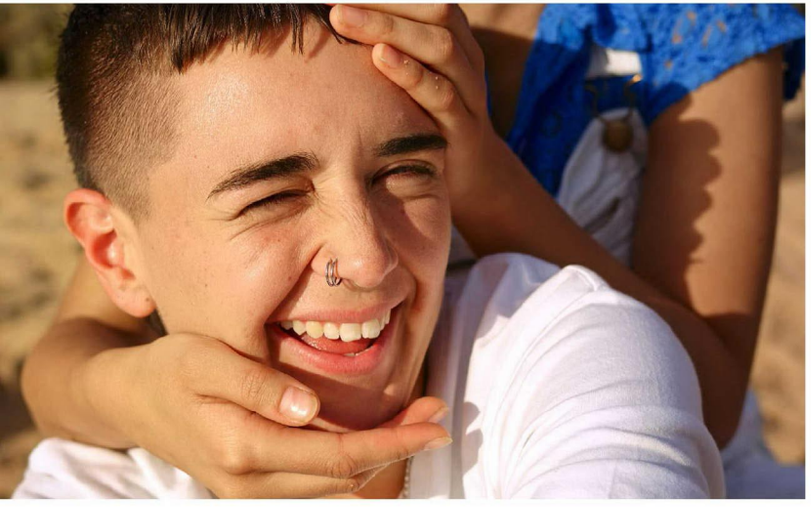


Tennessee v. Meta
Case No. 23-1364-IV

DX1073

A parent and guardian's guide to Instagram





In collaboration with:

ConnectSafely

Child Mind Institute

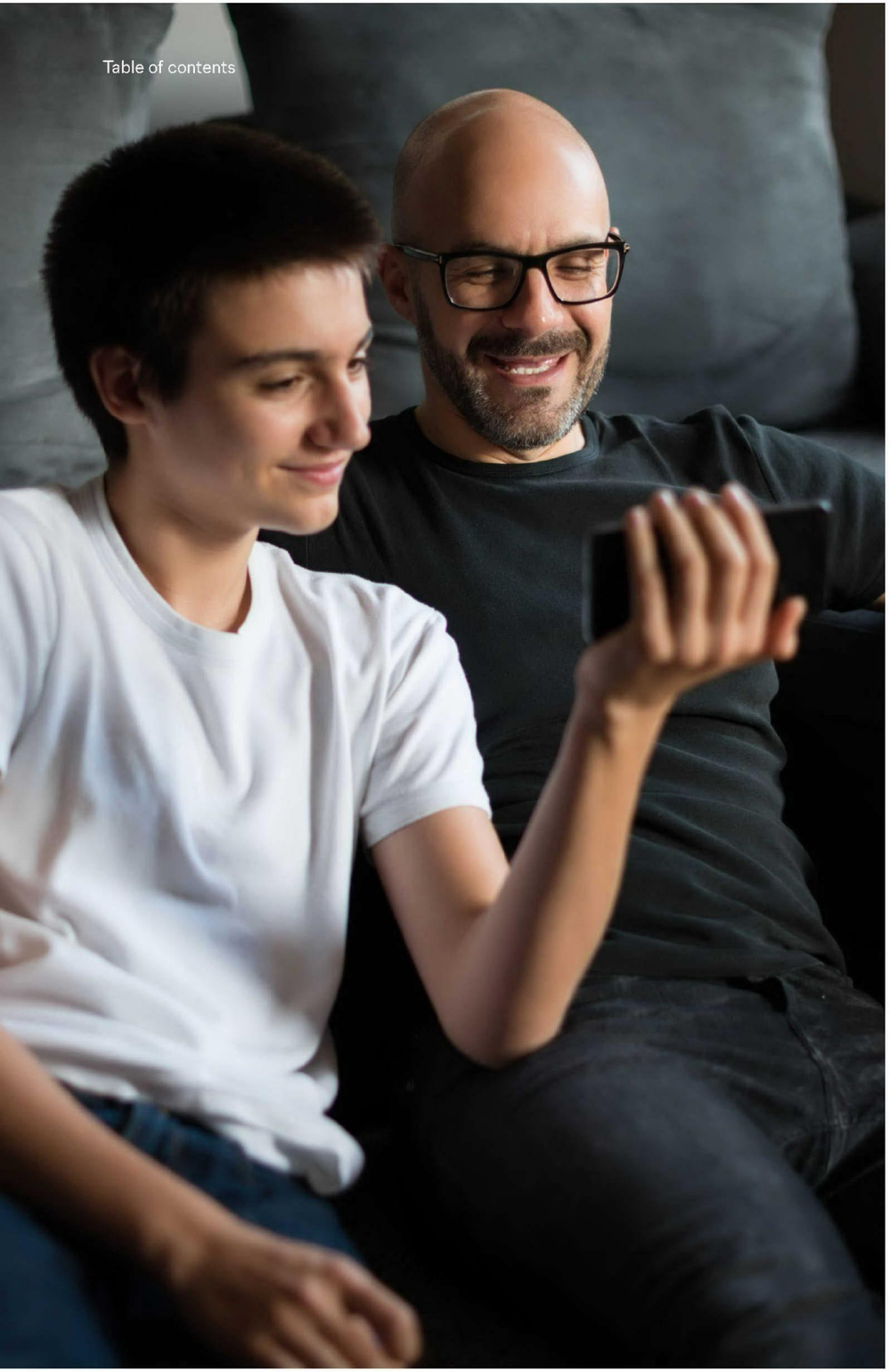


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01

Introduction



A message from ConnectSafely

"Some adults make a distinction between teens' social media lives and their real lives. But in reality, the 2 are closely intertwined. Instagram and other social media apps are where they express themselves, hang out with friends, explore ideas, grow and learn. Like all human interaction, there will be times of joy, kindness and compassion. There will also be moments of drama and anxiety — not necessarily because of the technology, but because that's the nature of relationships, online and off.

As parents and guardians, it's our job to support our teens, which may sometimes include helping them cope or recover from negative experiences. That's part of their learning process and part of our nurturing.

In most ways, helping teens thrive online is no different from helping them in other parts of their lives. It involves listening (not lecturing), supporting your child and knowing when it's necessary to take action to protect them. But stay calm, don't overreact and don't do anything to discourage them from confiding in you in the future. Taking away a device or banning an app is rarely the right way to respond.

This guide provides parents and guardians with what you need to know about Instagram's safety, security and privacy tools. But it's mostly a conversation starter to provide you with information to do what you probably already do very well as a loving parent."

Larry Magid
CEO, ConnectSafely.org

A message from Child Mind Institute



"Children and teens seem very grown-up these days, competent with technology and apps parents struggle with. If we do our job as parents, taking advantage of the information available to us, we can steer our children toward beneficial online experiences and help them benefit from this way of communicating.

Certain research suggests that more time spent using social media can be tied to mental health impacts. At the same time, kids often benefit from finding communities to embrace them, being able to interact freely and practicing social skills in a safe space online. Social media can have positive effects on social-emotional well-being by helping teens feel more connected and confident.

As a mental health professional, I know how important it is to support children and adolescents in having age-appropriate experiences and access to positive social media and online content."

Harold S. Koplewicz, MD
President, Child Mind Institute

02

Instagram FAQs





What is Instagram?

Instagram is a photo, video and message-sharing app where people can explore their interests, be creative, connect with friends and family and get inspired. Instagram is especially popular among teens — they use it to capture special moments, express themselves, relate to one another and carry on conversations in a fun way — using photos, videos, filters, comments, captions, emojis and hashtags. Whether it's through Feed, Direct Messages (DMs), Stories, Reels or Live, our mission is to bring people closer to the people and things they love.

Instagram runs on Apple iOS, Android devices and the web.

What are the rules?

We have Community Guidelines on Instagram, which are our rules. 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.

At what age can you join Instagram?

We require people to be at least 13 years old to sign up for Instagram, and we require people to provide their age when they sign up for an account.

While many are honest about their age, we know young people can misrepresent their date of birth. Understanding someone's age online is a complex, industry-wide challenge. Many teens don't always have access to the forms of ID that make age verification clear and simple.

To address this challenge, we're investing in accessible and privacy-preserving age verification tools to help us provide teens on Instagram with age-appropriate experiences. We are also using artificial intelligence (AI) and machine learning technology to help us better understand a person's age.



03

Supporting your teen online



Tips for parents and guardians of teens

The following tips — developed in collaboration with clinicians at the Child Mind Institute — are designed to help parents support their teens in having a safe, positive, balanced online experience.

01 Establish your rules early on

Set boundaries for your teen through active discussions with them. Consider implementing limits, such as a digital sunset where they put down devices at a certain time each night before bed. Discuss these limits with your teen and review the rules regularly.

02 Don't assume the worst

Parents may expect the worst outcome from an interaction — digital or otherwise — out of fear or simply not knowing. Take the time to understand what social media platforms your teen is on and ask them about it.

03 Focus on balance

While screen time may provide connection, inspiration and entertainment for many teens, it's important that teens are also engaging in non-screen activities. Encourage them to invest in offline time with friends and activities that build identity and confidence, like arts, volunteering and sports.

04 Model intentional social media use

Notice how different activities and accounts make you feel and share what you notice with your teen. You can also model good boundaries by putting your phone away at specific times, like during work or mealtimes. If you make a point of setting aside your own screens during set times, your teens will be more likely to do the same.

05 Be a resource

Discuss strategies for handling challenges that may arise online with your teen early on. For example, have a conversation about how to handle a bully and ways to handle big emotions.

Starting the conversation with your teen

> Parents can help teens build a safe and reasonable relationship with social media before they're out on their own. Start by taking social media seriously and don't underestimate the role social media plays in the lives of teenagers. Teens today never knew a world where social media didn't exist, and for them, the things that happen online — fights, break-ups, likes or negative comments — are very real. When you talk about social media, make sure you're really listening and be careful not to dismiss or minimize your teen's experiences."
>
> **Dave Anderson, Ph.D.**
> Clinical Psychologist, VP of School & Community Programs,
> Child Mind Institute

It's OK if you don't know where or how to start a conversation with your teen about social media. Here, Child Mind Institute shares some questions to help you open up a meaningful dialogue:

- What kind of things do you use social media for: learning, connecting, gaming, entertainment?
- What are some of the things you like and dislike about being online?
- What are your favorite accounts to follow on social media? What do you like about them?
- How do you decide what to post? How do you feel after you post?
- Have you ever felt uncomfortable with something you saw or an experience you had on social media? What did you do?
- How much time do you usually spend on social media? How do you know when it's time for a break? What are some of the ways you like to relax when being on social media gets stressful?
- Sometimes when I've been scrolling on social media for a while, I notice that it starts to feel stressful instead of meaningful. Does that ever happen to you?
- I've been hearing stories about kids posting mean things about each other on social media. How do you and your friends handle it when something like that happens?
- It's important to explore social media in a more critical way. For example, do you notice when photos have been edited, cropped or filtered? How does that make you feel?

04

Family Center and supervision tools



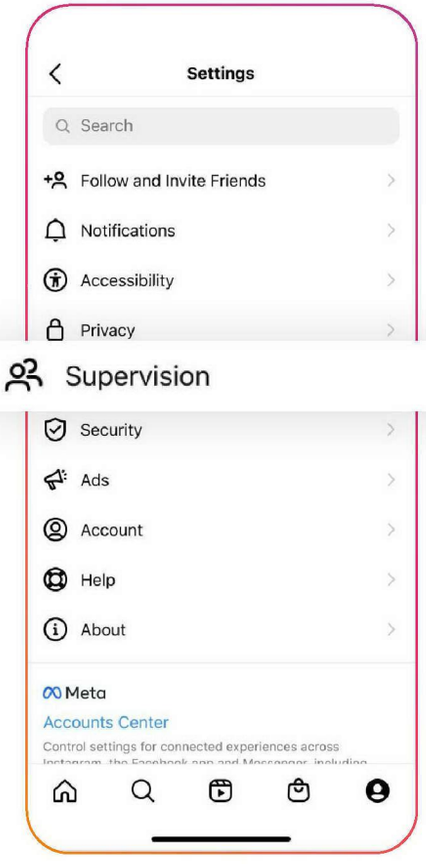
Family Center and supervision tools

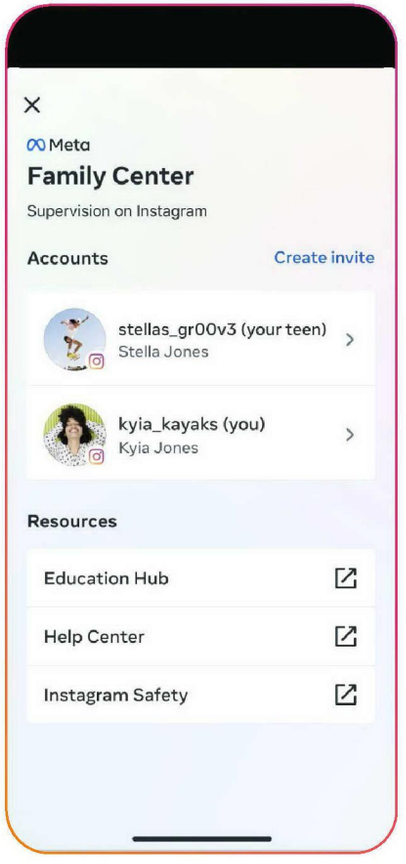
We want parents and teens to have ways to navigate social media together. That's why we have launched supervision tools.

Once a parent and teen agree to set up supervision, the parent can help supervise their teen's experience on Instagram. Supervision tools allow parents to:

- View how much time their teen spends on Instagram.
- Set time limits and scheduled breaks.
- Receive insights about filed reports their teen chooses to share.
- View and receive updates on what accounts their teen follows and the accounts that follow their teen.
- See their teen's settings and be notified if a change is made to those settings.

Both teens and parents can remove supervision at any time. You can access supervision tools in-app or with Family Center, the central place where you can support your teen's experiences across Meta technologies.





With Family Center, parents can also access articles, videos and tips from experts on how to help their teens navigate social media. We worked closely with groups like the National Association for Media Literacy Education (NAMLE) and Net Family News to develop these resources, which include video tutorials on how to use supervision tools on Instagram. Themed pages also address key topics like digital wellness, safety and privacy, relationships and communication and media literacy and misinformation.

Learn more about the tools and resources at **familycenter.meta.com**.



05

Manage privacy

> One of the best ways to help your teen online is to be proactive and make sure that they are very careful about privacy. Discuss privacy settings with them and make sure they understand when something is public or private — or somewhere in the middle — and how that should affect what they post. One piece of advice we give teens when considering whether something might be appropriate to post is to imagine how comfortable they would be trying to explain it to their grandmother."

Dave Anderson, Ph.D.
Clinical Psychologist, VP of School & Community Programs, Child Mind Institute



Account privacy

Privacy is important. There are a number of tools you can share with your teen that give them more control over their digital identity and footprint.

Understanding that they have control over who sees and interacts with what they post will empower your teen to be themselves on Instagram while also helping them to stay safe.

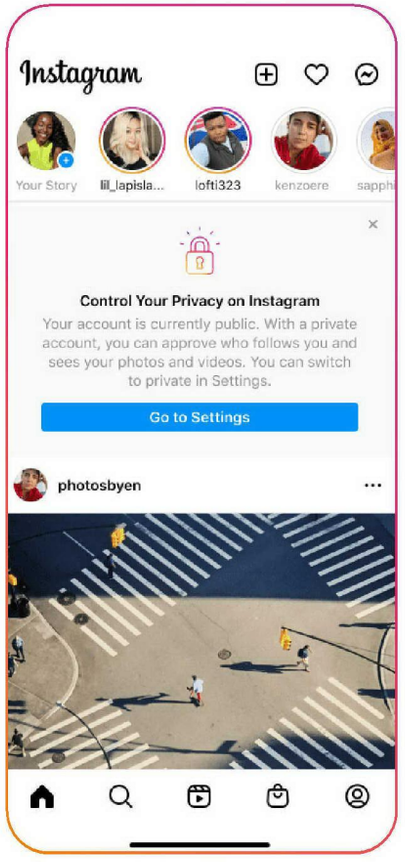
We think private accounts are the right choice for young people, which is why when teens 16 years old and under join Instagram, they will automatically be defaulted into a private account.

With a private account, your teen has to approve a follower request first before they are able to see what your teen shares. People your teen hasn't accepted also can't like or comment on their content, and they won't see your teen's content in places like Explore.

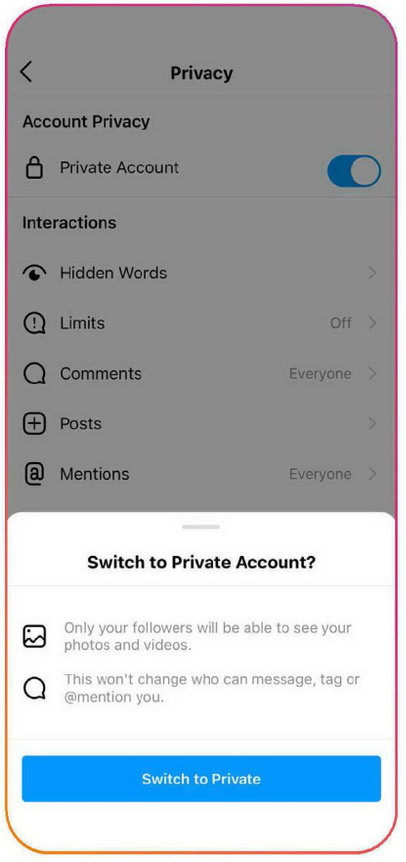
If your teen's account is public, anyone on or off Instagram, with or without an Instagram account, can see the content your teen posts and can follow your teen without needing approval. Even with a public account, your teen can remove followers and choose who can comment on their posts and who can tag them in posts.

