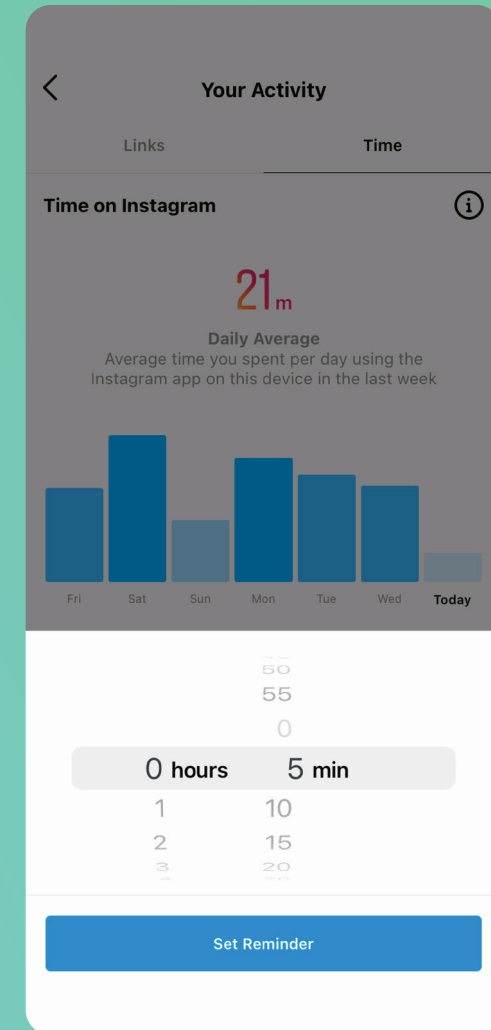
YOUR ACTIVITY → TIME → SET DAILY REMINDER

MUTE PUSH NOTIFICATIONS

Your child can use the "Pause All 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.
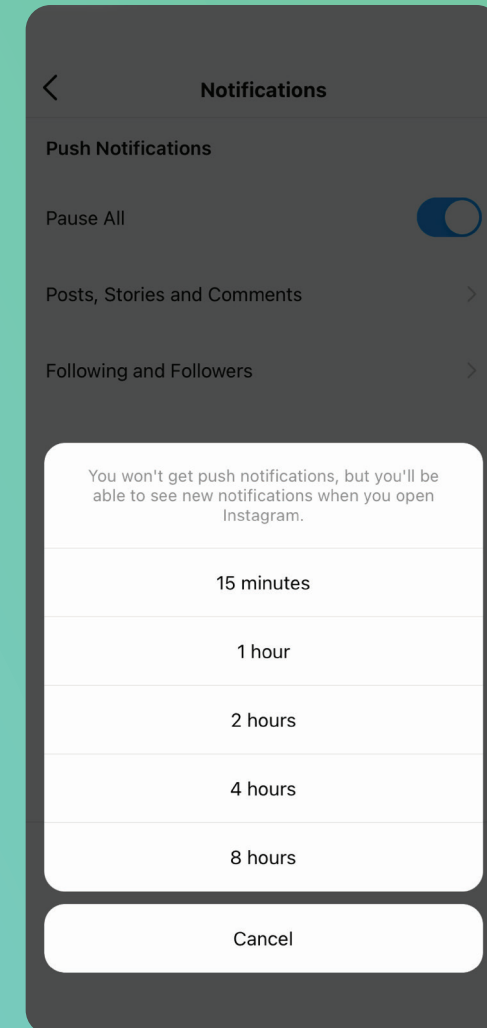
SETTINGS → NOTIFICATIONS → PAUSE ALL

YOU'RE ALL CAUGHT UP

Teens 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.

TAKE A BREAK

It's important that teens feel good about the time they spend on Instagram, so we launched 'Take A Break' to empower them to make informed decisions about how they're spending their time. If someone has been scrolling for a certain amount of time, we'll ask them to take a break from Instagram and suggest that they set reminders to take more breaks in the future. We'll also show them expert-backed tips to help them reflect and reset.

To make sure that teens are aware of this feature, we'll show them notifications suggesting they turn these reminders on.

