



PARENTS GUIDE TO INSTAGRAM

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WHAT IS IT?

Instagram is an photo and video sharing social networking service owned by Meta Platforms.

It allows its users to create interactive 'stories', share live videos, exchange private messages or search, explore and follow accounts they like.



PRIVACY SETTINGS

Private Account: When this is on, only followers can see your posts and stories and you have to approve followers.

You can restrict, block or report a user by clicking on their profile and selecting the three dots in the top right.



SETTING LIMITS

Daily time limit reminders can be set up on Instagram. Tap on your profile picture and select the three lines at the top right. Click on 'Your Activity' and select 'Time spent'. Here, you can set a daily time limit for your child.