For young people on Instagram who already have a public account, we will periodically show them a notification highlighting the benefits of a private account and explaining how to change their privacy settings.

Your teen can switch to private or public at any time in Privacy Settings.



NOTIFICATION TO SWITCH TO PRIVATE ACCOUNT



SETTINGS → PRIVACY → TOGGLE PRIVATE ACCOUNT



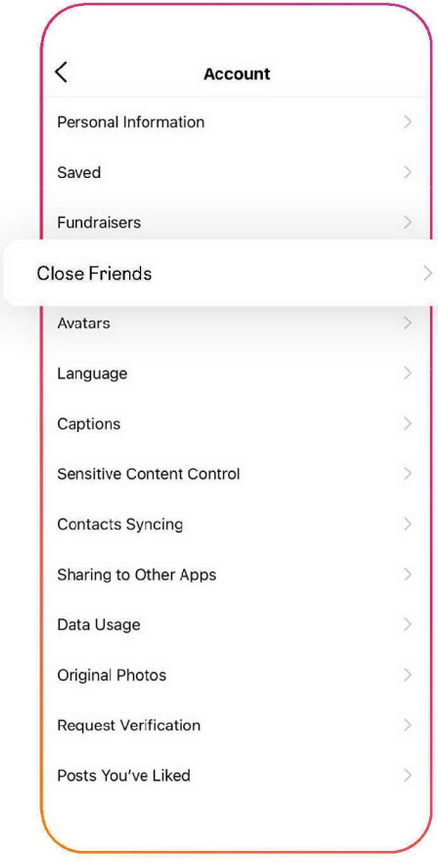
Share Stories with Close Friends

Your teen can create a Close Friends list and share their Stories with only the people on that list.

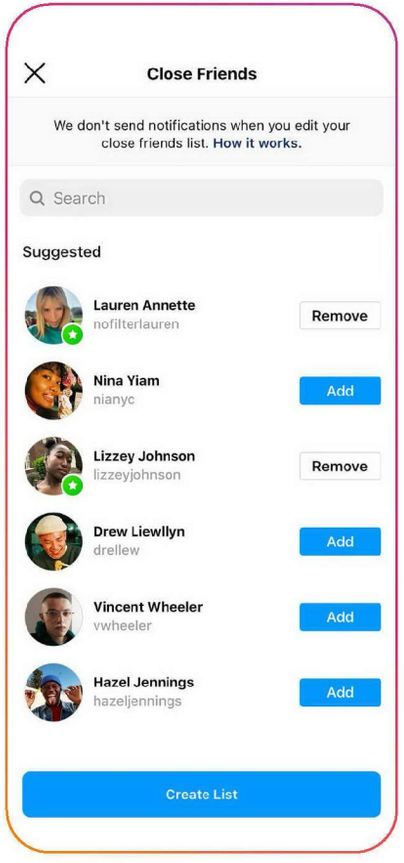
They can add and remove people from it, at any time, and people won't be notified when they are added or removed from their Close Friends list.

Close Friends allows your teen to share with an even more selective audience, regardless of whether they have a private or public account.

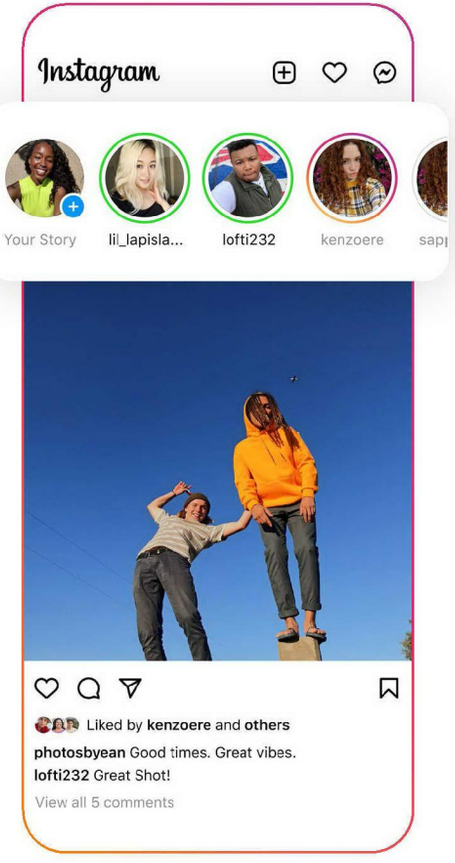
Share Stories with Close Friends



SETTINGS → ACCOUNT → CLOSE FRIENDS LIST



ADD OR REMOVE PEOPLE FROM FOLLOWER LIST



STORIES SHARED WITH CLOSE FRIENDS HAVE A GREEN RING



VIEWING STORIES SHARED WITH CLOSE FRIENDS HAVE A GREEN TAG



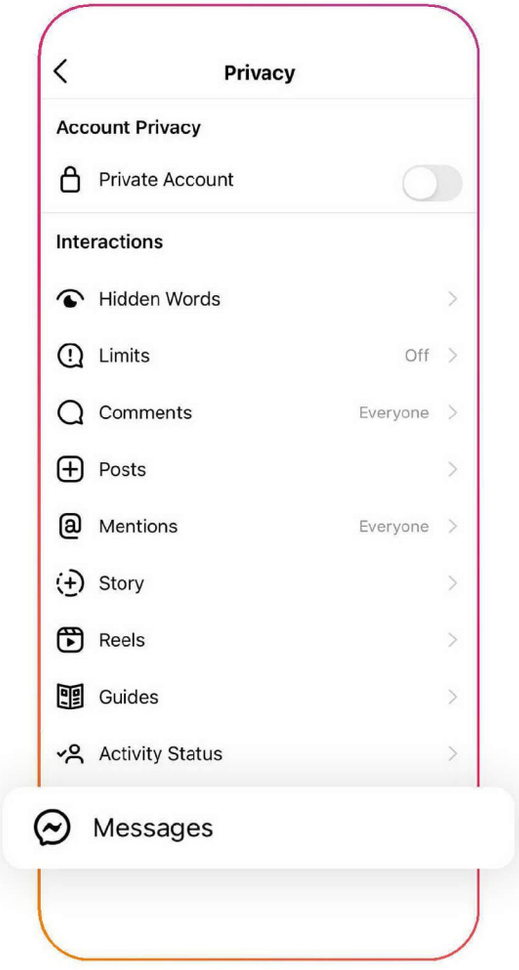
Message controls

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

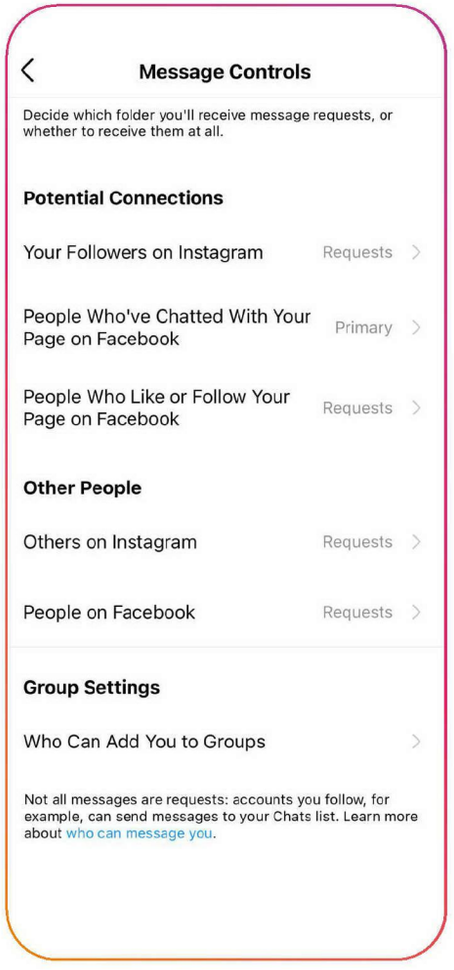
That's why we've launched a series of features to protect young people in their DMs.

Your teen can limit who can send them DMs and who can add them to group chats. That means your teen can choose to receive messages only from people who follow them.

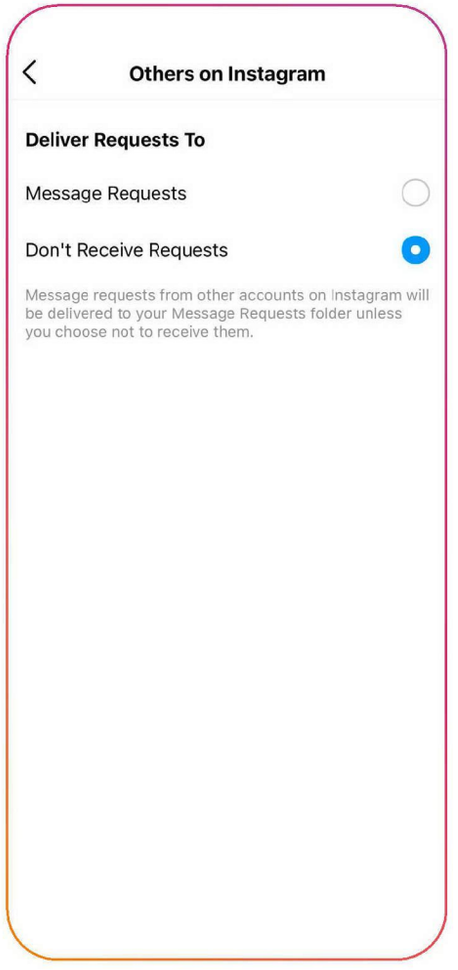
Message controls



SETTINGS → PRIVACY → MESSAGES



MESSAGE CONTROLS

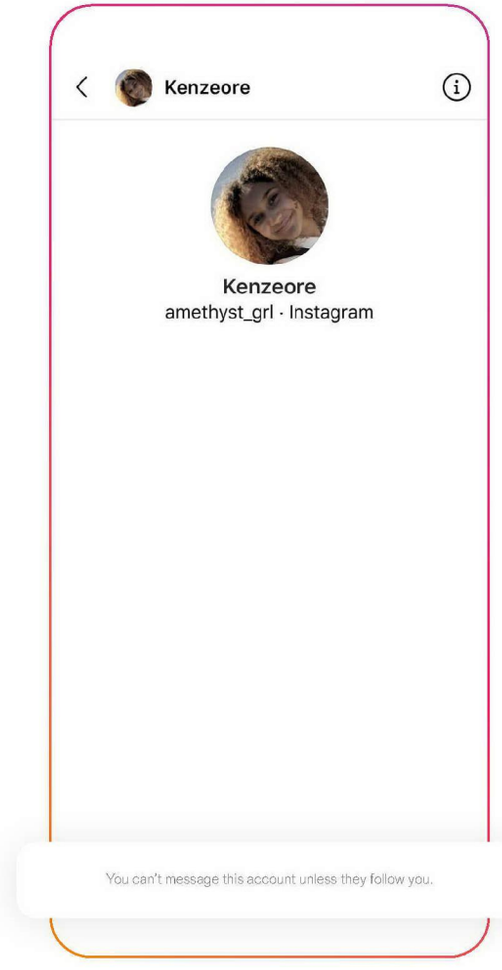


CUSTOMIZE DELIVERY OF MESSAGES

Message controls

We also restrict adults from sending unwanted messages to teens under 18 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 DMing 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 people's ages using machine learning technology.

We also use prompts — or safety notices — to encourage teens to be cautious in conversations with adults they're already connected to. Safety notices in DMs will notify young people when an adult who has been exhibiting potentially suspicious behavior is interacting with them in DMs. For example, if an adult is sending a large amount of friend or message requests to people under 18, we'll use this tool to alert the recipients within their DMs and give them an option to end the conversation, or block, report or restrict the adult.

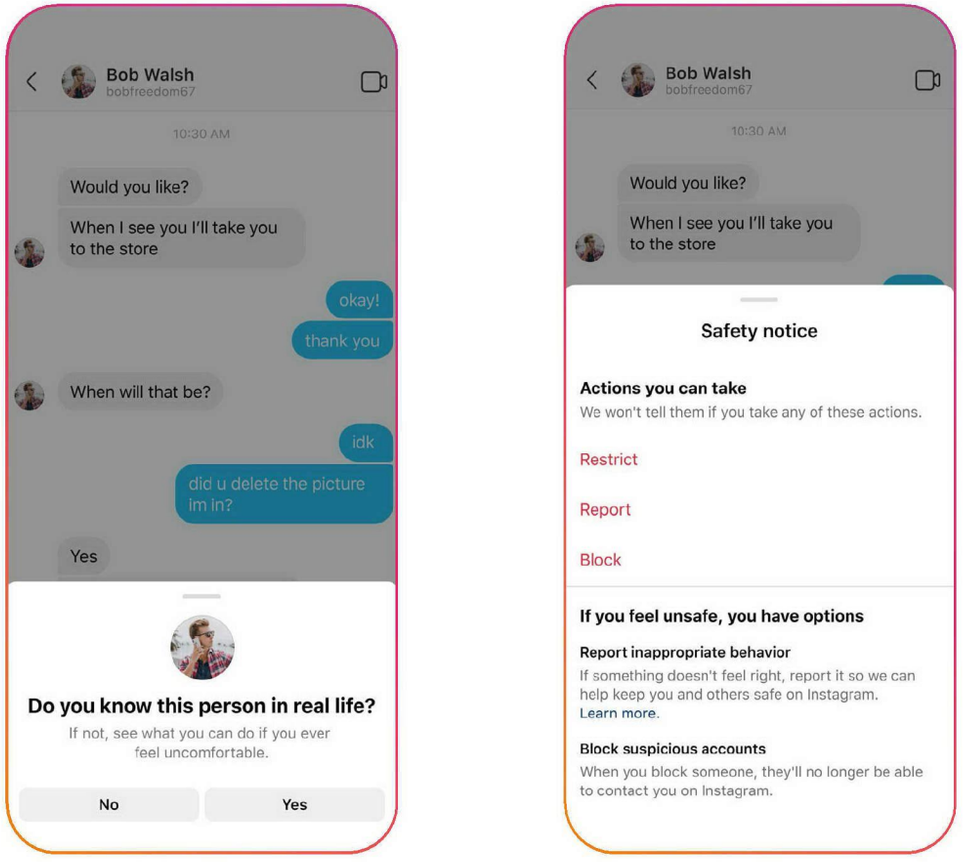


PREVENTING ADULTS FROM MESSAGING TEENS WHO DON'T FOLLOW THEM

Message controls

Lastly, we've developed technology to help us find adult accounts that have shown potentially suspicious behavior and prevent those accounts from finding and interacting with young people's accounts.

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



SAFETY NOTICES FOR TEENS IN DMs



Age-appropriate ad experiences for teens

As part of our ongoing work to keep Instagram age-appropriate for teens, we restrict the options advertisers have to reach teens.

We only allow advertisers to target ads to people under 18 based on their age and location — nothing else. Advertisers cannot target teens with ads based on their interests, activities or previous engagement across Instagram.

We also prohibit ads about restricted topics — like alcohol, financial products and weight loss products and services — to be shown to people under 18.

Even when an ad complies with our policies, teens may want to see fewer ads like it. Now, teens have more ways to manage the types of ads they see on Instagram with Ad Topic Controls, expanding on what's already available. Teens can go to their Ad Preferences within Settings on both apps, and choose See Less or No Preference to further control the types of ads they see.

06

Manage interactions

We want teens to foster their relationships online in a safe, positive and supportive environment.

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.

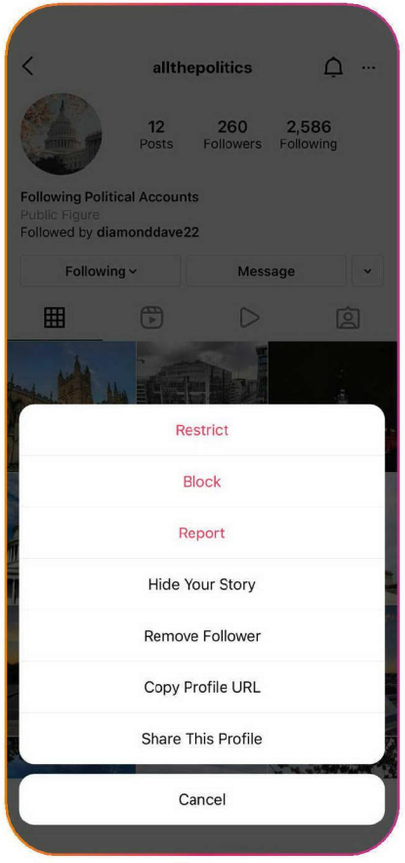
Let your teen know that if they spot an account, photo, video, comment or message that is intended to bully or harass, they can report it within the app.

Reporting is totally anonymous. We do not share your teen's information with the person reported.