The 'Take a Break' reminders build on our existing time management tools including Daily Limit, which lets people know when they've reached the total amount of time they want to spend on Instagram each day, and offers the ability to mute notifications from Instagram

07
MANAGE SECURITY

It's important to think about the security of your and your child'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 login 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.
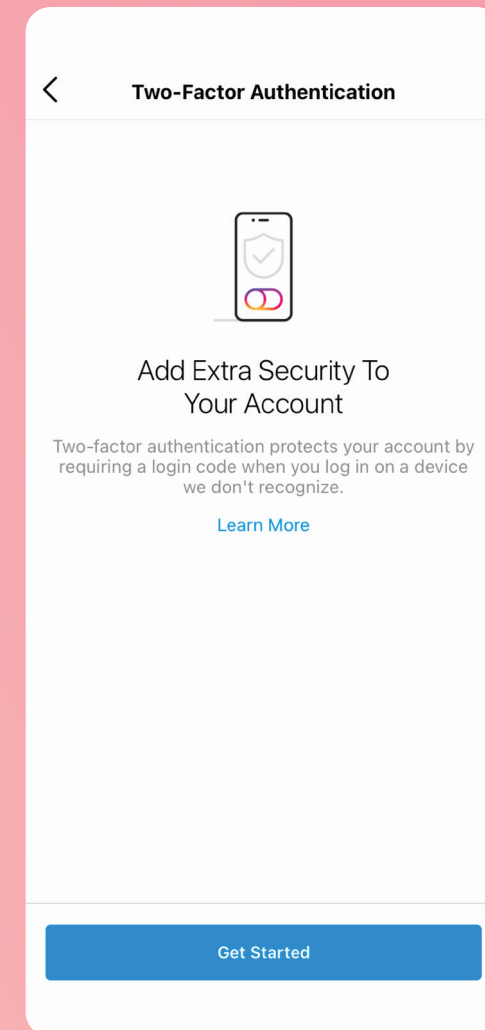
SETTINGS → SECURITY
→ TWO-FACTOR AUTHENTICATION

EMAILS FROM INSTAGRAM

Verify your child's account security and ensure that you do not, 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.

Security

Login Security

🔑 Password >

📍 Login Activity >

🔒 Saved Login Info >

🛡️ Two-Factor Authentication >

✉️ Emails From Instagram >

Data and History

📊 Access Data >

⬇️ Download Data >

💻 Apps and Websites >

🔍 Clear Search History >
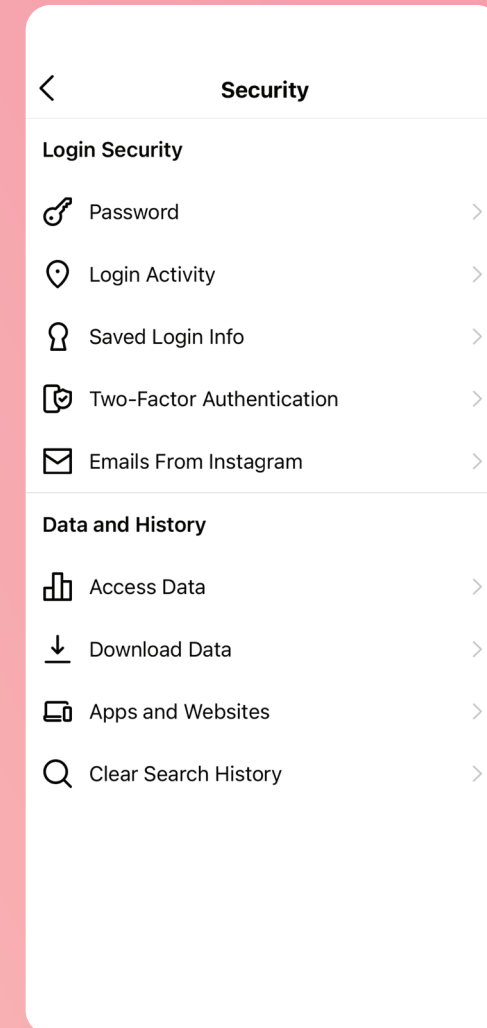
SETTINGS → SECURITY
→ EMAILS FROM INSTAGRAM

