A PARENTS GUIDE TO
INSTAGRAM

Instagram is a social networking app with over 1 billion users worldwide. It is mainly used by children and adults up to age 34. The photo sharing app allows users to upload images and videos to their 'feed', create interactive 'stories' and exchange private messages. Users can also search for and follow accounts with the same interests.

DIRECT MESSAGES

Direct Messages (DM's) on Instagram allows users to share posts, images, videos, voice messages between users privately or in a private group. A direct message can be sent to anyone even if their account is set to private. If the sender is not on the users friend list, the user has to accept a request to see the message. If a message you receive is upsetting or inappropriate, you can report the message and account to Instagram by holding down the message and clicking 'report'.

ACCOUNT PRIVACY

A profile can be set to either PUBLIC or PRIVATE. If an account is private, users can approve the people who follow them, and can remove followers at any time. Private account content can't be seen by anyone the user hasn't approved. If an account is public, anyone can see the content they post on Stories, Feed or Live, and can follow them without needing approval. A public account can be switched to private at any time and vice versa. Users can also remove followers, choose who can comment and can also turn off "Show activity status" so that friends can't see when they're online.

AGE RESTRICTION

13+

Instagram requires everyone to be at least 13 years old before they can create an account. 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.

PRO'S

- **VISUAL** - Instagram is a fantastic visual medium.
- **CONNECT** - It is an easy way to connect with others who have the same interests.
- **POSITIVE** - It can be a really positive place if you follow the correct accounts (for example positive affirmation accounts)
- **EASY** - It is relatively easy to use.
- **PRIVACY** - Instagram's privacy policy is far better than other social media platforms, there is nothing that cannot be controlled with the privacy settings of instagram.
- **LEARNING** - Instagram has many pages which can be useful to a child/teens development, such as pages dedicated to crafts, music and helping with studies... anything which the young person shows interest in.
- **PARENTAL APPS** - It can be easily accessed through parental 'spying' apps, so parents can monitor the accounts activity
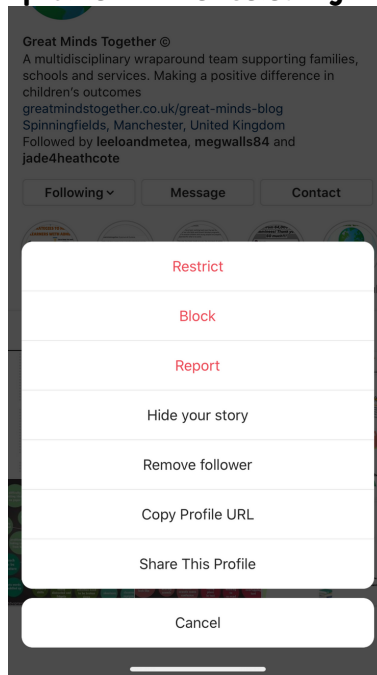
CON'S

- **ADULT CONTENT** - Although Instagram does not allow users to post explicit photos, public pages may still display content which is only suitable for adults.
- **ADDICTION** - Users may develop an unhealthy addiction to the platform. Addiction also slowly gives birth to anxiety, sleeping disorders and change in eating habits.
- **LOCATION TAGS** - Users can tag their location, making their whereabouts known to their followers (or anyone on a public page)
- **NEGATIVE SELF IMAGE** - Instagram is full of influencers who share images which are often edited to make them seem 'perfect'. This can cause young people to have a negative self image or low self esteem as they compare themselves. These feelings could turn into jealousy or frustration.
- **BULLYING** - Trolling or bullying is very common on social media.
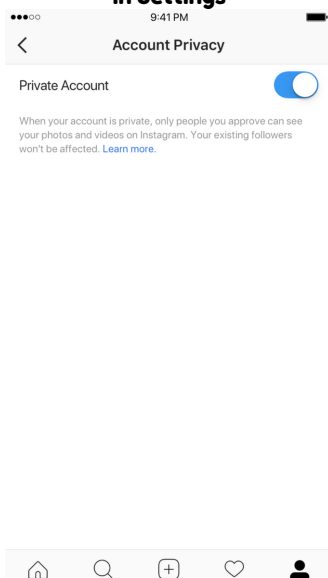
A PARENTS GUIDE TO
INSTAGRAM

