

Keeping Your Children Safe On Social Media

Why Do You Need It?

Digital parental control is an inevitable part of child guidance. Online life is an essential part of life for most children these days. As a parent/carer, it is imperative to understand that it is your task to help your child be safe while using their various technological gadgets and online platforms. Have conversations with your children so that they know that you have parental control over what they are doing online. Explain to them the risks of using social media and why you are limiting certain activities. They need to know every danger hidden behind innocent actions and the fact that everything that you are doing is to keep them safe. You wouldn't put them in the car without a seatbelt and so, this is their seatbelt for navigating the minefield of the internet.



INSTAGRAM

Setting up Instagram parental controls.

Even though Instagram was initially created for adults only, and you are not allowed to have your own account before 13 years old, more and more children lie about their age and register on Instagram. But why are there such age restrictions? Before a certain age, children cannot take full responsibility for their actions and estimate what is good or bad for them.

Social media can become a real threat to your child's safety. Exchange of excessive amounts of information, contact with strangers, affection of unwanted content, fake news, cyberbullying, sexual harassment, personal data theft and data collection – these are just some of the many risks our children and young people are unfortunately exposed/at risk of being exposed to.

Experts advise introducing your children to social media as late as possible. There are age restrictions and recommendations on these websites and apps for a reason.

Please note that the way to access privacy and security settings varies between devices e.g. desktop/laptop computer, tablet and phone. You must be vigilant in checking that the security settings match so that their privacy settings are universal across all their devices.

What is supervision on Instagram?

Supervision is a set of tools and insights that parents and guardians can use to help support their teens (aged 13-17) on Instagram.

Supervision is optional, and both the parent and the teen must agree to participate. It can be removed at any time by either person. The other person will be notified if you remove supervision.

When supervision is set up, in **Family Centre**, a parent/carer can:

- Set a time limit for how long their teen can use Instagram each day. If Instagram is used on multiple devices, time limits apply to the total time spent using Instagram.
- Set scheduled breaks that limit their teen's use of Instagram during selected days and hours. If Instagram is used on multiple devices, scheduled breaks apply to Instagram access across all devices.
- See how much time their teen is spending on the Instagram app across all devices.
- See how much time their teen is spending on Instagram each day on average, across all devices.
- See how much time their teen has spent on Instagram each specific day for the last week.
- See which accounts their teen is following.
- See which accounts are following their teen.
- See which accounts their teen is currently blocking.

With supervision set up, parents can also view:

- Their teen's account privacy setting.
- Their teen's sensitive content setting.
- Their teen's setting for who can message them.
- Their teen's setting for who can add them to a messaging group.

Parents/carers will be notified in their activity feed and, if enabled, via push notification, if their teen changes any of these settings.

With supervision set up, a teen can:

- Visit Family Centre to see a preview of what the parent sees while using supervision.
- See a preview of what the parent sees while supervising.
- Notify their parent after reporting something on Instagram. Parents will be able to see the report type selected and the name of the account reported.

Parent/Carer Supervised Instagram pages

Many parents/carers explain that they manage and their child's Instagram page. If this is so, we strongly recommend that these pages are private (only to be seen by your accepted friends) and have a note by the child's name which shows that it is not used by the child. For example: writing 'Parent/Carer Managed Page.'

Public/Private Instagram Pages

If a child/young person is under 18 when they sign up for an Instagram account, they will have the option to choose between a public or private account, but **private** will be selected by default.

The differences between public and private accounts on Instagram

Feature	Public	Private
Who can follow you?	Anyone on Instagram	Only people you approve
Who can see public accounts that you follow and that follow you?	Anyone on Instagram	Anyone on Instagram
Who can see private accounts that you follow and private accounts that follow you?	Anyone on Instagram	Your followers
Who can see your photos and videos on your profile or in feed?	Anyone on Instagram	Your followers
Who can see your photos and videos in search results, Explore, hashtag and location pages?	Anyone on Instagram	No one
Who can see your profile information, including your profile photo, name, username and bio?	Anyone on or off Instagram	Anyone on or off Instagram
Who can share your photos and videos with other people on Instagram and see what's shared?	Anyone on Instagram, unless you update your settings	Your followers, unless you update your settings
Who can remix your videos?	Anyone on Instagram, unless you update your settings	No one
Who can embed your photos and videos off Instagram?	Anyone on or off Instagram	No one