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.
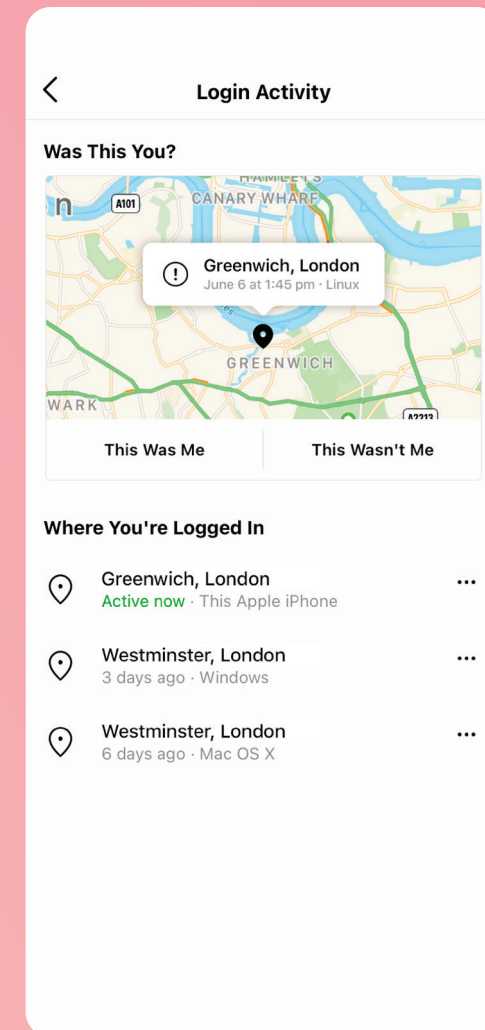
BACKUP CODES

Once Two-Factor Authentication is set up, you will have access to Backup 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.

Backup

Backup Codes

If you lose your phone or can't receive a code via text message or an authentication app, you can use these codes to get back into your account. Save them in a safe place.

8794 6052

6023 4578

6952 8137

1640 9237

8274 3501

Each code can only be used once. You can also get new codes if you're worried this set has been stolen, or if you've already used most of them.

Screenshot · Get New Codes

Done
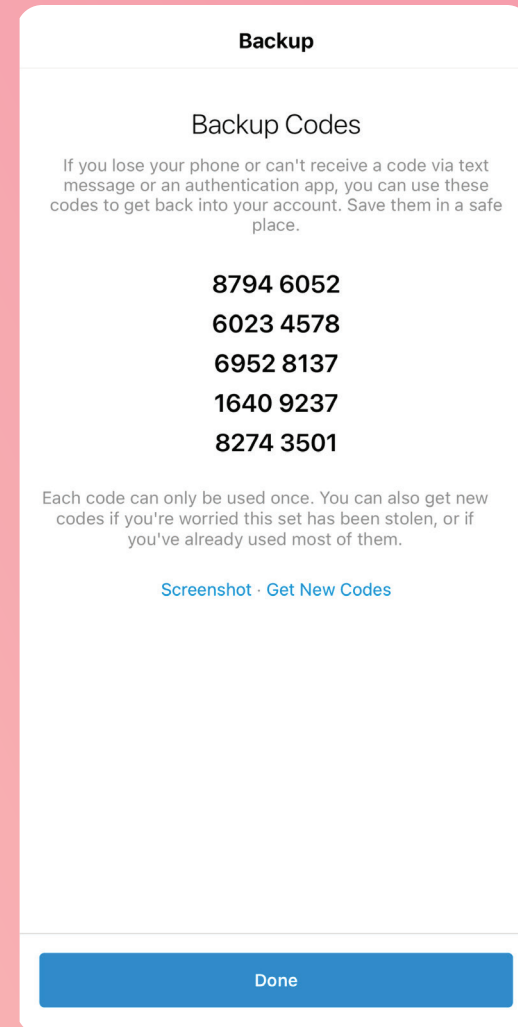
SETTINGS → SECURITY → TWO-FACTOR AUTHENTICATION → ADDITIONAL METHODS → BACKUP CODES

08
SUPPORT FOR OTHER PEOPLE

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

If your child is affected by self-harm or suicide, Instagram has tools to help—including expert-backed resources—if they try to search for self-harm or suicide-related content, and will also be able to work with experts to help inform policies.

09
WELL-BEING SUPPORT TIPS

TEAM KRAMER TIPS FOR GUIDING YOUR CHILD ON SOCIAL MEDIA

HERE ARE SOME TIPS THAT HAVE HELPED US PREPARE OUR KIDS FOR A POSITIVE ONLINE LIFE:

01 STAY INVOLVED

It is very, very important to stay involved in a way that makes your kids understand that you respect their privacy but want to make sure they're safe. Encourage them to express themselves creatively but educate them on how to be safe and secure.

02 UNDERSTAND THE PLATFORM

Parents need to be familiar with the platforms your children use. Through the Guide, parents can understand how Instagram works and use the tools Instagram has to ensure that their child is safe and secure online. It also helps them to be updated on all product developments.

03 PROVIDE A SAFE SPACE

We need to see beyond what our children are posting. We all know that the online self is very different from our real lives, and it is no different for them. As their parents, it is our job to not only protect them but provide a safe space where our they feel comfortable enough to share their struggles and ask for help and support.