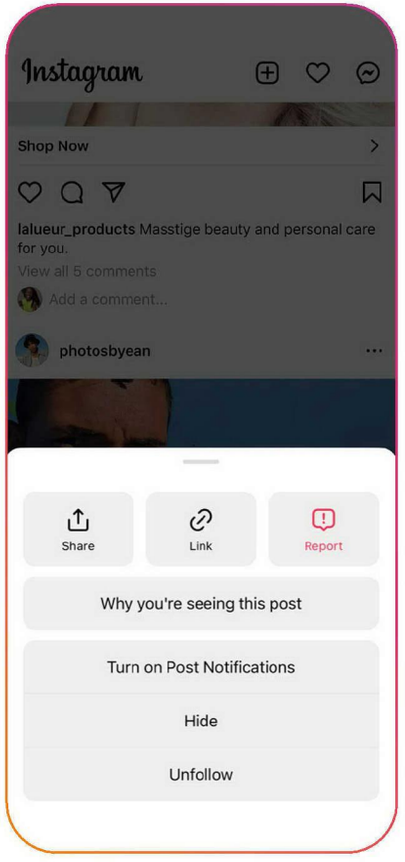
Report accounts and interactions

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



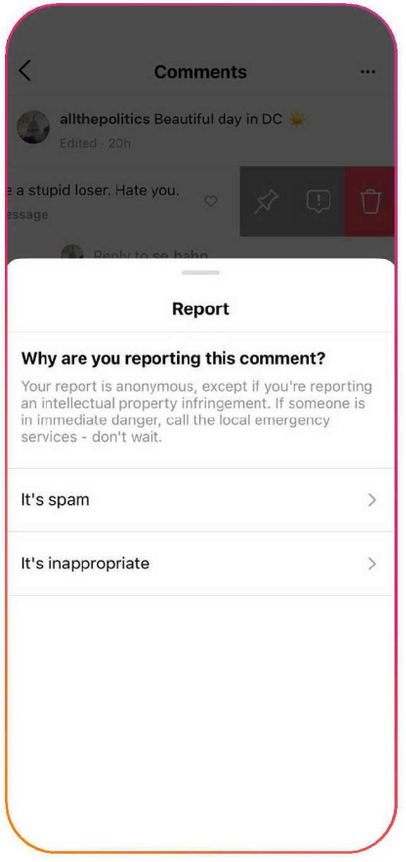
PROFILES:

TAP "..." ON TOP-RIGHT CORNER OF PROFILE → REPORT



POSTS:

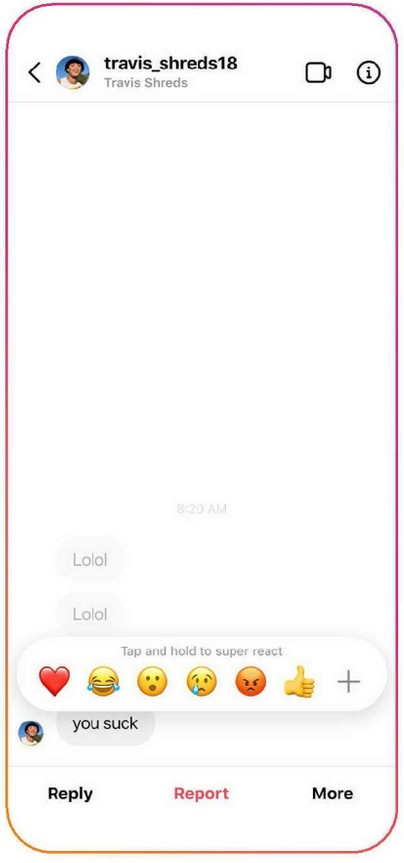
TAP "..." ON TOP-RIGHT CORNER OF POST → REPORT



COMMENTS:

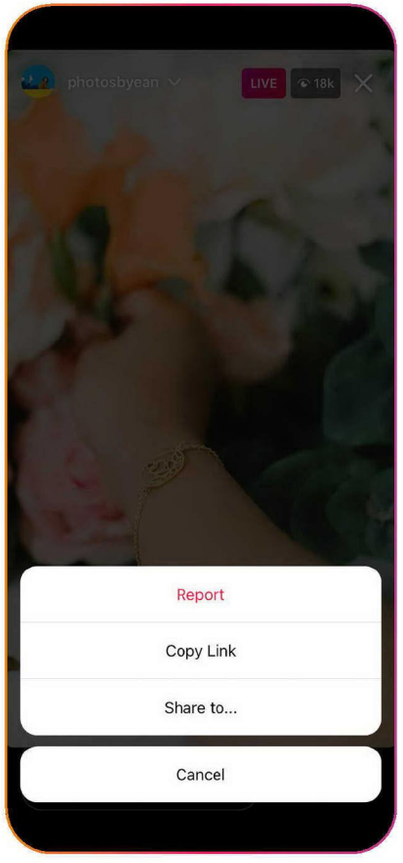
SWIPE LEFT ON COMMENT → TAP "!" → REPORT THIS COMMENT

Report accounts and interactions



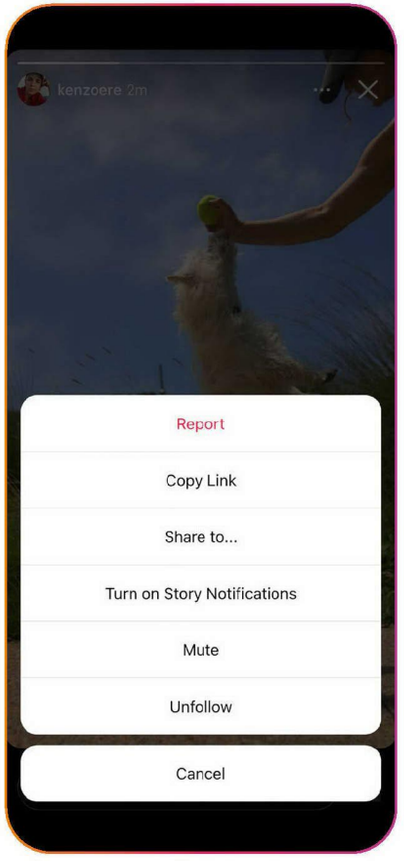
DMs:

TAP AND HOLD INDIVIDUAL MESSAGE → REPORT



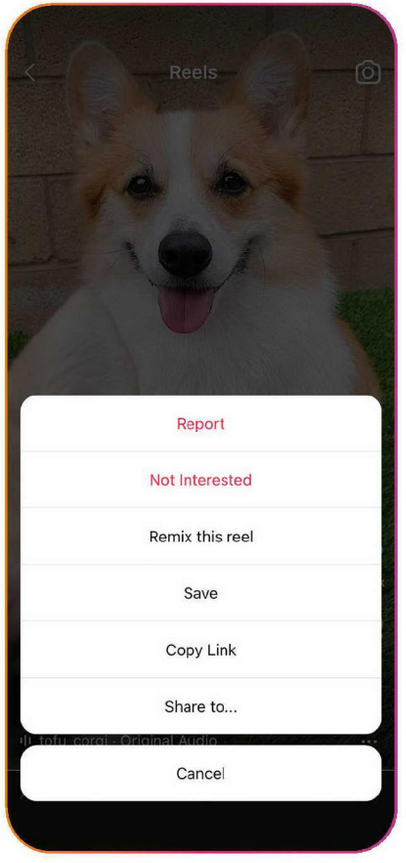
LIVES:

TAP "..." NEXT TO "COMMENT" AT THE BOTTOM OF THE LIVE → REPORT



STORIES:

TAP "..." ON TOP-RIGHT CORNER OF STORIES → REPORT



REELS:

TAP "..." ON BOTTOM-RIGHT CORNER OF REEL → REPORT



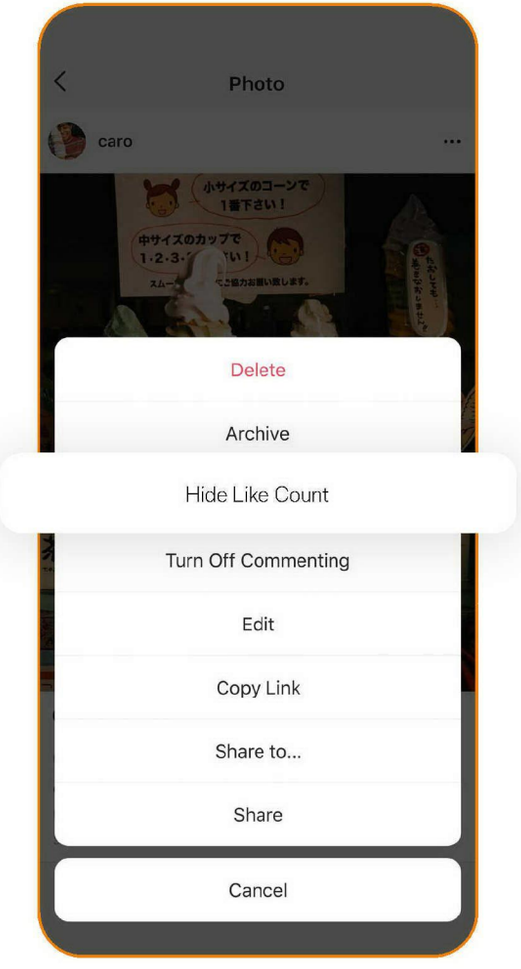
Manage like counts

We want people to be able to focus on what's being shared on Instagram, not how many likes a post gets.

That's why we give everyone the option to hide like counts on the posts they see in Feed. You'll also have the option to hide like counts 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.

Changing the way people perceive like counts can be a big shift, and hiding them may help depressurize your teen's Instagram experience.

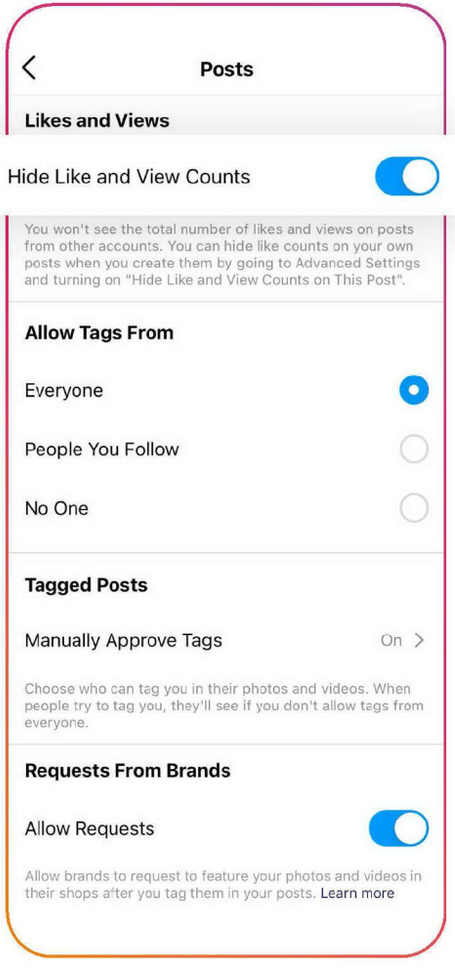
Manage like counts



HIDE LIKE COUNT
ON YOUR POST



YOUR POST WITH
NO LIKE COUNT



VISIT SETTINGS TO HIDE LIKE
COUNT ON OTHERS' POSTS



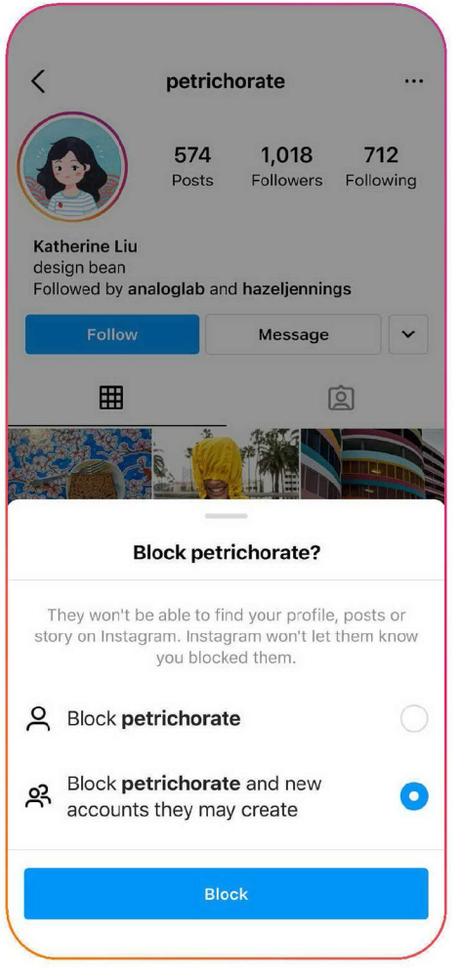
Block unwanted interactions

Your teen can block accounts they don't want to interact with. This will block that account from seeing and commenting on anything your teen shares and will prevent them from being able to message your teen.

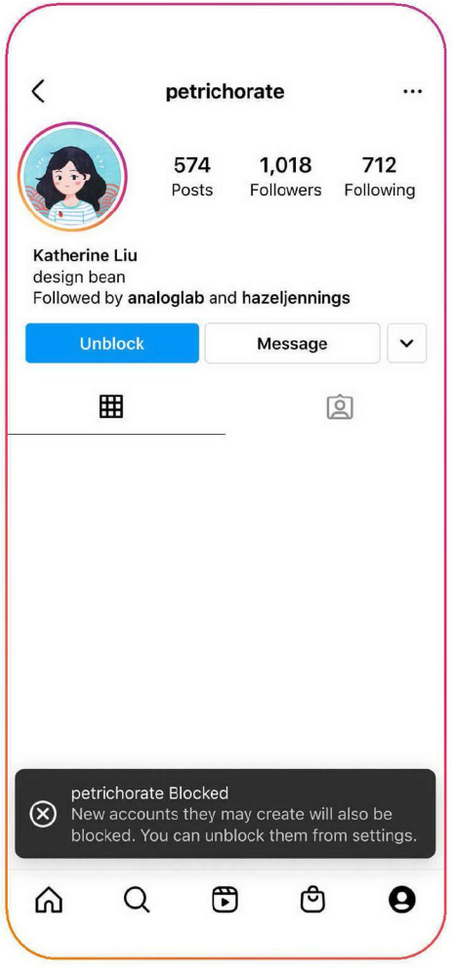
We know sometimes teens are wary of blocking people because they worry that person will be notified — this isn't the case. We don't tell people when they've been blocked or who has blocked them. You can unblock an account at any time.

We also make it harder for someone who you've already blocked to contact you again through a new account. 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.

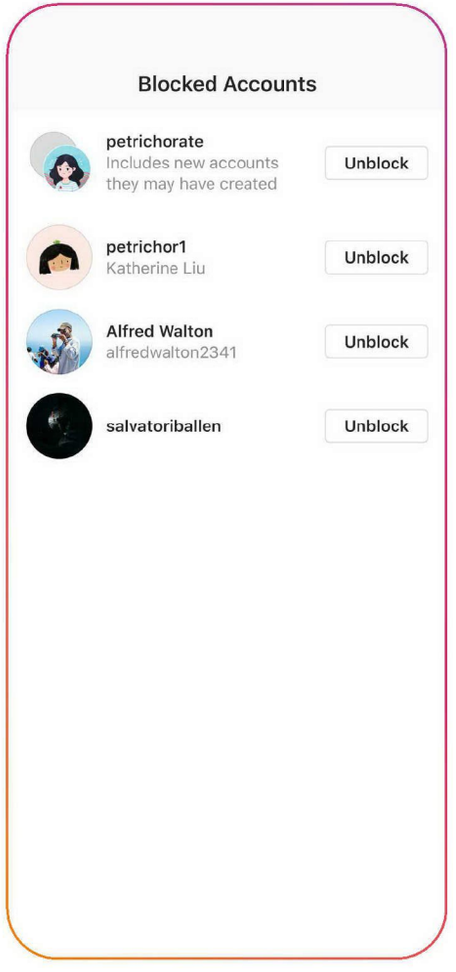
Block unwanted interactions



PROFILE → TAP "..." IN TOP-RIGHT CORNER → BLOCK



BLOCKED ACCOUNT



SETTINGS → PRIVACY → BLOCKED ACCOUNTS

Mute an account

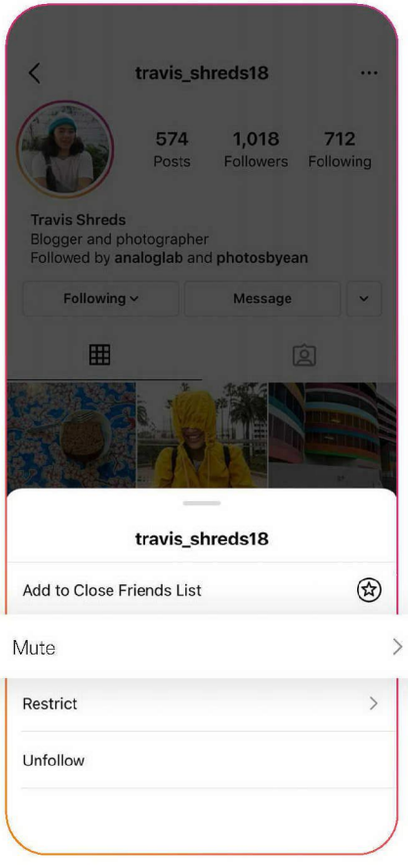
Sometimes, your teen may want a short break from an account. Muting will keep posts and Stories from that account from showing up for your teen. The other person will not know they've been muted, and your teen can unmute that account at any time.

