

Keep your child safe on Instagram

What's the problem?

- There have been a number of media stories about bullying on Instagram, and children seeing harmful images and advice about weight loss, self-harm and suicide
- Children can feel pressurised to look a certain way – for example, feeling like they should look like other users who share weight-loss content
- Leaked research from owner Facebook (now Meta) suggests Instagram can increase the rate of anxiety and depression in teenagers, and make body image worse for teenage girls especially
- If your child has a public account, they can share their 'reels' (a feature where users share short videos with effects and music) on Instagram's 'Explore' page, meaning strangers could watch and comment
- It can be used for online 'grooming' – gangs use it to recruit children, and strangers can use it to contact your child and ask them for naked pictures, or to send photos to your child

The **minimum age** to have an account is **13**, but it's easy to pretend to be older to sign up