04 SET GUIDELINES AND RULES FOR SOCIAL MEDIA USE

Establish guidelines to instill positive habits for your child on social media. You can impose ground rules just like we did, but remember to avoid being too strict, as this can be alienating to your child and it may encourage them to try and break those rules. Make rules that can empower them to make good decisions on their own.

05 KEEP AN OPEN DIALOGUE

Don't expect to be able to monitor your kids' online activity every hour of the day. We need to maintain strong line of communication with them to know what's going on. Make sure they know that they can and should tell you if someone online is harassing them or making them feel uncomfortable. Talk to them about the consequences of misusing social media and educate them about the negative things that can happen. It may be a challenging conversation, but as a parent, you will always be the best person to discuss this to them.

06 TEACH THEM HOW TO SHARE POSITIVELY

Going on social media is a responsibility and it is important to tell our children to be responsible about what they post online – encourage them to share things that can uplift people and that can contribute positively to people.

8 TIPS TO CARE FOR YOUR MENTAL WELL-BEING

Y4MH prepared these 8 practices to help you take better care of your mental well-being at any given time, most especially during the pandemic. Coping has been challenging to achieve as effects of the pandemic impact our overall well-being in different ways and faces. Be mindful that these mechanisms we practice to feel better contribute to our overall well-being and enable us to pursue productivity in work, personal endeavors, or a combination of both.

YOUTH for MENTAL HEALTH
COALITION

THE FOLLOWING TIPS WILL HELP YOU KEEP YOUR MENTAL WELL-BEING IN CHECK:

01 TALK TO SOMEONE YOU FEEL COMFORTABLE WITH.
Having someone to talk to where you feel like yourself, open about who you are, and feel reciprocated is valuable at any given time. Use all means of communication to connect with your loved ones, friends, or even colleagues. Make sure to set some boundaries and respect boundaries, too.

02 PAY ATTENTION TO YOUR PHYSICAL HEALTH.
Physical health and mental health are interconnected and equally significant. Make sure to spend at least 30 minutes everyday for physical exercises. Physical exercise has been proven to produce endorphins that can foster a feeling of well-being. Eating a balanced diet, hydrating, getting enough sleep, and taking rests in between work will improve body processes which are vital for your mental health.

03 REDISCOVER YOUR HOBBIES.
What are the things you used to like before? This may be the best time to start learning about your hobbies again. No pressure, doing it or learning about it from 30 minutes to 1 hour in a day may suffice especially if you are engrossed with your other activities.

04 AVOID HARMFUL SUBSTANCES.
Using harmful substances such as illegal drugs, alcohol, or cigarettes to cope with your stress are unhealthy practices. These may bring you short term relief; however, it will affect your health negatively altogether. Evidence shows that these substances can damage the body physically, affect your emotional well-being unpleasantly, and cause addiction.

05 SPEND SOME QUIET MINUTES ALONE WITH YOURSELF.
Two to five minutes of quiet time every day to reconnect with yourself may help you regain your attention after dealing with responsibilities at work or home. There are short videos of guided meditation that you can listen to in spending these quiet minutes to yourself.

06 ACKNOWLEDGE AND ACCEPT THAT WE ARE ALL AFFECTED BY THE PANDEMIC.
Almost two years into the pandemic but the situation still feels surreal. One way or another, we are all affected by the pandemic, in various ways. Take some time re-evaluating yourself, the emotions you feel every single day, your priorities, and even the tasks you have to accomplish.

07 REFRAME YOUR THOUGHTS AND GOALS.
Given the global situation, most of your goals and plans for yourself and family were set aside. That does not make you less of a parent. Be mindful that the pandemic is not your fault and continue working on new goals that may be feasible at this time. Manage your expectations as uncontrollable factors will persist that may disrupt your plans. Make a backup plan that will help you accomplish what you wish for you and your family.

08 SEEK PROFESSIONAL HELP WHEN NEEDED.
We should know our limits. When you feel that you need help, then you should. Seeking help is a form of strength as you recognize and acknowledge the importance of also depending on others to overcome your difficulties. Do not hesitate to seek professional help. Bookmark some resources that offer phone counseling, crisis intervention, or hotlines you can call when you feel in distress. Some free resources are also available for consultation and assessment when you need one.

YOUTH MENTAL HEALTH
COALITION

The best way to complete a working coping mechanism guide is to still **find your inner self.** Who are you? What do you aspire to become? What are your priorities and goals? Think of these tips as tools you can include to your own mental well-being toolkit. These are some ways we can do not only to keep our heads above the water but to also ensure we are taking our well-being seriously. You cannot fully take care of others if you do not take good care of yourself.