Restrict an account

With Restrict, teens can protect their accounts from unwanted interactions in a quieter or more subtle way.

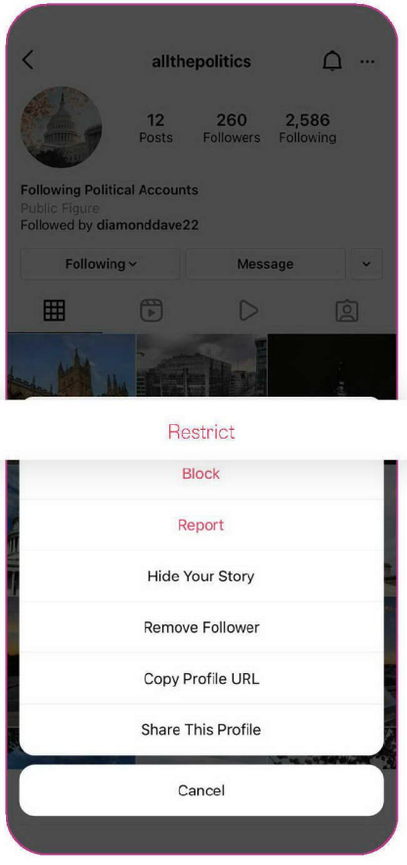
Once Restrict is turned on, comments on their posts from a person that has been restricted will only be visible to that person. Restricted people also aren't able to see when your teen is active on Instagram or when they have read their DMs. We will never tell someone if your teen has restricted them, and your teen can remove restrictions at any time.

MUTE



PROFILE → TAP "FOLLOWING" → MUTE

RESTRICT



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

07

Manage what you see





Comment controls

Your teen is in control of who can comment on their posts.

In the Comment section of their Privacy Settings, they can choose to block comments from specific accounts. People won't be notified when they're blocked, and any new comments they make on your teen's posts won't be visible to anyone but them. Your teen can also turn off comments entirely for their posts.

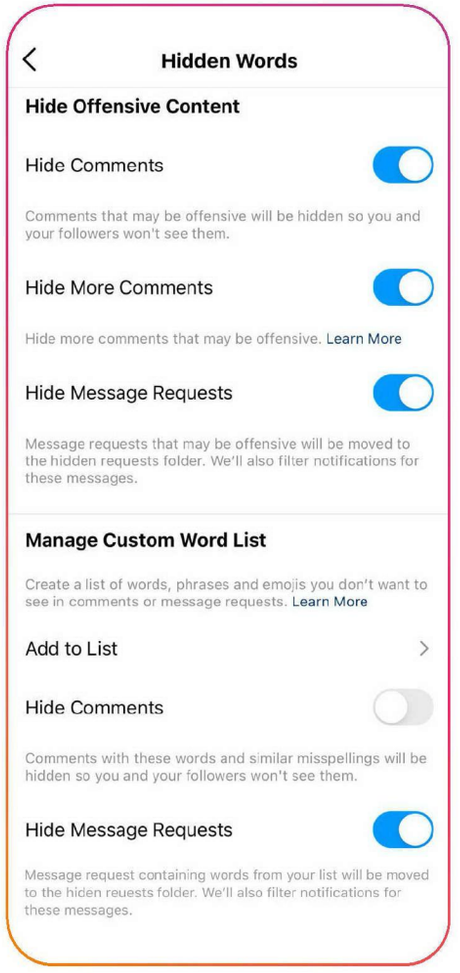
If your teen's account is set to public, they can choose to allow comments from everyone, people they follow, their followers or people they follow and their followers.

Hide offensive comments

There are a few ways teens can hide potentially offensive comments they don't want to see on Instagram.

Comments that don't go against our Community Guidelines, but may be inappropriate, disrespectful or offensive, can be hidden using the Hidden Words setting.

- **Hide comments:** Comments with common offensive words, phrases or emojis are filtered out or hidden automatically. This setting is on by default.
- **Advanced comment filtering:** This setting filters out even more comments that may contain offensive words or phrases.
- **Custom list:** Different things can be offensive to different people, so your teen can also create their own custom list of words, phrases or emojis that they don't want to see in comments. Any comments using these terms will be hidden under their posts, so that they and their followers don't see them.



SETTINGS → PRIVACY →
HIDDEN WORDS → MANAGE LIST



Hide offensive messages

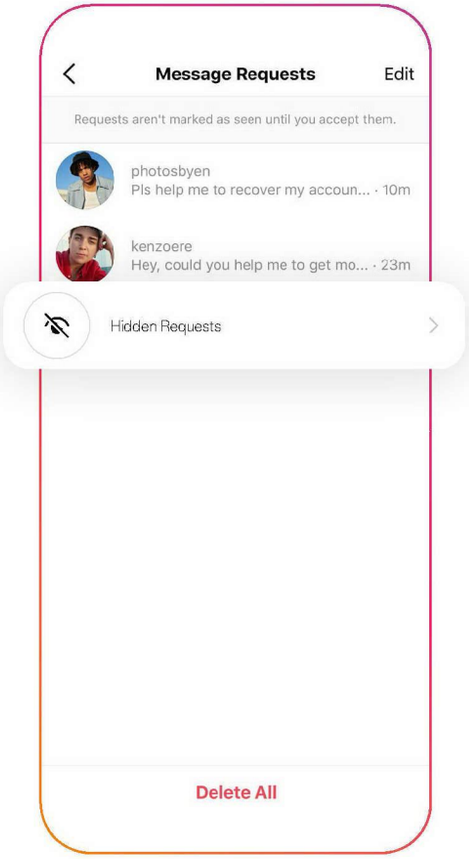
Because DMs are private conversations, we don't proactively look for hate speech or bullying there the same way we do elsewhere on Instagram. But that doesn't mean there's no way to protect our community from hurtful messages.

With Hide Message Requests, we automatically filter message requests that may contain scams or offensive words, phrases and emojis to the Hidden Requests folder so your teen never has to see them.

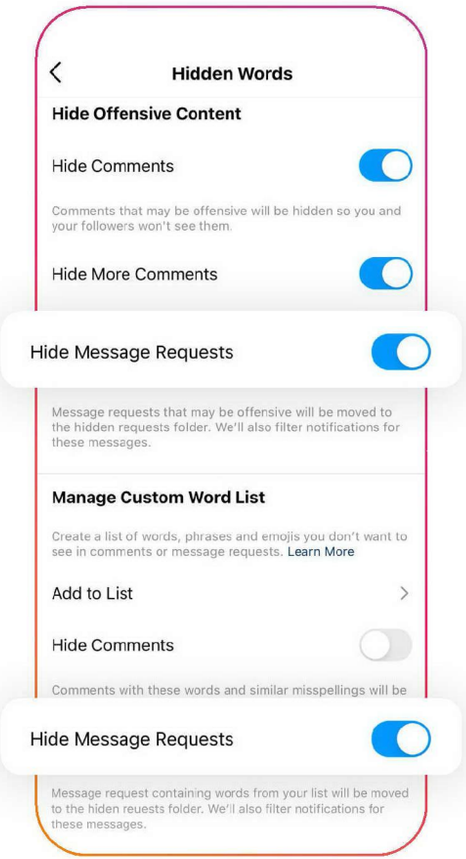
When your teen turns on this feature, they can either choose to use our predefined list of offensive terms, which we developed with leading anti-discrimination and anti-bullying organizations, or they can also create their own custom list of words, phrases or emojis that they personally find offensive.

Any DM request that contains these offensive words, phrases or emojis will be automatically filtered into a separate Hidden Requests folder, and your teen 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.

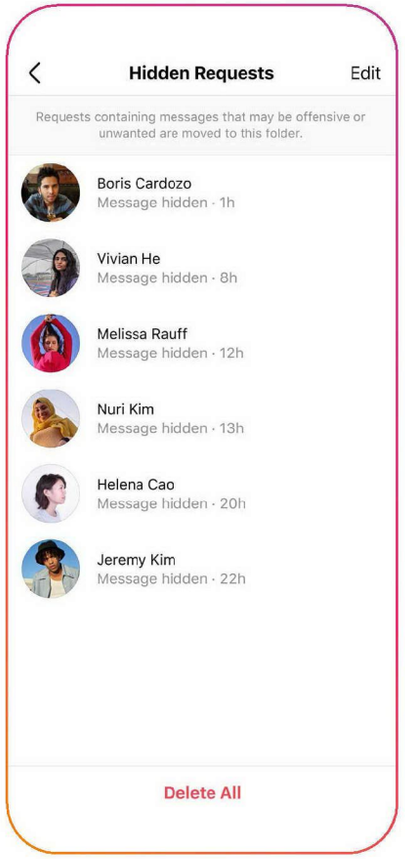
Hide offensive messages



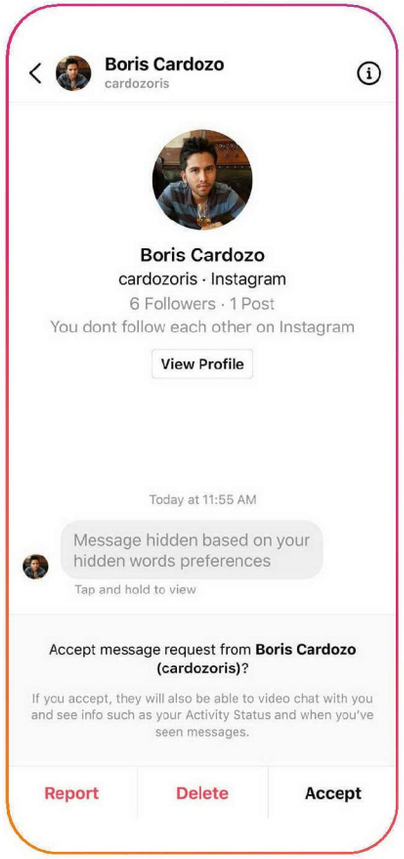
SETTINGS → PRIVACY → HIDDEN WORDS → HIDE MESSAGE REQUESTS



MESSAGES → REQUESTS → MESSAGE REQUESTS → HIDDEN REQUESTS



HIDDEN REQUESTS INBOX



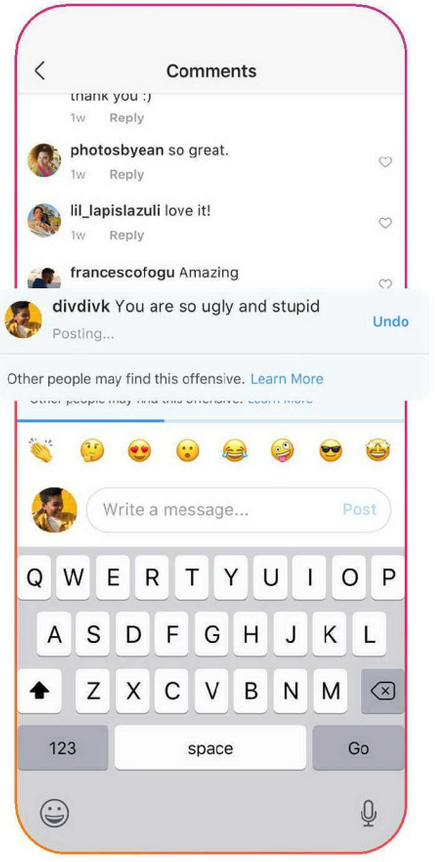
HIDDEN DM

Comment warnings

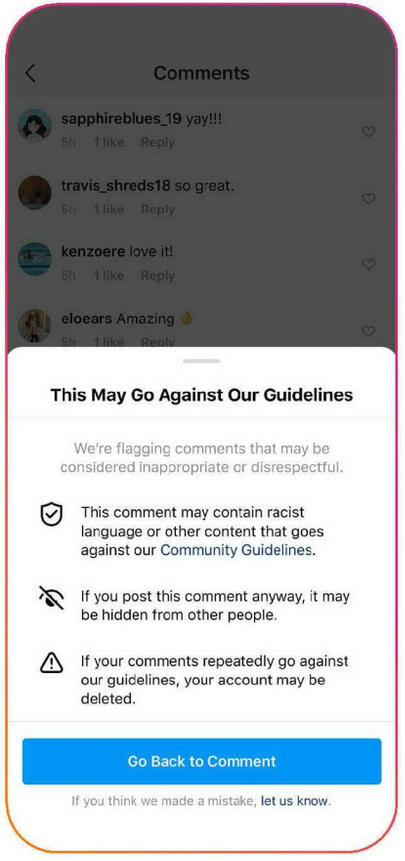
We've learned that there are cases where people mean well but may misjudge how their words could negatively impact others — especially when they're interacting online.

That's why we use AI to detect when someone may be trying to post a comment that could be harmful or offensive, and we send them a warning to encourage them to pause and consider whether they'd like to edit their comment. This warning reminds them of our Community Guidelines and warns them that we may remove or hide their comment if they choose to post it.

Since launching these comment warnings, we've seen that reminding people of the consequences of bullying and providing real-time feedback as they are writing the comment is an effective way to shift behavior.



WARNING WHEN POSTING OFFENSIVE COMMENTS



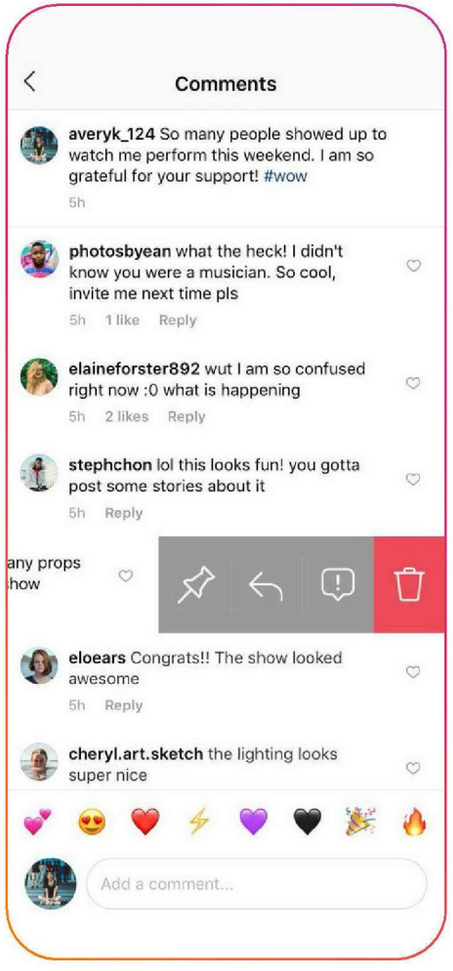
COMMUNITY GUIDELINES REMINDER



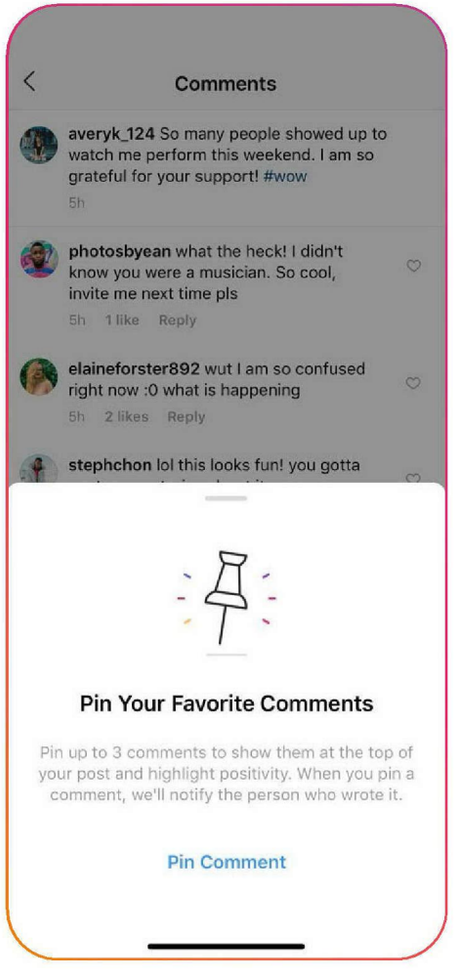
Pin positive comments

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

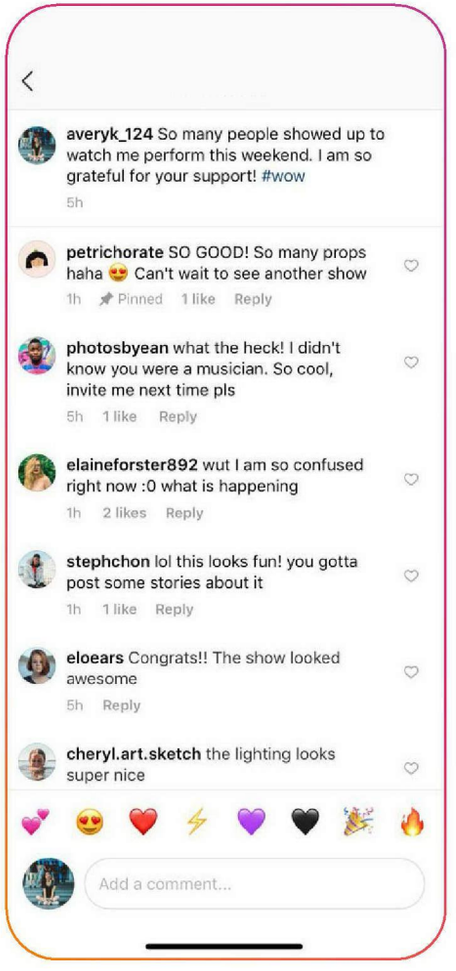
Pin positive comments



SWIPE LEFT ON COMMENT
→ TAP " 📌 "