BLOCK USERS

Block accounts you dont want to interact with by clicking "..." on
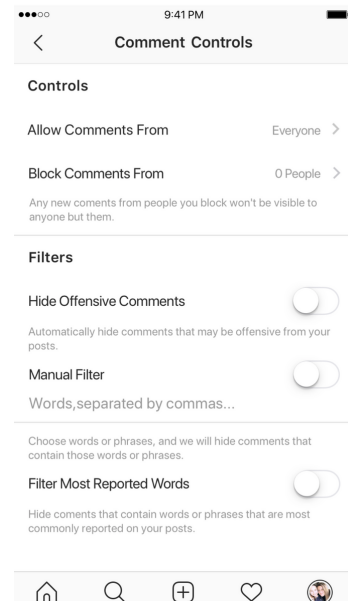their profile and then selecting "Block"

Great Minds Together ©
A multidisciplinary wraparound team supporting families,
schools and services. Making a positive difference in
children's outcomes
greatmindstogether.co.uk/great-minds-blog
Spinningfields, Manchester, United Kingdom
Followed by **leeloandmetea**, **megwalls84** and
jade4heathcote

| Following ⌄ | Message | Contact |

Restrict

Block

Report

Hide your story

Remove follower

Copy Profile URL

Share This Profile

Cancel

ACCOUNT PRIVACY

Switch an account from public to private under "Account Privacy"
in Settings

9:41 PM

‹ Account Privacy

Private Account

When your account is private, only people you approve can see
your photos and videos on Instagram. Your existing followers
won't be affected. **Learn more.**

MANAGE COMMENTS

Control who can comment on your posts and videos in the
"comment controls" section in Settings

9:41 PM

‹ Comment Controls

Controls

Allow Comments From   Everyone ›

Block Comments From   0 People ›

Any new coments from people you block won't be visible to
anyone but them.

Filters

Hide Offensive Comments

Automatically hide comments that may be offensive from your
posts.

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 coments that contain words or phrases that are most
commonly reported on your posts.

A PARENTS GUIDE TO
FACEBOOK

Facebook is a multi-platform social media platform with over 2 billion users worldwide. It is mainly used by adults aged 25 - 44. Users can create a profile and add photos and videos along with updating their status and interacting with other profiles and pages.

FACEBOOK MESSENGER

Facebook Messenger is a separate app which is directly linked to a users profile and gives the ability to share messages privately. Messages received from 'Friends' go directly into the users inbox, whereas messages from non-friends go into a separate 'message request' inbox.

ACCOUNT PRIVACY

A Facebook profile can be set to either PUBLIC or PRIVATE. If an account is private, users must approve ' Friend Requests' before anyone can see the information they choose to share on their profile. If a profile is public, any user can see the accounts posts without being their 'friend.' With Facebook, you can also choose to make certain posts public or private.

AGE RESTRICTION

13+

Despite requiring users to be over 13, Facebook has no age verification measures meaning that children can easily create an account.

LIVE STREAMING

Facebook Live enables users to stream videos live to their friends and followers or watch other peoples live streams. During these streams, other users can comment and 'react' in realtime. As this is streamed live, there is a risk of innapropriate material being shared or users being influenced to do something online they shouldn't be doing.