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YOUTH for MENTAL HEALTH
C O A L I T I O N

5 TIPS TO SUPPORT YOUR TEEN'S MENTAL WELL-BEING

In a report of the National Center for Mental Health in 2021, the majority of the calls received came from teens and youths combined. While this has shown that young people know of the Crisis Hotline, this also indicates the high level of distress amongst younger Filipinos. Y4MH arranged and emphasized the following 5 tips to guide you in supporting your child. These are specifically curated for teens and youths, but may generally be adaptable to different scenarios.

YOUTH for MENTAL HEALTH
C O A L I T I O N

01 CHECK UP ON THEM REGULARLY.

Even if your child may not be experiencing distress or showing warning signs, it is always a great idea to check-in. Communication is important in any relationship and sharing your day-to-day activities is vital in establishing a connection. Share what you did today or an interesting fact about your week, and ask questions about them. Keep the mood light and be clear that your intention is to connect and learn about how they're feeling. Your child's emotional capacity is also reflected in how you relay your emotions with them and how transparent you are with your feelings. Remember to start with yourself. As the saying goes, "you can't pour from an empty cup." Make sure that you are safe, that you have enough, and that you are emotionally stable before you try to support other people. However, do not let that stop you from sharing your emotions or allowing others to be there for you or help you if they can.

02 ALWAYS LISTEN WITHOUT JUDGMENT.

You cannot solve conflict if you do not listen. Do not default to thinking that you are playing for different teams. The goal should be to find solutions together. Some tips to listen non-judgmentally are:

- Ask your child if they want comfort or solutions. If your child needs comfort, accept what they are sharing with you, do not overanalyze, and never tell them what to do unless they ask for it.

- Express gratitude for their strength to open up and for allowing you to know how they are feeling.

- Express yourself calmly. Notice your tone, your volume, your word choices, and your body language. When someone is choosing to be vulnerable towards you, you should not project your own values onto them at that moment. Rather, take the time to learn about the situation and provide the reassurance they need.

YOUTH for MENTAL HEALTH
C O A L I T I O N

03 GIVE AFFIRMATION, REASSURANCE, AND INFORMATION.

There is no one way to provide affirmation and reassurance. Always give praise and acknowledge your child for a job well done. As Filipinos, it is common to turn to faith and spirituality for reassurance. While in some cases this may be comforting, expressing gratitude and joy may be more practical. A study conducted on nearly 300 individuals showed that gratitude can improve mental health regardless of your mental health status (Brown & Wong, 2017).

Writing a letter or gratitude list to and for your child may provide multiple benefits that improve mood and relieve negative energy. Remind your child about positive things in their life, and actively ask them about things they are grateful for or things that spark joy in them. Joy may be found in even the simplest activities like preparing breakfast for them in the morning or spending some time together. Find instances that may serve to ground them in the present moment by recalling what they are grateful for now.

04 PROVIDE PATHWAYS FOR OTHER SELF-HELP AND SUPPORT STRATEGIES.

These can be journaling, getting 7 to 8 hours of sleep, bibliotherapy, meditating, and any other wellness practice that will suit your child's personality. You may choose to encourage other healthy habits or creative projects. Support them in what they need to practice these coping mechanisms. It is important to remember that not everyone is ready or willing to try self-help.

05 SPEND TIME WITH YOUR CHILD.

A parent's consistent and constant support is what makes children cope up with their distresses. The guidance you provide your child in his/her development provides them with the assurance that they can overcome obstacles. Lack of parental support may lead to insecurities, inability to cope up, and even unhealthy short term relief practice such as self harm and indulgence to harmful and illegal substances.

If they are in significant distress, you may tell them how grateful you are for sharing their experiences and then connect them with professional help. This is extremely important if you feel that you cannot help them cope with their current distress or they cannot cope by themselves. There are different options for therapy as well, such as individual therapy, family therapy, or group therapy.

Remember that what matters is finding a technique that works for your child. You can do your part to learn more about mental health, or simply try to be open, calm, and a positive influence in their life.

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Retrieved from
https://bit.ly/Y4MHAdvocacyHandbook

YOUTH MENTAL HEALTH COALITION

WHAT PARENTS AND CARERS CAN DO TO PROTECT TEENS ONLINE

HERE ARE SOME TIPS FROM PLAN INTERNATIONAL PHILIPPINES ON HOW PARENTS AND CARERS CAN PROTECT TEENS ONLINE

- Encourage open communication, entertain questions, and research answers.