TAP "PIN COMMENT"



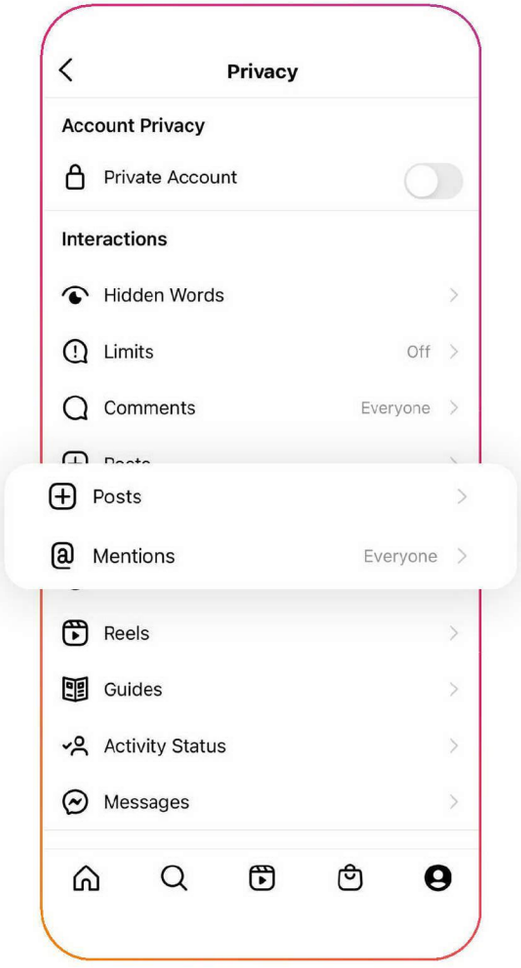
PINNED COMMENTS APPEAR AT TOP
OF COMMENTS THREAD



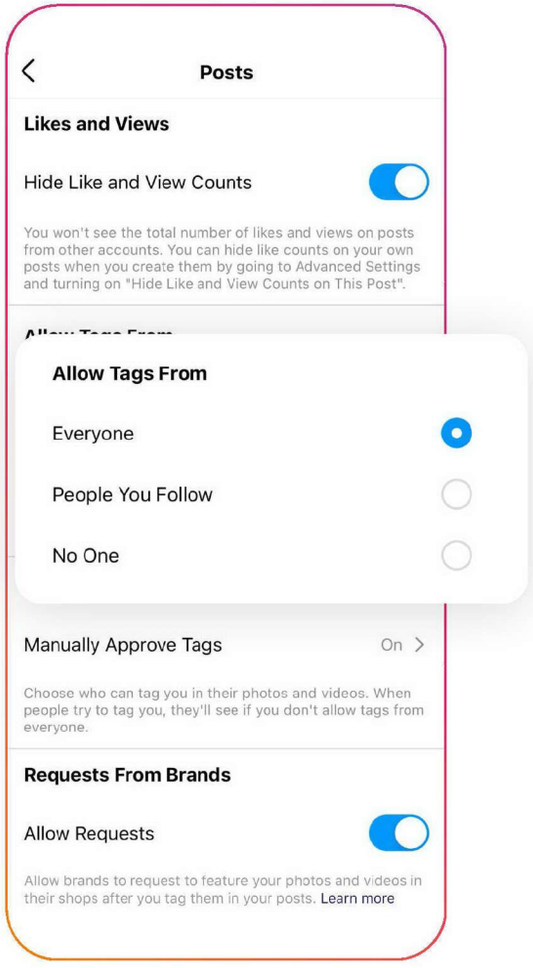
Control tags and mentions

There are controls that allow your teen to manage who can tag or mention them on Instagram. Your teen 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.

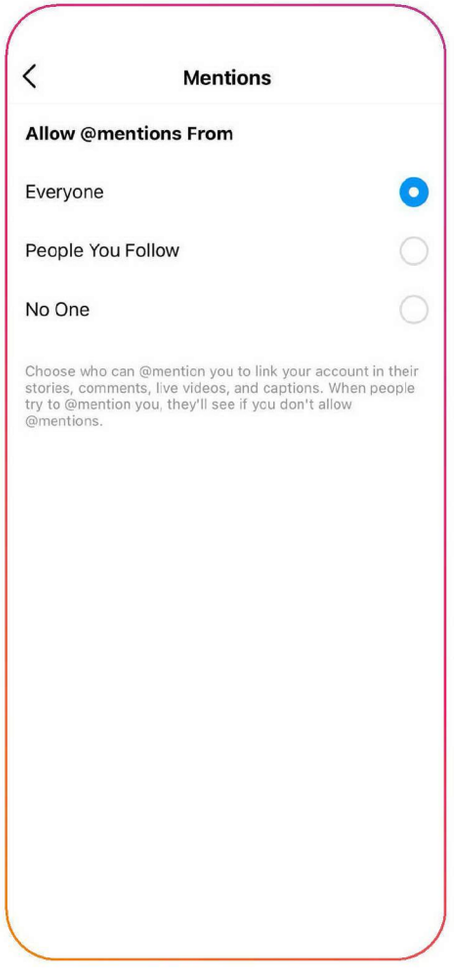
Control tags and mentions



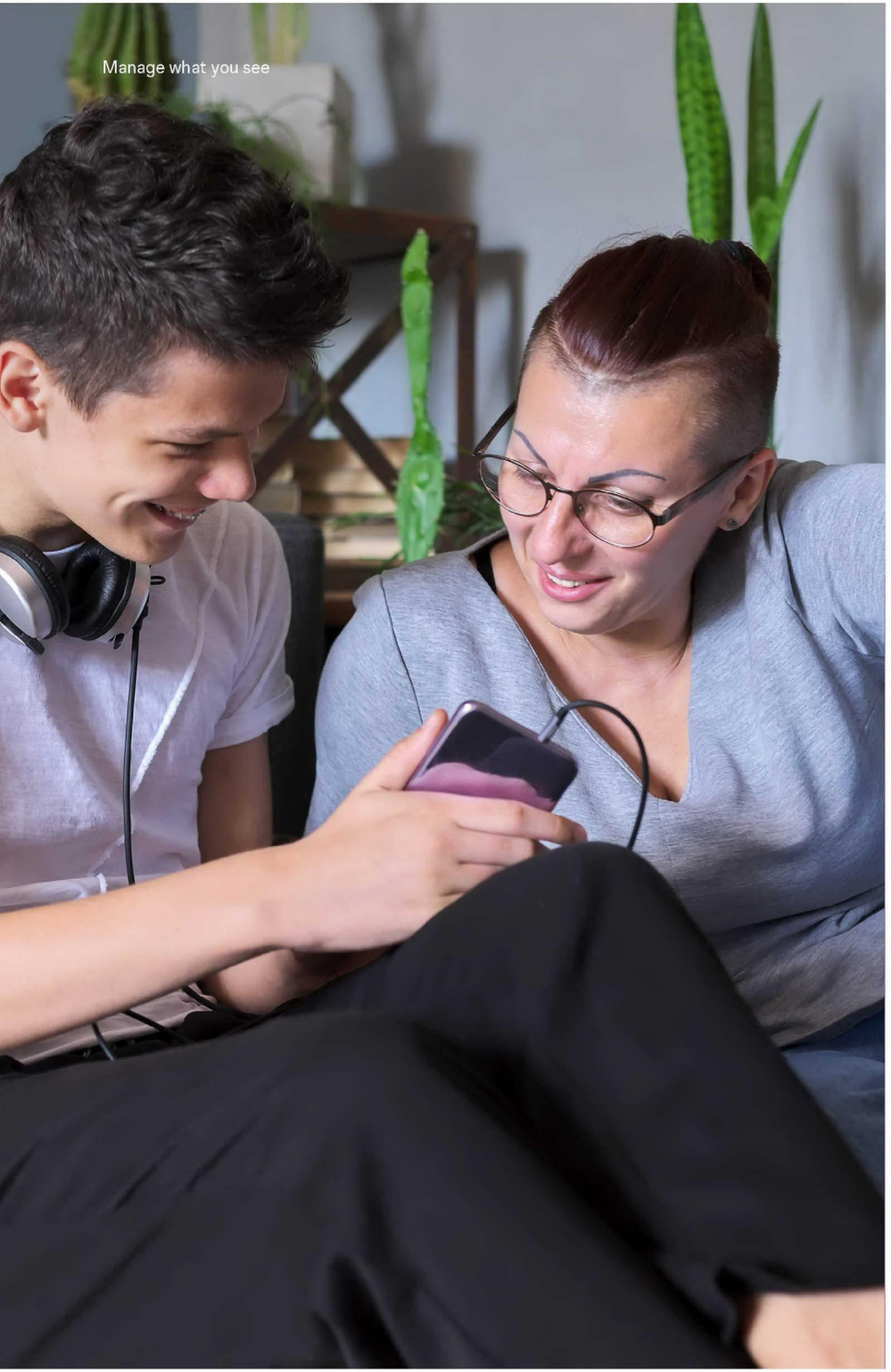
SETTINGS → PRIVACY → POSTS AND MENTIONS



POSTS → ALLOW TAGS FROM



MENTIONS → ALLOW @MENTIONS FROM



Control your content recommendations

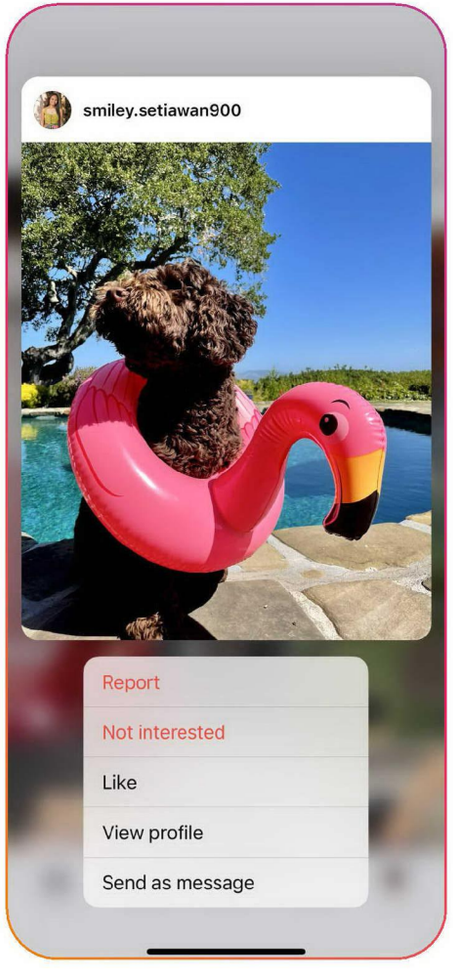
Many people use Instagram to connect with their passions and discover new interests. To create more opportunities for discovery, Instagram will recommend content and accounts personalized to interests. While recommendations give people the chance to be inspired or entertained, we also want to give people greater control over them.

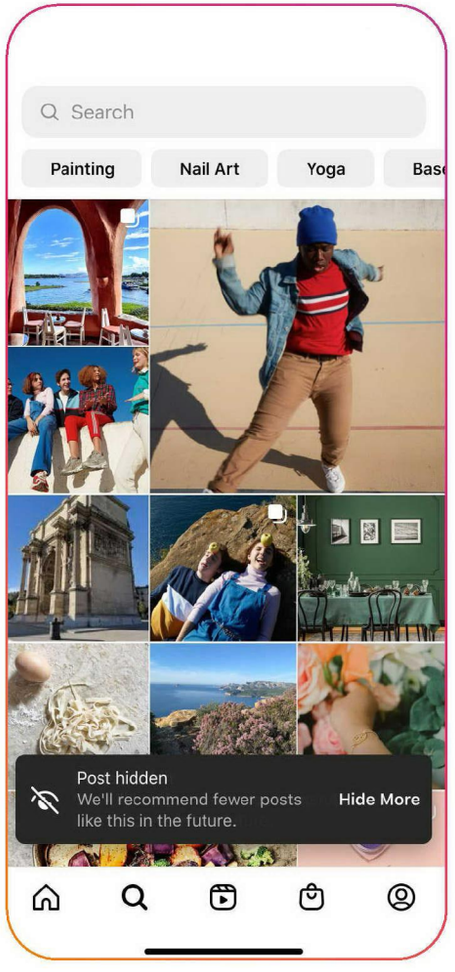
There are a number of ways to tell Instagram what content your teen doesn't want recommended.

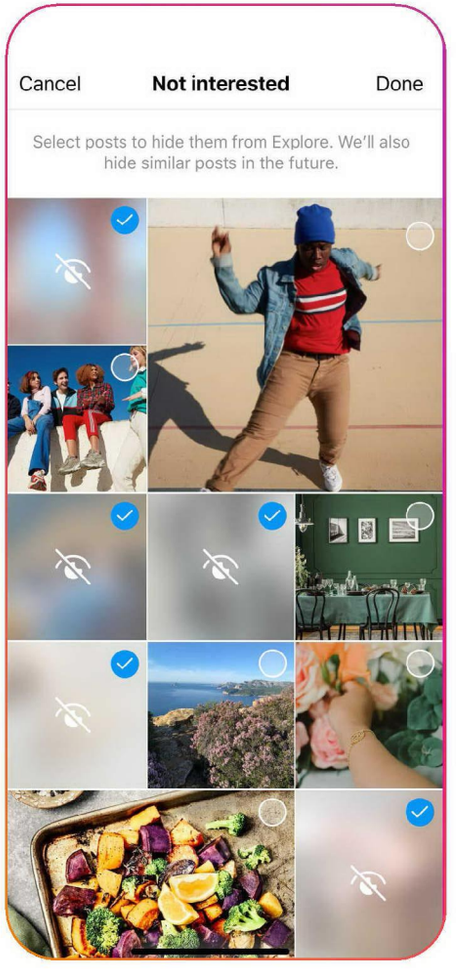
Your teen can choose to hide or indicate that they are Not Interested in multiple pieces of content at one time on the Explore page, and we'll aim not to show content like that going forward in places where we make recommendations, like Reels, Search and more.

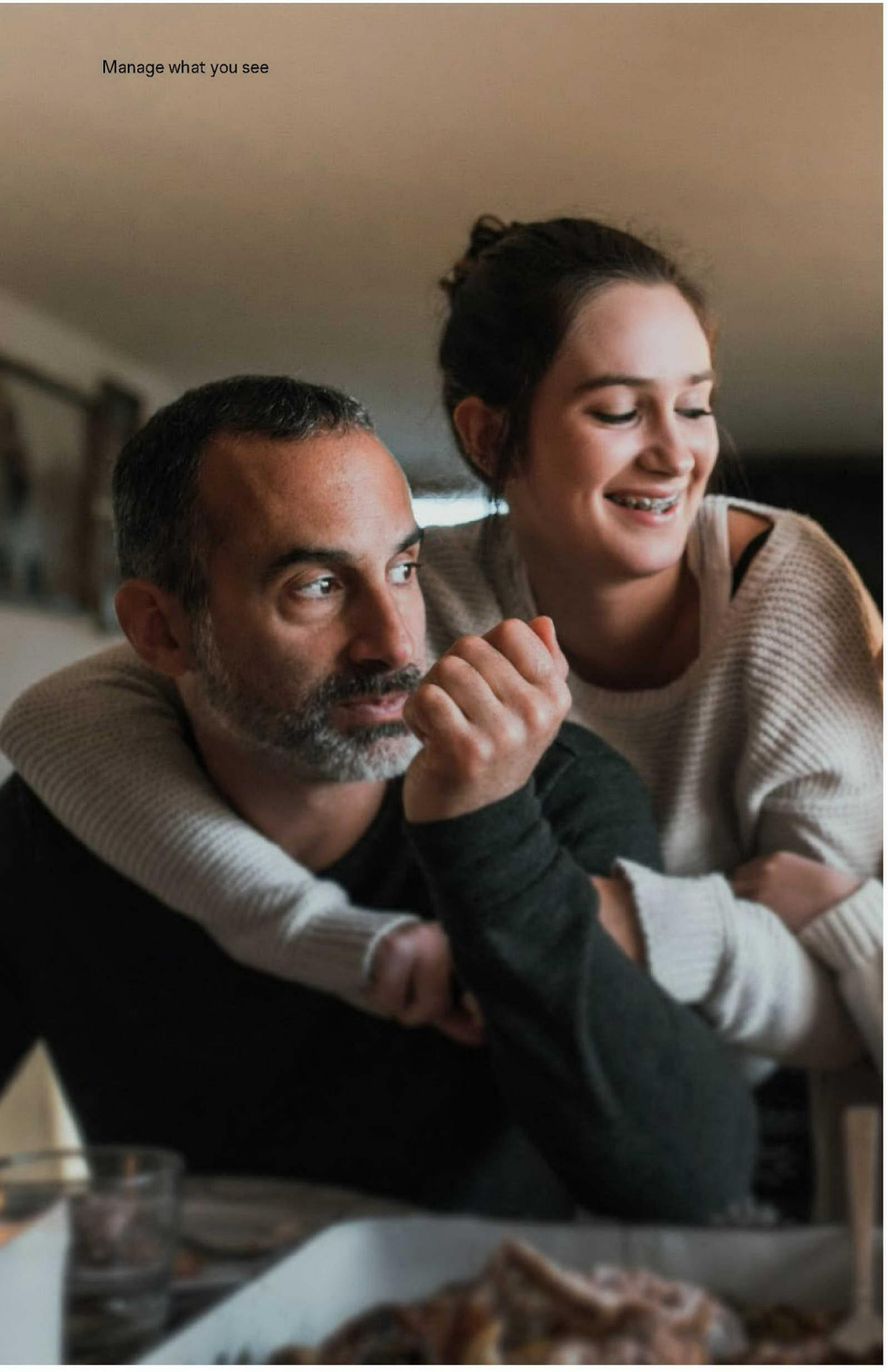
Your teen can also add words or phrases that they want to avoid — for example, "fitness" or "recipes" — and we'll no longer recommend content with those words in the caption or hashtag. This is accessible in the Hidden Words section of Privacy Settings.