PRO'S

- **CONTACT** - Facebook enables users to keep in touch with people you otherwise would not see. Users can also find out about real-life events and gatherings they would otherwise miss.
- **JOURNAL** - Users can use their profile to keep a virtual journal of their life to look back on in the future. Your Facebook timeline is ordered chronologically so you can look back on years gone by to relive the experience.
- **FREE** - It is free to use and has multiple options of communication.
- **LEARNING** - There are many pages which can be useful to a child/teens development, such as pages dedicated to crafts, music and helping with studies... anything which the young person shows interest in.
- **NEWS** - For many people, facebook is their main way of keeping up with current affairs. However, users should always double check the news they are recieving is factual.
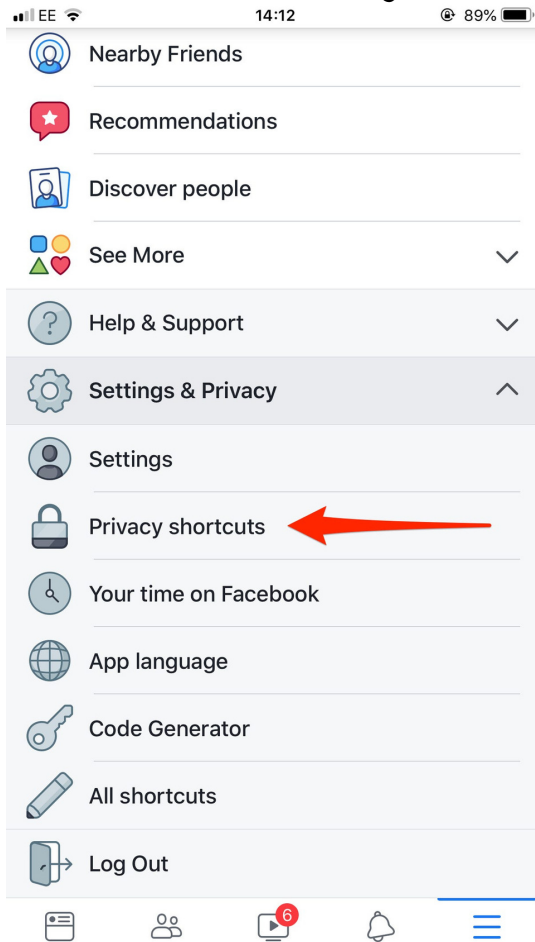
CON'S

- **OVERSHARING** - Facebook encourages users to share "what's on your mind?" this could encourage children to over share information.
- **ADDICTION** - Users can become highly addicted as communication is so instant that they develop a fear of missing out if they do not constantly check their feed.
- **STRANGERS** - Some profiles on Facebook use stolen information to pretend they are someone the users know when in fact they are a complete stranger.
- **FUTURE IMPACT** - Anything which is posted on Facebook leaves a digital footprint. This means that anything you share could affect your reputation in the future.
- **BULLYING** - Facebook has multiple forms of communication, meaning users could be more exposed to hurtful comments and abuse.
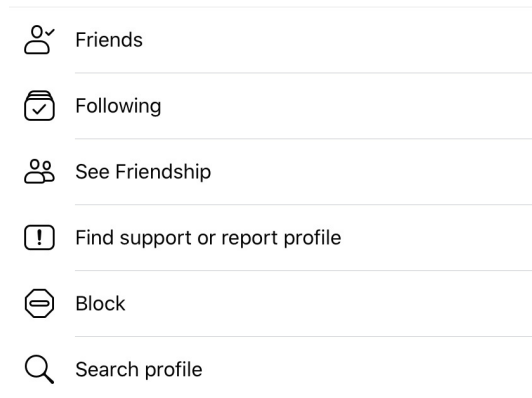
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FACEBOOK