- Know the applications or apps that your child uses - are these apt for their age?

- Warn your children about the dangers of the Internet.

- Explain to your children the importance of digital consent.

- Monitor messages and images that your children receive and share on social media without hampering their freedom.

- Be mindful of adults interacting with your children online and remind your children not to engage with strangers online.

- Teach your children to report [to you or the authorities] should they experience bullying or harassment online.

- Teach children about body safety and awareness.
  Tell them they have the right to say "no."

- Make mealtimes device-free. Connect with your family offline!

PLAN INTERNATIONAL GIRLS GET EQUAL

INTERNET SAFETY TIPS FOR TEENS

HERE ARE OTHER TIPS FROM PLAN INTERNATIONAL PHILIPPINES THAT YOU MAY SHARE TO YOUR CHILDREN

- Don't be afraid to ask questions about internet safety. Start these conversations with the people you trust the most.

- Put up strict privacy and security settings on all your devices and social media.

- Learn about the risks of participating in online platforms and refrain from talking to strangers online.

- Do not share your private information with anyone, including your passwords, address, birthday, and other sensitive information.

- Never send any kind of photos or videos of yourself to people you met online.

- Report or block users who harass or ask for nudes, and other obscene and violent content.

- Think before you click. Think twice before sharing anything online.

- Be careful of online scams.

- When feeling coerced and uncomfortable, immediately report the incident to trusted individuals or to the proper authorities.

TEN PLEDGES OF A RESPONSIBLE SOCIAL MEDIA USER

Together with your children, recite the Ten Pledges of a Responsible Social Media User. These pledges were written by girl advocates of Plan International Philippines from across the country.

TEN PLEDGES OF A RESPONSIBLE SOCIAL MEDIA USER

01 I will ensure to choose responsible and trustworthy friends online.

02 I will avoid posting any personal information on social media such as my address, contact number, and/or financial details.

03 I will ensure that an information is factual and true before believing and sharing it to others.

04 I will only share good and factual content on social media.

05 I will not irresponsibly use any photos or videos owned by others online.

06 I will be cautious of my language on social media and will always ensure to be respectful in any conversation or activity online.

07 I will respect the privacy of other users as well as our differences in beliefs and opinions.

08 I will not entertain any online trolls or scammers on social media. However, I will ensure to report any online harassment or violation I will encounter to the authorities.

09 I will ensure that the online space will be a safe space for everyone.

10 I will always remind myself that there is life outside social media.

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CONVERSATION STARTERS

How do we start the conversation on the safe use of Instagram among our children? Plan International Philippines compiled these questions to help you initiate an open conversation with your child.

Remember that in conversations such as these, try to make your children feel that you are present to guide them, and that they can approach and share with you their experiences on Instagram.

- Have you heard of Instagram?

- Do you have an Instagram account?

- What do you like about Instagram?

- Who do you follow on Instagram?

- What are the top 5 Instagram accounts that you enjoy following?

- What do you wish you know more about Instagram's use?

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

- How do you want to be seen on Instagram? What photos are and aren't ok to share?

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

- Do you know your followers?

- What do you do when someone you don't know tries to contact you via direct message?

- Do you think your feelings can be hurt through Instagram?

- What happens if you post a photo with a friend that they're not ok with? How might you talk to your friend about taking down a photo you don't want everyone to see?

- What will you do if some of your friends are mean in their comments?

- What would you do if you saw someone being bullied or asked for inappropriate content on Instagram?

- What do you think it means to have a private account?

- Do you know about the reporting tools on Instagram?

How your child uses social media can be more important than how long they use it for, and the way they use Instagram influences the things they will see and won't see.

Teens help improve the experience simply by interacting with the profiles and posts they enjoy, but there are a few more explicit things they can do to influence what they see:

- **PICK CLOSE FRIENDS.**
  Teens can select their close friends for Stories. This was designed as a way to let them share with just the people closest to them, but we will also prioritize these friends in both Feed and Stories.

- **MUTE PEOPLE YOU'RE NOT INTERESTED IN.**
  Teens can mute an account if they'd like to stop seeing what those accounts share, but are hesitant about unfollowing them entirely. Accounts that are muted won't know who has muted them.

- **MARK RECOMMENDED POSTS AS "NOT INTERESTED."**
  Whenever teens see a recommendation, whether it's in Explore or in Feed, they can indicate that they are "not interested" in that post. We will do our best not to show teens similar recommendations in the future.