Control your content recommendations







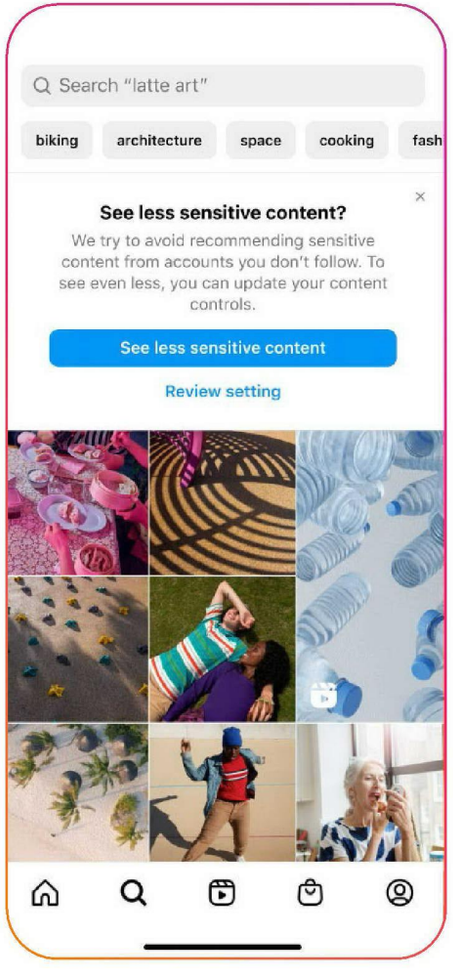


Sensitive Content Control

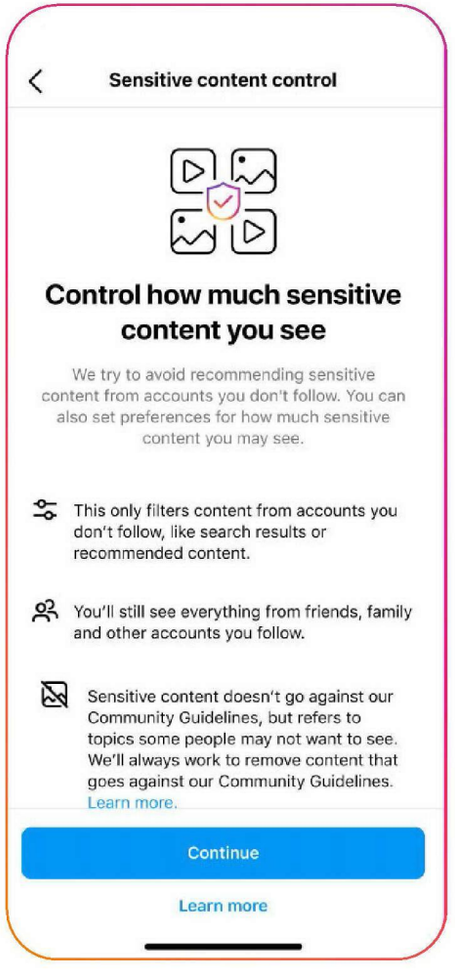
Our Sensitive Content Control makes it more difficult for young people to come across potentially harmful or sensitive content or accounts in Search, Explore, hashtag pages, Reels, Feed recommendations and suggested accounts.

New teens on Instagram under 16 years old will be defaulted into the Less state. For teens already on Instagram, we will send a prompt encouraging them to select the Less experience.

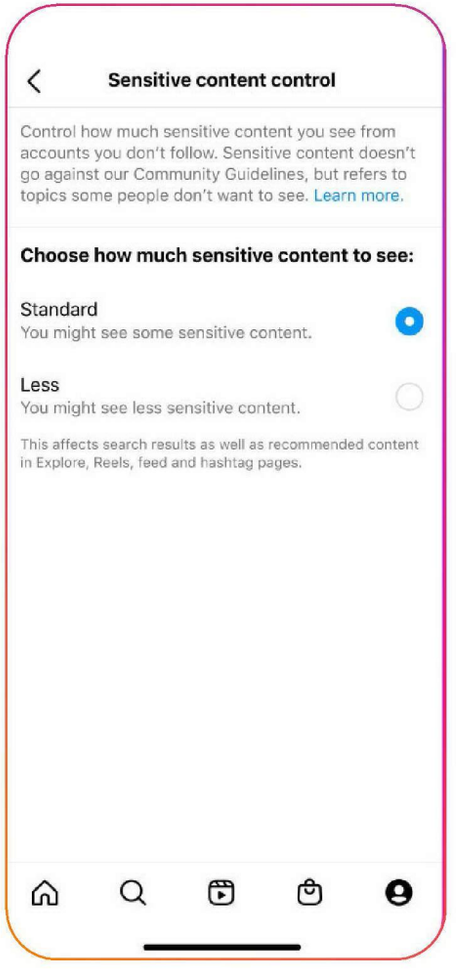
Sensitive Content Control



SENSITIVE CONTENT PROMPT



SENSITIVE CONTENT CONTROL



SETTINGS → ACCOUNT → SENSITIVE CONTENT CONTROL

08

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 teen is spending on the app. You can work together to decide what the right balance is for your family. Many of these features are also available with our supervision tools (see **Section 4: Family Center and supervision tools**).



"It's easy to let screen time rules slide once kids are older and have their own devices, but remember that they still need to strike a balance between online and offline time.

Make sure your kids don't need to compete with a screen for your attention. Besides setting a good example, this shows them that you care and are interested, which makes them more likely to open up.

Just as important: designating media-free spaces, like bedrooms and the dinner table. Establishing (and enforcing) these limits from a young age teaches kids to be healthy media consumers."

Dave Anderson, Ph.D.
Clinical Psychologist, VP of School & Community Programs,
Child Mind Institute



Tips for helping teens manage screen time

Many parents worry about their teen's screen time. How much is too much? And is there a way to get your teen on board if you need to implement rules?

Experts at the Child Mind Institute have shared the following tips to help you help your teen manage screen time.

A good first step is to understand the role that technology and time online play in your teen's life. If you worry that your child is having too much screen time, it's not about how much time that actually is; it's about what it may infringe on. You can ask questions like:

- How long do you go in the morning before checking your phone?
- Do you find yourself getting distracted or anxious without your phone?
- When you hang out with your friends, are you on your phone a lot?
- Is the time you're spending online keeping you from completing your schoolwork or spending time on hobbies and extracurriculars that matter to you?

From there, you can ask follow-up questions to understand how your teen feels about the time they spend online:

- Do you feel like you are spending too much time online? Do you ever feel like you need a break?
- How is the time you're spending online affecting you, physically or emotionally?

After working through some of these questions, you may decide that you do want to help your teen better manage their screen time. But remember, rules don't need to be rigid or extreme to be helpful. Try these techniques to set healthy boundaries:

- **Start with compassion**. Unstructured screen time is an important source of comfort and entertainment for many teens. Letting your teens know that you understand their needs is a simple way to reduce stress for everyone.
- **Share time management tools**. Understand which tools are offered across social media platforms and other online spaces and discuss those tools with your teen. For example, with Instagram, you can discuss Take a Break or Quiet mode. Or, you can choose to use supervision tools to set time limits and scheduled breaks with your teen.
- **Model healthy screen use**. If you make a point of setting aside your own screens during set times, your teens will be more likely to do the same without putting up a fight. Plus, taking breaks from tech has the added benefits of helping you limit your own media intake and giving you moments of mindfulness with your teens.
- **Gather data and reevaluate**. To get older teens to buy into a new screen time rule, it can be helpful to compromise based on their wishes — with the understanding that you'll start with a trial run. For example, your teenager might assure you that using screens after a certain time doesn't affect their sleep, or that homework is easier with a friend online. In cases like those, you can give their version a try and track how it goes for a couple of weeks. Do they wake up on time in the morning? Does all the homework get done? See what you learn, and then readjust as necessary.

View your activity

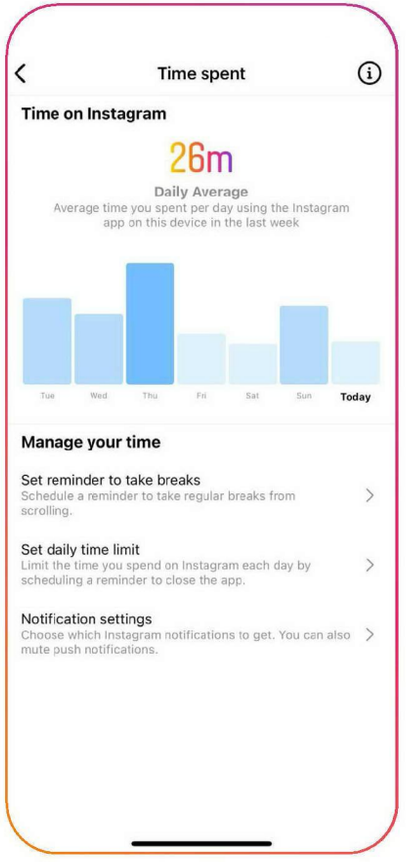
The Activity dashboard shows your teen how much time they've spent on Instagram for the past day and week, as well as their average time on the app. Your teen can tap and hold the blue bars to see how much time they've spent on Instagram on a certain day.

Set daily time limit

Your teen can set a limit on how much time they want to spend on Instagram.

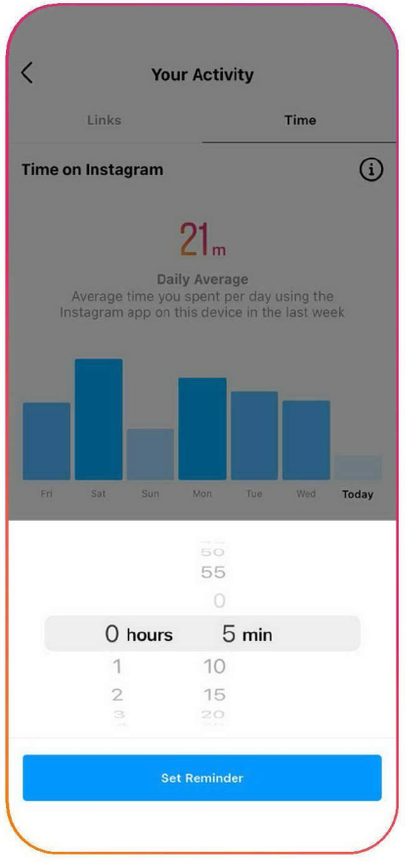
Talk with your teen about how they feel while using the app. Is there a point when they don't get as much out of it? Setting the daily time limit together can be a good way to talk to your teen about how they are using Instagram throughout the day.