ACCOUNT PRIVACY

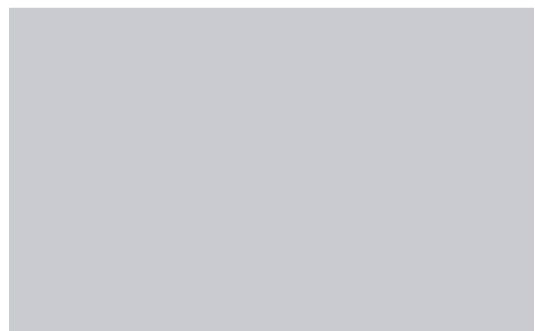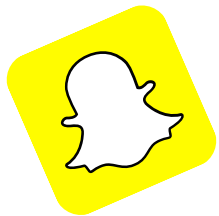**Switch an account from public to private under "Privacy Shortcuts" in Settings**

● Nearby Friends	
⭐ Recommendations	
🖼 Discover people	
🔷 See More	⌄
❓ Help & Support	⌄
⚙ Settings & Privacy	⌃
👤 Settings	
🔒 Privacy shortcuts	←
🕐 Your time on Facebook	
🌐 App language	
🔑 Code Generator	
✏ All shortcuts	
🚪 Log Out	

BLOCK A USER

Click on the "..." button on the users profile and then select "Block"

👤✓	Friends
☑	Following
👥	See Friendship
❗	Find support or report profile
⊘	Block
🔍	Search profile

https://www.facebook.com/

`Copy Link`

A PARENTS GUIDE TO
SNAPCHAT

Snapchat is a photo sharing app most commonly used on mobile phones. It is mainly used by young people aged 25 and below. Users can share images, videos or text messages with specific friends or to their complete friends list through their 'story' which is available for 24 hours.

SNAP MAP

The 'snap map' allows users to share their location in real-time through a map on the application. The users location updates each time they open the app. When 'ghost mode' is turned on, the users location will no longer be shared with anyone.

ACCOUNT PRIVACY

Snapchat users can be contacted by anyone who has their username unless they select the privacy option which only allows their 'friends' to contact them. Snapchat also has a public 'story' which all users can send a picture to. If a user shares a photo or video to the 'our story' option on Snapchat, it means that anyone will be able to see that piece of media.

AGE RESTRICTION

13+

Despite requiring users to be over 13, Snapchat has no age verification measures meaning that children can easily create an account.

'YOLO' ADD ON

YOLO is an anonymous Q&A tool that lets users add an "ask me anything" sticker to their Snapchat Stories. While the post can be attached to a Story, it can also be sent to a specific set of contacts, facilitating conversation among groups of friends.Those who see the request can then swipe up to open YOLO, and answer through another sticker – if the original poster responds, their reply is posted back to their Snapchat Story. Whilst the add on is safe in respect to the fact only a users 'friend' can send an anonymous question, it could be easily misused to send abusive or upsetting messages.
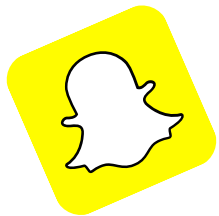
SEXTING

Messages and text sent via Snapchat disappear eventually and can not be re-watched. However other users could still use the 'screen shot' capability on their phone to record anything which has been sent to them. Users sometimes forget this and send compromising pictures of themselves to other users which are then screen shot and sent to others without their consent.

PRO'S

- **NEWS** - For many young people, Snapchat is a fantastic news outlet. Many magazines and newspapers post daily stories full of current affairs.
- **FUN** - Snapchat has many fun and interesting filters that you can add to your photos and videos. Due to this, young people tend to take themselves less seriously as with a silly filter there is no pressure to look 'perfect'.
- **CREATIVE** - Users can create fun and interesting stories which follow a narrative.
- **LESS PRESSURE** - Because 'Snaps' disappear, there is less pressure to be perfect on each image as there is less time to scrutinise the images.
- **MAINTAINING FRIENDSHIPS** - Snapchat enables young people to remain in contact with friends they do not see often, meaning that friendships are able to continue when in the past they would have dissolved.
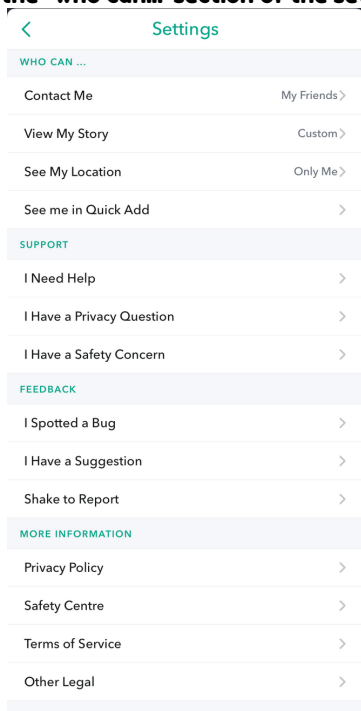
CON'S