- **KEEPING IT IN PERSPECTIVE.**
  When your child sees something posted by others, it is important that they understand that it is just one part of their story—a single post or video rarely reflects all that is happening behind the scenes. That realisation can help free them from the pressure of thinking they need to conform to a certain set of standards both on and offline. When teens reflect on how they feel about the content they see and share on Instagram, they can make informed decisions about how they use it.

Providing more context on how content is ranked, shown, and moderated on Instagram is only part of the equation. There is more we can do to help you to shape your Instagram experience based on what you like. We also need to continue to improve our ranking technology and, of course, make fewer mistakes. Our plan is to be proactive about explaining our work across all three areas from here on out. Stay tuned.

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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 MESSAGES (DM)

Instagram Direct is where teens 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 teens 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 teens can see posts from the accounts they follow. Teens 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 DMs with up to four people.

POST

A post refers to the media your child is putting on their Feed or on Stories.
These 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, which don't disappear. 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

HERE ARE ADDITIONAL SAFETY RESOURCES FROM PLAN INTERNATIONAL PHILIPPINES:

01   **FACE YOUR PEERS:**
A YOUTH PEER EDUCATOR GUIDE AGAINST SEXUAL EXPLOITATION.
https://plan-international.org/face-your-peers-youth-peer-education-guide-against-sexual-exploitation

02   **PLAN INTERNATIONAL, INC. (2021).**
THE QUEST FOR CYBER SAFE SPACES. (2021).
https://drive.google.com/file/d/1MHP9-MwlQKGeBp57gj_kjCRWXhtgGjNs/view

03   **PLAN INTERNATIONAL PHILIPPINES.**
CHILD SAFEGUARDING POLICIES FOR ONLINE ACTIVITIES.
https://youtu.be/66lmW99D4Cwt

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TO REPORT A CASE OF ABUSE OR HARASSMENT ONLINE, HERE ARE HELPLINES AND RESOURCES RECOMMENDED BY PLAN INTERNATIONAL PHILIPPINES:

01 BANTAY BATA 163
Landline 163 (toll-free)
Globe #163 (toll-free)
Smart 163

02 COMMISSION ON HUMAN RIGHTS
Landline 8294-8704
TM 0936 068 0982
Smart 0920 506 1194
Email chad.pasco.chr@gmail.com

03 PNP ALENG PULIS HOTLINE (24/7)
Landline 8532-6690
Smart 0919 777 7377
Globe 0966 725 5961

04 PHILIPPINE NATIONAL POLICE (PNP)
Landline 117

05 PNP HOTLINE PATROL, ANTI-CYBERCRIME GROUP
Call: 911, (02) 722-0650
Text: 0917-847 5757
Report online: angelnet.ph
Email: pnp.acg.angelnet@gmail.com

06 1343 ACTIONLINE AGAINST HUMAN TRAFFICKING
Metro Manila 1343
Outside Metro Manila (02) 1343
www.1343actionline.ph

07 NATIONAL BUREAU OF INVESTIGATION, CYBERCRIME DIVISION
Call: (02) 523 8231 to38 (local 3454, 3455)
Email: ccd@nbi.gov.ph

08 INTER-AGENCY COUNCIL ON VIOLENCE AGAINST WOMEN AND THEIR CHILDREN (FOR REFERRAL SERVICE)
0917 874 8961 ; 0917 867 1907
iacvawc@pcw.gov.ph

09 DEPARTMENT OF JUSTICE, OFFICE OF CYBERCRIME
Call: (02) 523 0628, (02) 521 8345, (02) 524 2230
Email: cybercrime@doj.gov.ph

10 PUBLIC ATTORNEY'S OFFICE (FOR LEGAL ASSISTANCE)
8929-9436 local 106, 107 or 159
0939 323 3665
pao_executive@yahoo.com

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MENTAL HEALTH RESOURCES FROM YOUTH FOR MENTAL HEALTH COALITION

FOR OTHER INFORMATION REGARDING MENTAL HEALTH:

- Go to https://bit.ly/Y4MHLibrary

- You may visit Silakbo PH's website at
  http://www.silakbo.ph/help/
  for other information on mental health services.

- You may also check the list of available services and
  facilities compiled by Y4MH here:
  https://bit.ly/Y4MHServFac

- For referrals of free professional help,
  Y4MH may be able to assist depending on available funds.
  To inquire, please send an email to info@y4mh.org.