TIME SPENT

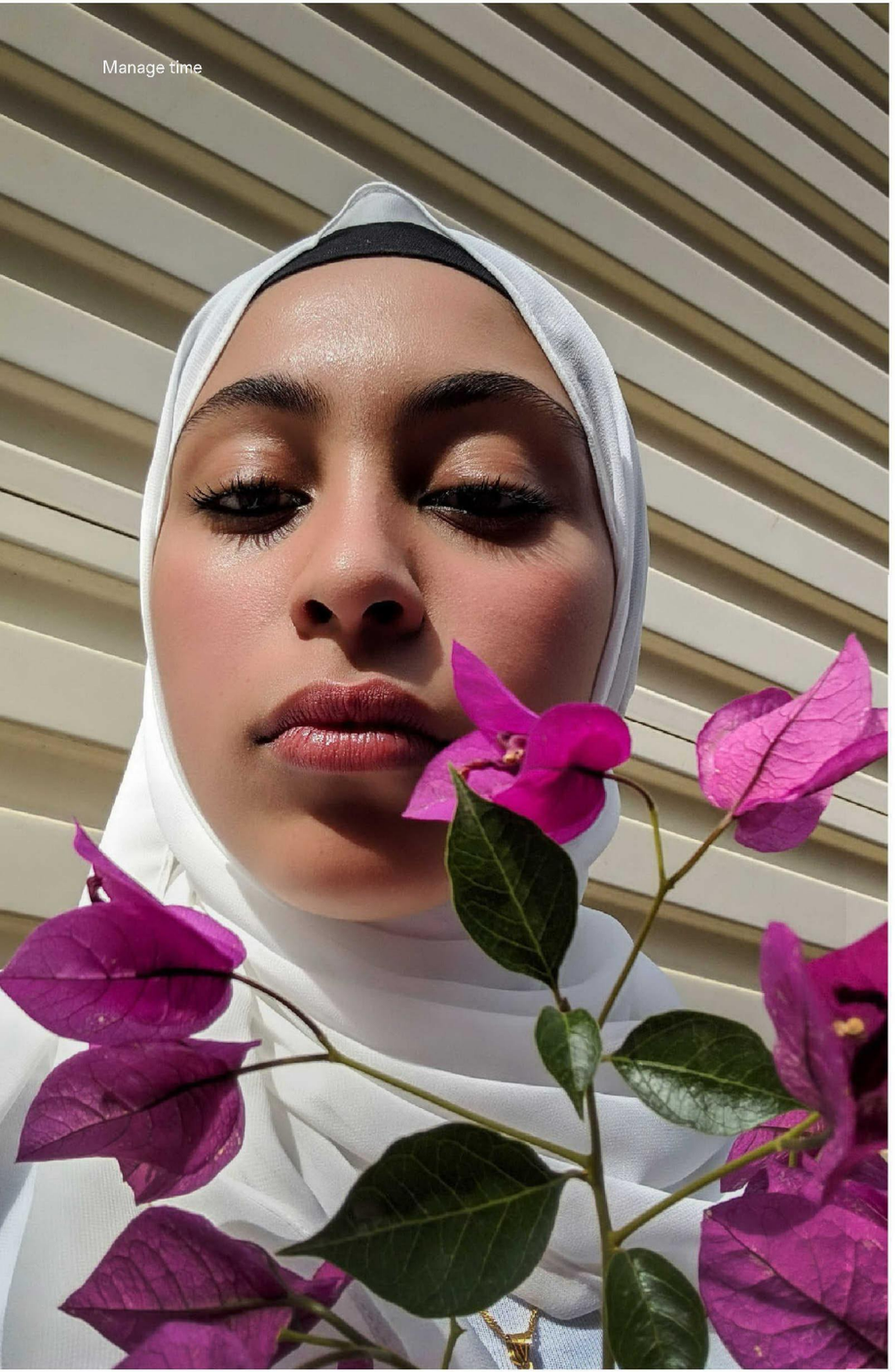


TAP "☰" IN TOP-RIGHT CORNER OF YOUR PROFILE → YOUR ACTIVITY → TIME SPENT

YOUR ACTIVITY



TAP "☰" IN TOP-RIGHT CORNER OF YOUR PROFILE → YOUR ACTIVITY → TIME SPENT → SET DAILY TIME LIMIT

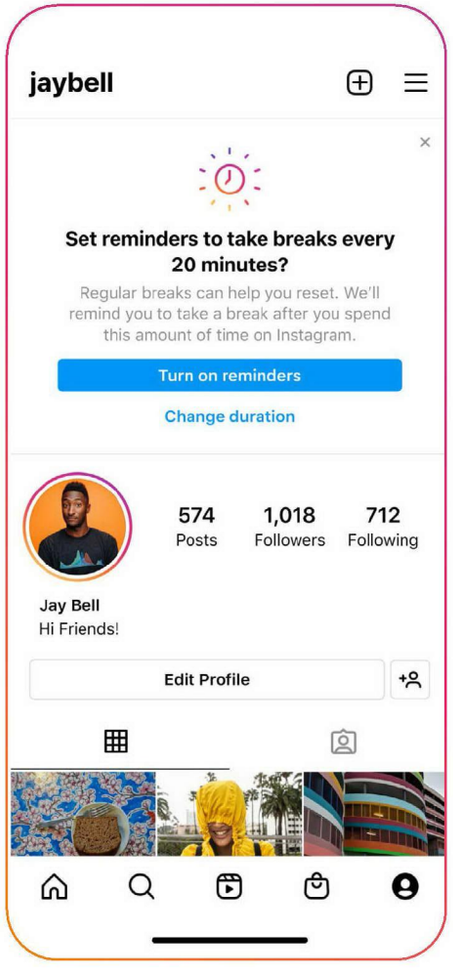


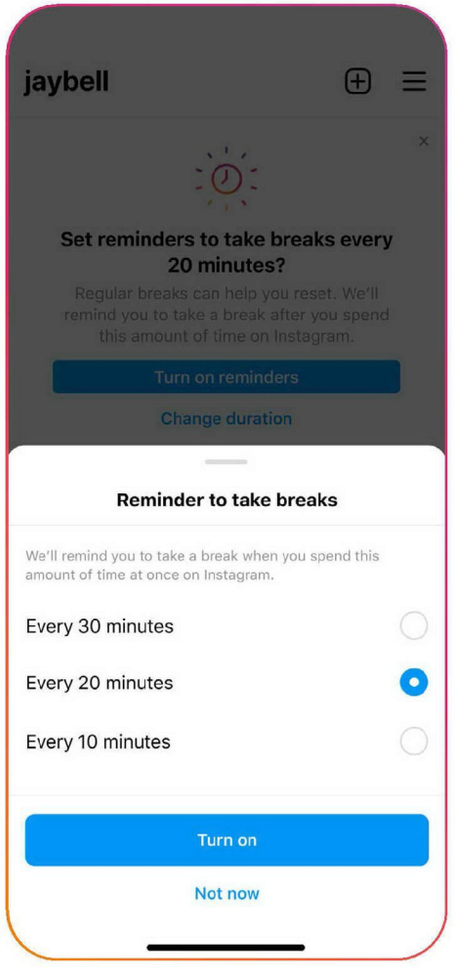
Take a Break

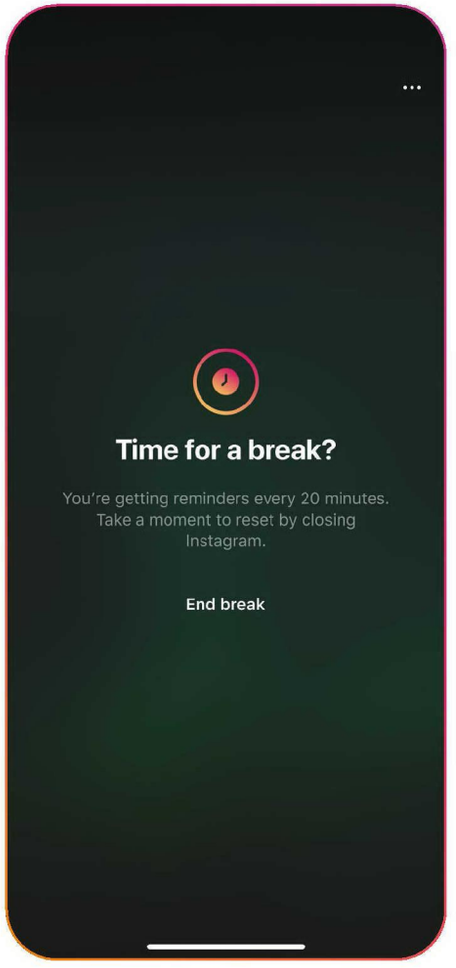
Take a Break empowers teens to make informed decisions about how they're spending their time online and encourages them to take regular breaks.

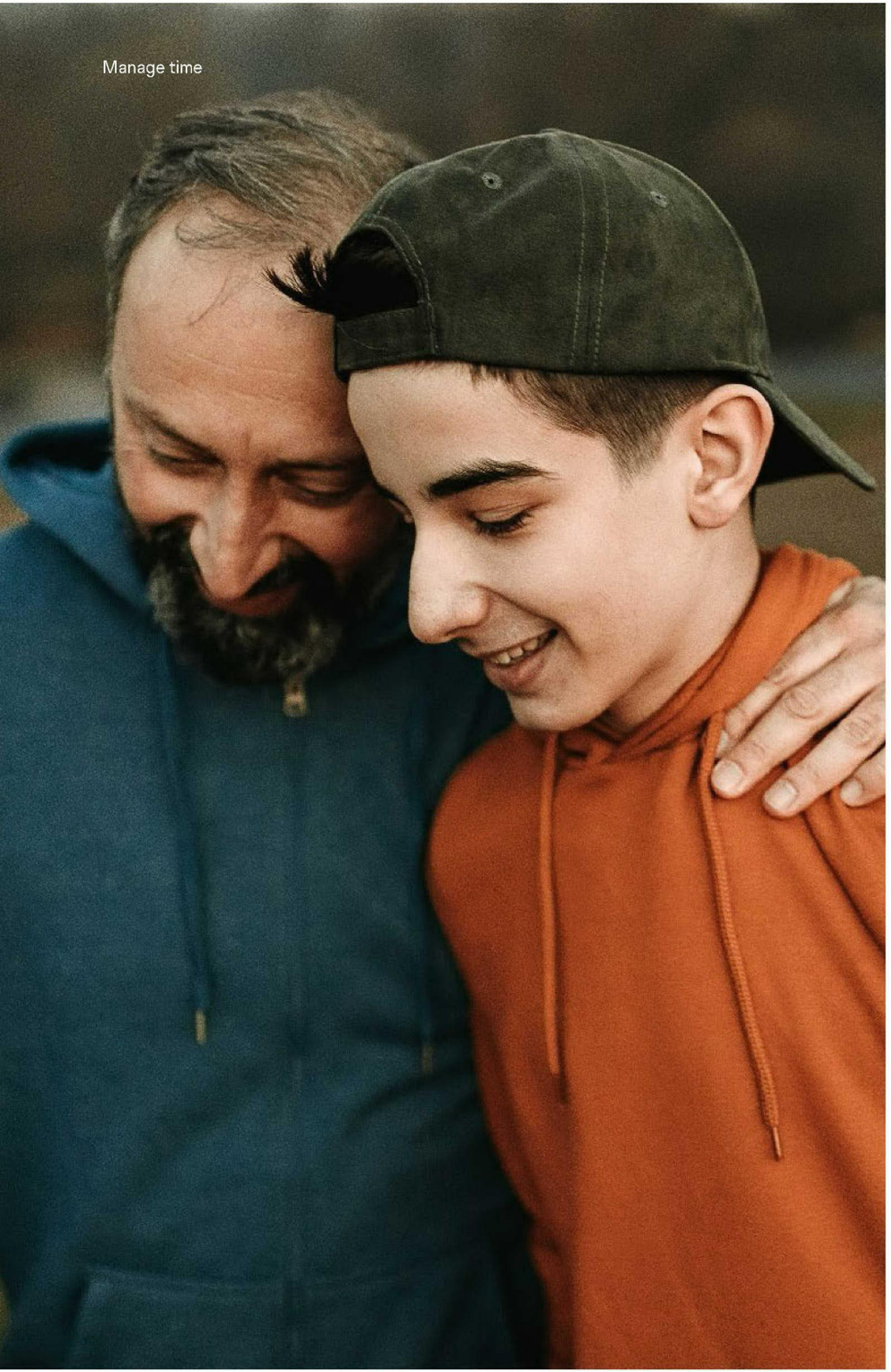
When your teen has been scrolling for the amount of time they selected, we'll remind them to take a break from Instagram.

Take a Break


jaybell
Set reminders to take breaks every 20 minutes?
Regular breaks can help you reset. We'll remind you to take a break after you spend this amount of time on Instagram.
Turn on reminders
Change duration
574 Posts
1,018 Followers
712 Following
Jay Bell
Hi Friends!
Edit Profile


jaybell
Set reminders to take breaks every 20 minutes?
Regular breaks can help you reset. We'll remind you to take a break after you spend this amount of time on Instagram.
Turn on reminders
Change duration
Reminder to take breaks
We'll remind you to take a break when you spend this amount of time at once on Instagram.
Every 30 minutes
Every 20 minutes
Every 10 minutes
Turn on
Not now


Time for a break?
You're getting reminders every 20 minutes. Take a moment to reset by closing Instagram.
End break



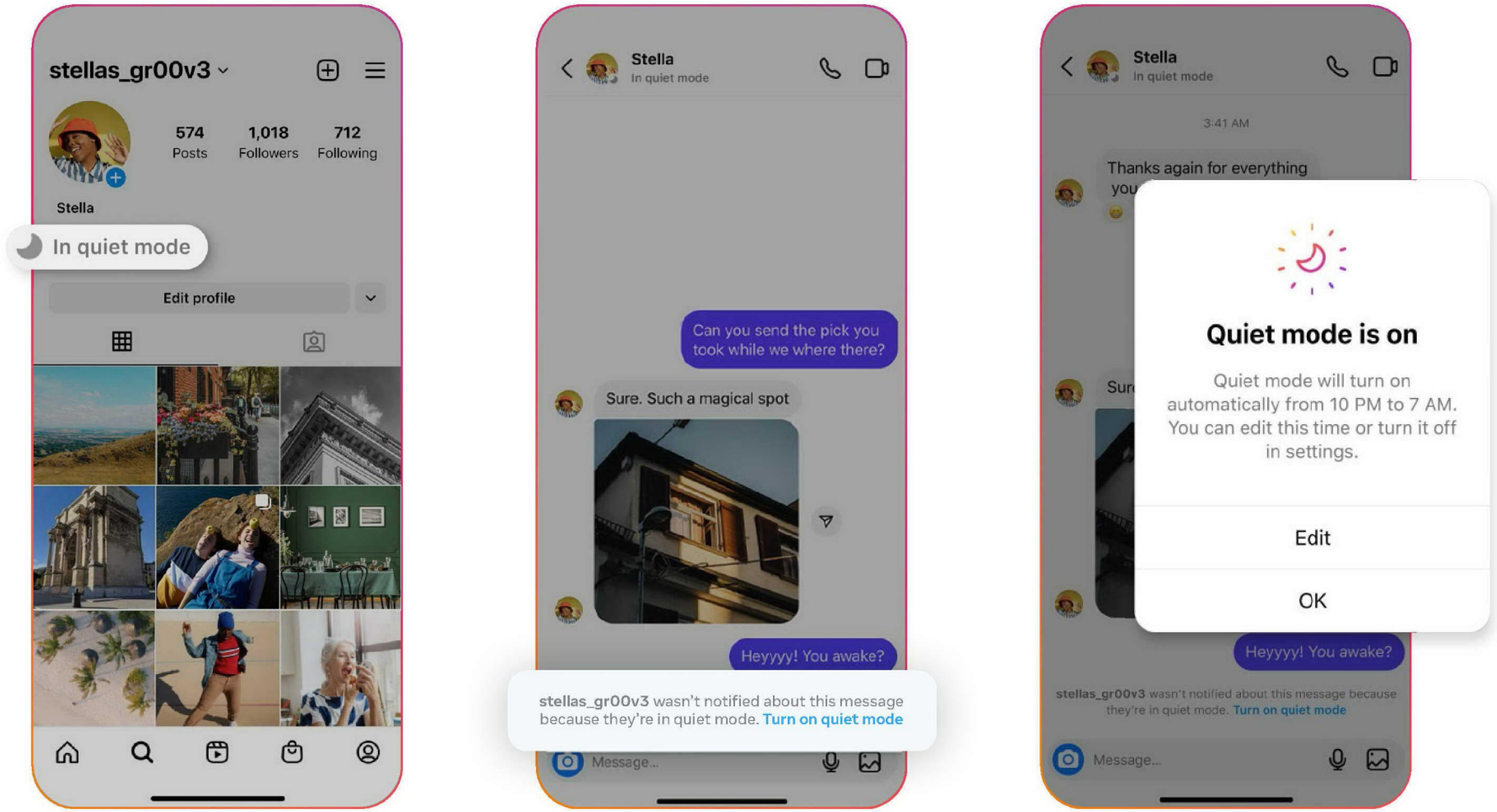
Quiet mode

Your teen can use Quiet mode on Instagram to help themselves focus and set healthy boundaries. They can turn on Quiet mode during school hours, while studying or at night when they want to wind down.

Turning on Quiet mode mutes notifications, changes your teen's profile's activity status to let people know they're in Quiet mode and sends an auto-reply if someone DMs them. Once Quiet mode is turned off, teens will see a quick summary of notifications to catch up on what they missed.

Teens can customize Quiet mode hours to fit their schedule.

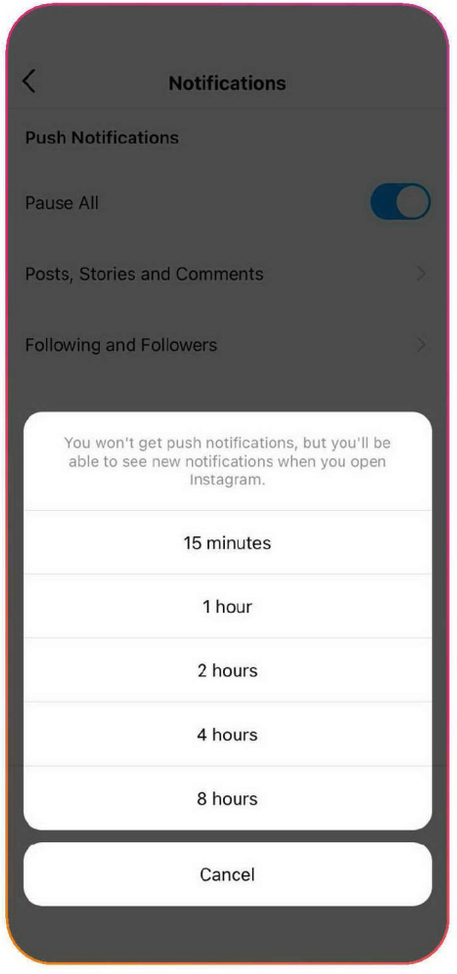
Quiet mode


stellas_gr00v3
574 Posts
1,018 Followers
712 Following
Stella
In quiet mode
Edit profile
Stella
In quiet mode
Can you send the pick you took while we where there?
Sure. Such a magical spot
Heyyyy! You awake?
stellas_gr00v3 wasn't notified about this message because they're in quiet mode. Turn on quiet mode
Message...
Stella
In quiet mode
3:41 AM
Thanks again for everything
Quiet mode is on
Quiet mode will turn on automatically from 10 PM to 7 AM. You can edit this time or turn it off in settings.
Edit
OK
Heyyyy! You awake?
stellas_gr00v3 wasn't notified about this message because they're in quiet mode. Turn on quiet mode
Message...

Mute push notifications

Your teen can use the Pause All Notifications feature to silence Instagram notifications for a period of time. This is a great tool for teens to use when they need to focus on something like homework or studying for a test.

When the preset time is up, notifications will return to their normal settings without having to reset them.



SETTINGS → NOTIFICATIONS → PAUSE ALL

09

Manage security

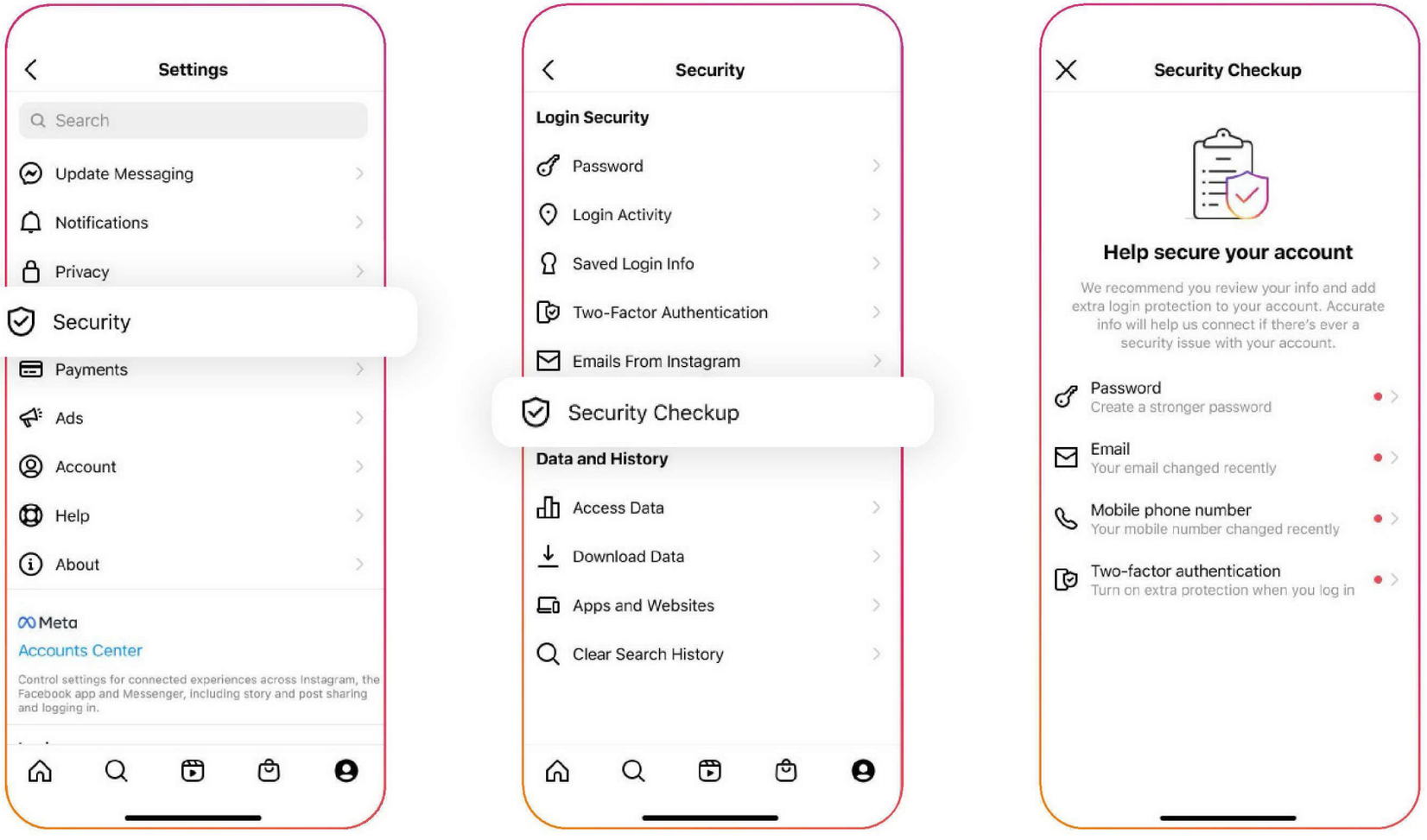




Security Checkup

Security Checkup guides people through the steps needed to secure their account, including: checking login activity, reviewing profile information, confirming the accounts that share login information and updating account recovery contact information, such as a phone number or email address.