- **OVERSHARING** - Due to the fact that 'snaps' disappear, young people may feel a false sense of security and send images, videos or messages that are innapropriate.
- **ADDICTION** - Friends who are users can maintain a 'streak'. This is a tally of the number consecutive days they have messaged each other. This can get competitive as it can be seen as a strength of friendship and lead to children being addicted to the platform in order to have the longest 'streak'.
- **STRANGERS** - It is easy to search and add any random user on Snapchat, it is important that users only add people they know.
- **LOCATION** - Unless the user has set their account to ghost mode, their exact location is updated in real-time and can be found on a map.
- **CONTENT**- Snapchat has a page where you can view stories from many media outlets. Some of this content is not suitible for children and young people.
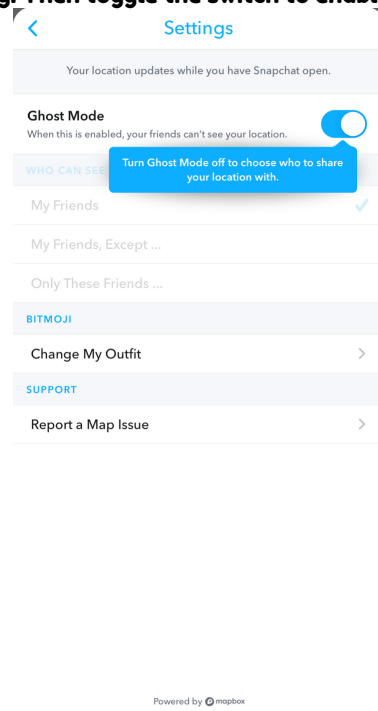
A PARENTS GUIDE TO
SNAPCHAT

PRIVACY

Manage who can add you as a friend and send you messages through the "who can..." section of the settings tab

‹ Settings	
WHO CAN ...	
Contact Me	My Friends ›
View My Story	Custom ›
See My Location	Only Me ›
See me in Quick Add	›
SUPPORT	
I Need Help	›
I Have a Privacy Question	›
I Have a Safety Concern	›
FEEDBACK	
I Spotted a Bug	›
I Have a Suggestion	›
Shake to Report	›
MORE INFORMATION	
Privacy Policy	›
Safety Centre	›
Terms of Service	›
Other Legal	›
ACCOUNT ACTIONS	

GHOST MODE

To enable 'ghost mode' click on the snap map and then the 'settings' cog. Then toggle the switch to enable ghost mode.

‹ Settings	
Your location updates while you have Snapchat open.	
Ghost Mode When this is enabled, your friends can't see your location.	⬤
Turn Ghost Mode off to choose who to share your location with.	
WHO CAN SEE	
My Friends	✓
My Friends, Except ...	
Only These Friends ...	
BITMOJI	
Change My Outfit	›
SUPPORT	
Report a Map Issue	›

Powered by ◉ mapbox

BLOCK A USER

Hold down the users name in your contacts then click, the "more" button and then select "Block"

Report	
Block	
Remove Friend	
Edit Name	
Pin Conversation	NEW
Clear Conversation	
Delete Chats ...	After Viewing
Message Notifications	All Messages
Game and Mini Notifications	⬤
Story Notifications	◯
Mute Story	◯
Share Snapcode	
Done	