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HERE ARE ADDITIONAL RESOURCES ON POSITIVE PARENTING, SECURITY AND SAFETY AS COMPILED BY THE YOUTH FOR MENTAL HEALTH COALITION:

POSITIVE PARENTING

01
Center for the Education and Study of Diverse Populations. (n.d.)
Family Tools: Module 2 - Promoting Positive Parenting.
Retrieved from
https://depts.washington.edu/dbpeds/FamilyiTools(PositiveParenting).pdf

02
Durrant, J. (2016). Positive Discipline in Everyday Parenting. Save the Children Sweden.
Retrieved from
https://resource-centre-uploads.s3.amazonaws.com/uploads/pdep_2016_4th_edition.pdf

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Garcia, A. et al. (2020, Sept 24).
Do implementation contexts for the Positive Parenting Program improve child and parental well-being? Journal of Social Work, 21(6), 1512-1532.
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Handman, R. (n.d.). The Power of Positive Parenting.
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https://health.ucdavis.edu/children/patients_family_resources/Patient_and_Family_Education_A_to_Z/PDFs/Parenting.pdf

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N.A. (2021, Feb 22).
Positive Parenting. Centers for Disease Control and Prevention.
Retrieved from
https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html

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Positive parenting, effortful control, and developmental outcomes across early childhood. Developmental psychology, 56(3), 444–457. https://doi.org/10.1037/dev0000874.
Retrieved from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7041851/

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NSPCC: Understanding the child's needs, setting boundaries, rewards, and discipline, keeping cool, building positive relationships, who parents can talk to - National Society for the Prevention of Cruelty to Children. (n.d.). Positive parenting - NSPCC learning.
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Positive Parenting Program as a Public Health Approach to Strengthening Parenting. American Psychological Association.
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https://www.fatherhood.gov/sites/default/files/resource_files/e000001887.pdf

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Zepeda, M., Varela, F. & Morales, A. (2004, Jan).
Promoting Positive Parenting Practices Through Parenting Education. National Center for Infant and Early Childhood Health Policy.
Retrieved from https://files.eric.ed.gov/fulltext/ED496804.pdf

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SECURITY PARENTING

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Retrieved from https://www.youtube.com/watch?v=1wpz8m0BFM8

02 *Circle of Security International. (2018).*
Circle of Security Parenting Caregiver Workbook (Vol. 5). Retrieved from
https://www.circleofsecurityinternational.com/wp-content/uploads/COSPCaregiverWorkbook.pdf

03 *Hoffman, K. (2017).*
Raising a secure child: How circle of security parenting can help you nurture your child's attachment, emotional resilience, and freedom to explore. Guilford Press.
Retrieved from
https://elmtreeclinic.ca/handouts/Circle%20of%20Security/Circle%20of%20Security.pdf

04 *Pazzagli, C. (2014, Aug 12).*
The circle of security parenting and parental conflict:a single case study. Front Psy.
Retrieved from
https://doi.org/10.3389/fpsyg.2014.00887.
https://www.frontiersin.org/articles/10.3389/fpsyg.2014.00887/full

05 *The Circle of Security International. (2019).*
What is The Circle of Security? Developing Specific Relationship Capacities.
Circleofsecurityinternational.com.
Retrieved from
https://www.circleofsecurityinternational.com/circle-of-security-model/
what-is-the-circle-of-security/

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Chapter 30 The Circle of Security.
In Handbook of infant mental health (Fourth, pp. 500–513). essay, Guilford Press.
Retrieved from
https://massaimh.org/wp-content/uploads/2020/02/Chapter30TheCircleOfSecurity.pdf

SAFETY PARENTING

01 *Department of Health, Social Services and Public Safety. (2007).*
The Safe Parenting (Vol. 2).
Retrieved from
https://lx.iriss.org.uk/sites/default/files/resources/The%20safe%20parenting.pdf

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https://www.narayanahealth.org/blog/safety-awareness-for-every-parent-safe-parenting/

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Emotionally safe parenting: How to do it successfully. Connected Families.
Retrieved from https://connectedfamilies.org/emotionally-safe-parent/

04 *Parenting Safe Children.*
Keeping Children Safe from Sexual Assault — In Your Community. Parenting Safe Children.
Retrieved from https://parentingsafechildren.com/

05 *Parenting tips and resources. The SAFE Alliance. (2020, December 3).*
Retrieved from https://www.safeaustin.org/our-issues/parenting-tips-and-resources/

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Retrieved from https://www.safekids.org/parents

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OUR PARTNERS

PLAN INTERNATIONAL PHILIPPINES
www.plan-international.org/philippines
Instagram/Facebook/Twitter/Youtube: @planphilippines
For feedback: feedback.phl@plan-international.org
For campaigns and advocacy: campaignsph@plan-international.org

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