Security Checkup

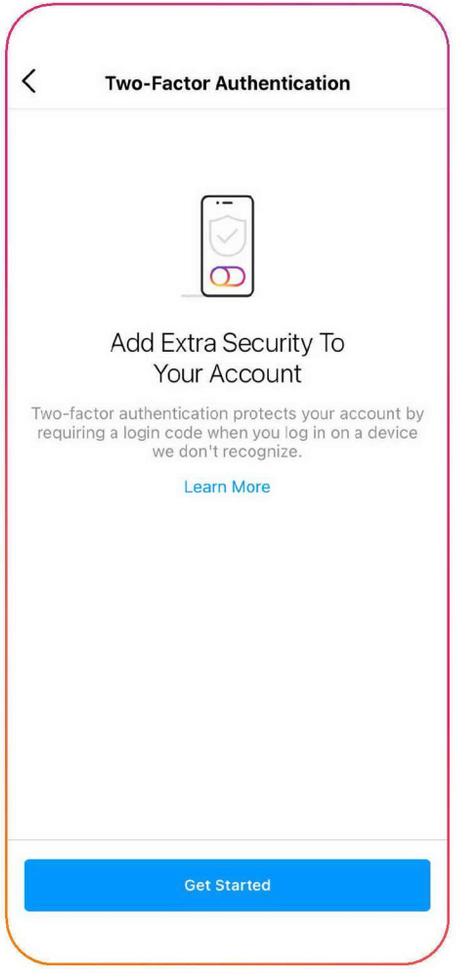


SETTINGS → SECURITY → SECURITY CHECKUP

Two-factor authentication

Keep your teen's account secure and their 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.

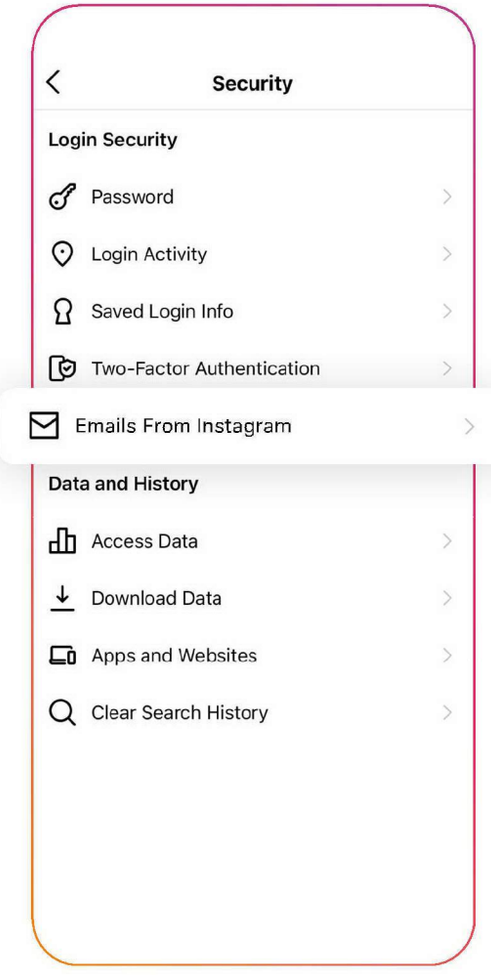
Logging into an Instagram account will then require a password as well as a secure code that is sent through an authenticator app or via text message.



SETTINGS → SECURITY → TWO-FACTOR AUTHENTICATION

Emails from Instagram

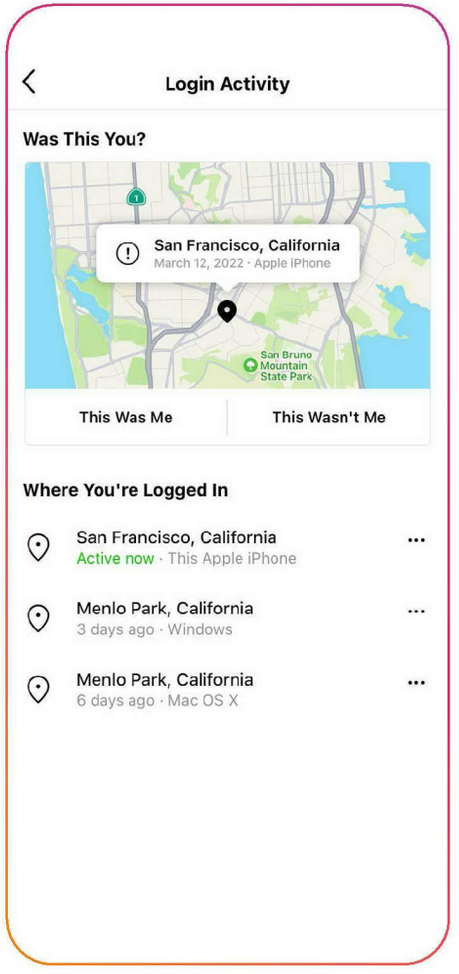
Verify your teen's account security and ensure that you do not, or your teen does not, miss important legitimate emails from Instagram regarding your teen's account. If Instagram ever wants to reach you about your account, we will do so via the Emails from Instagram tab in your settings, which is the only place you will find direct and authentic communication from us on the app.



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.



SETTINGS → SECURITY → LOGIN ACTIVITY

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Supporting others

It may never happen, but if your teen sees something on Instagram that leads them to be concerned for that person's well-being, they can let us know about it by reporting the post, and we will send resources that we've developed with suicide prevention experts to the person. They won't know that your teen reported their post. In some cases, we may contact emergency services if they seem to be in immediate danger.

We work with suicide prevention experts to inform our products and policies, and we direct people who search for self-harm or suicide-related content to local support organizations, including National Suicide Prevention Lifeline, The Trevor Project and the National Alliance on Mental Illness (NAMI).



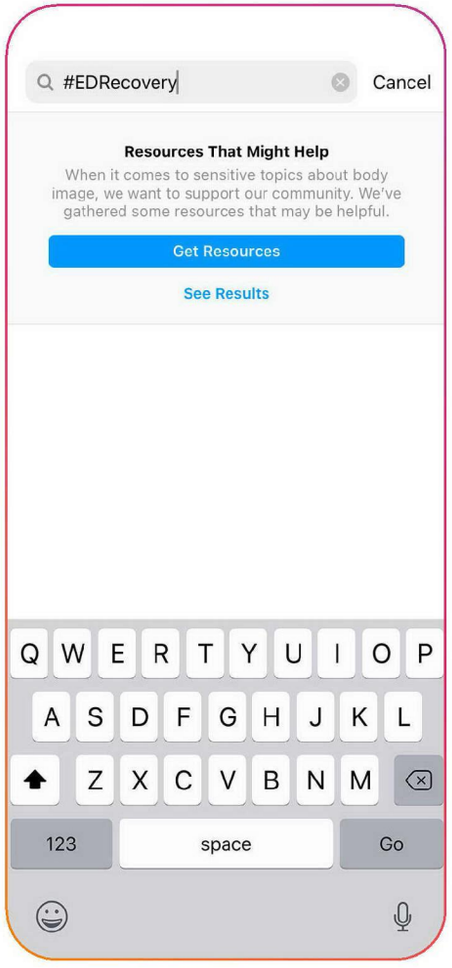


Eating disorders

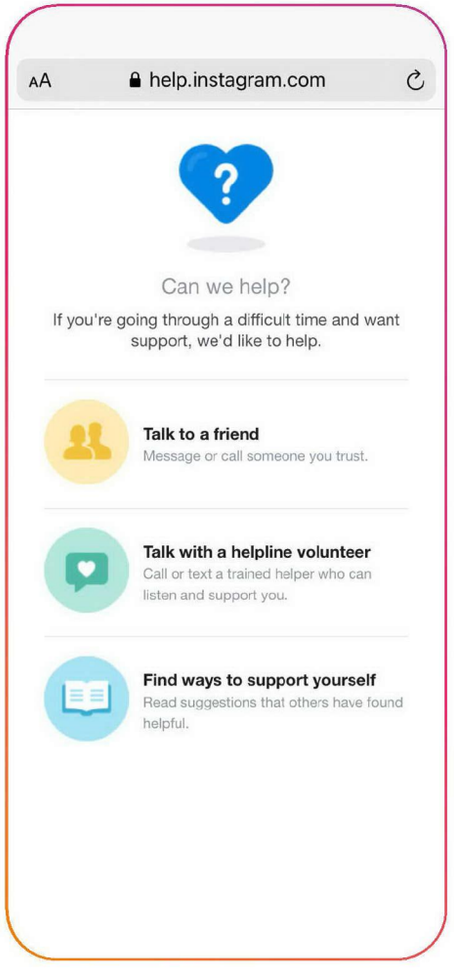
If your teen is affected by negative body image or an eating disorder, Instagram has tools to help, directing people to local support organizations such as the National Eating Disorders Association (NEDA) in the US and showing expert-backed resources if they try to search for eating disorder-related content.

We also work with experts to help inform our product and policies, as well as collaborate with community leaders and creators to help them share content that inspires positive body image.

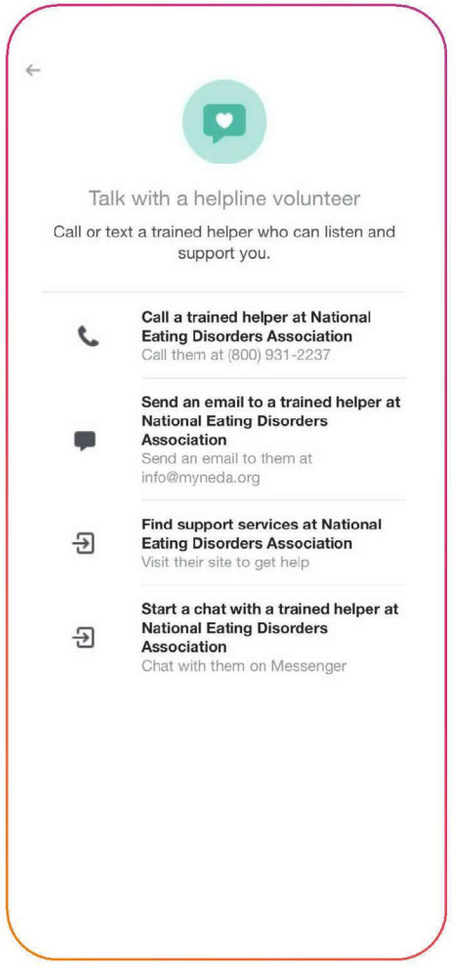
Seek help through Instagram



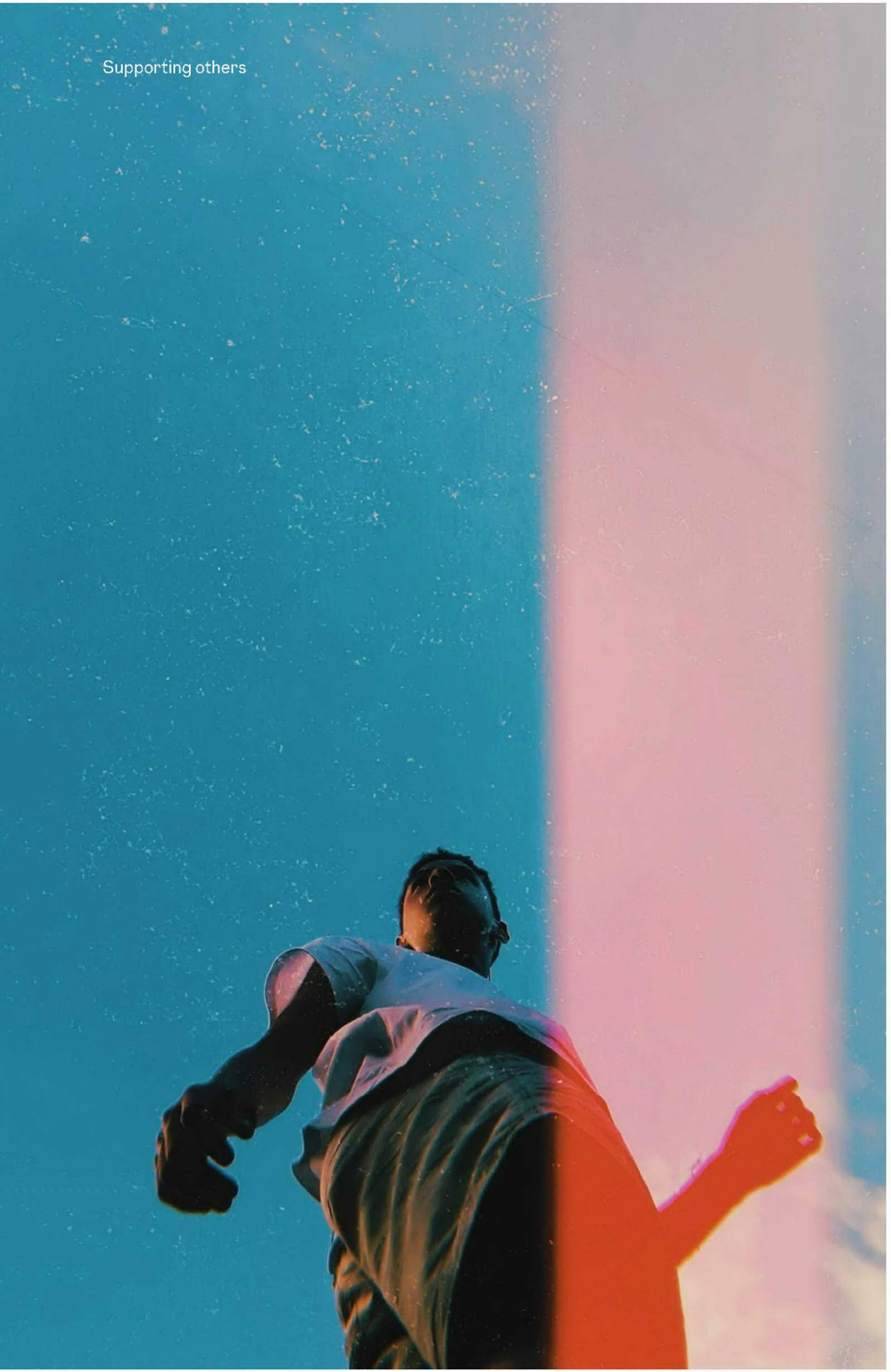
RESOURCES SUGGESTED WHEN SEARCHING ON INSTAGRAM



INSTAGRAM RESOURCES



TALK TO A HELPLINE VOLUNTEER



Negative or self-harm thoughts

Hearing that someone you love and care for is having thoughts of suicide or self-harm is a difficult thing to experience. It can bring up a lot of feelings for you as a parent or guardian, and it's important to recognize that and give space to those feelings.

If you are concerned about a young person's immediate well-being or are concerned that they are unable to keep themselves safe, or if they need medical support for self-harm, contact local emergency services.

You can find additional mental health and safety resources at **safety.instagram.com**.

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Glossary of Instagram terms

Block

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

Comment

A comment is a reaction to the content someone posts on Instagram. Comments appear below posts on your teen'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 (DMs)

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 teen 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.

Live and video chat

Your teen 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 4 people.

Post

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

Profile

Your teen'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 teen'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 90 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 teen can let Instagram know that something they have seen is inappropriate. Your teen can report anything on Instagram that they believe goes against our Community Guidelines.

Stories

Stories disappear from the app after 24 hours, unless your teen has enabled archiving, which makes their expired Stories available only to them. Your teen can subsequently share these in their Stories Highlights, which don't disappear. Anyone who can view your teen's Stories can screenshot them.

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Resources

For more tools and resources to help you navigate positive social media habits with your teen, visit: **familycenter.instagram.com/education**.





from

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