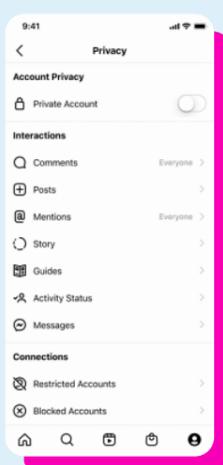


# STAYING SAFE ON INSTAGRAM

Have you ever wondered how to create a safer online space for you and/or your child?

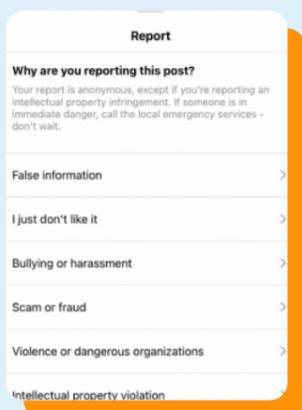
Check out this guide on Instagram's safety tools to learn how you can protect yourself and/or your child from online harms.



## Managing your Privacy Settings

Only use Instagram if you are over 13 years of age. People aged below 16 will have a private account by default. Learn more about Instagram's Privacy Tools [here](#).

## Reporting content



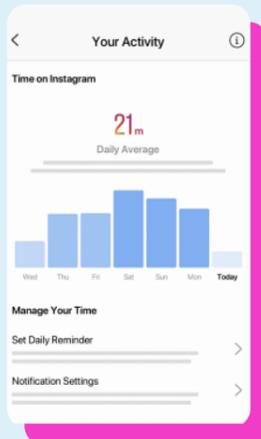
Report content that goes against Instagram's [Community Guidelines](#) and check your [report's status](#) in the Instagram app.

Learn how to make a report [here](#).

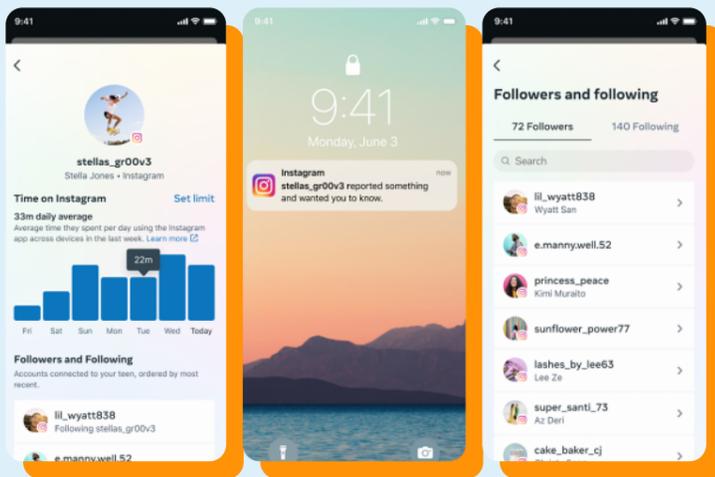
Visit [StopNCII.org](#) for help if you suspect someone intends to share your intimate images on Instagram. If you are a minor (e.g. below 18), visit [Take It Down](#) for help.

## Managing your time

Instagram helps you manage your screen time, set a daily reminder on your time limit and mute notifications. Find out more [here](#).



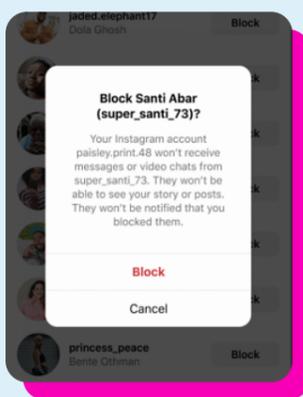
## Use Parental Supervision Tools



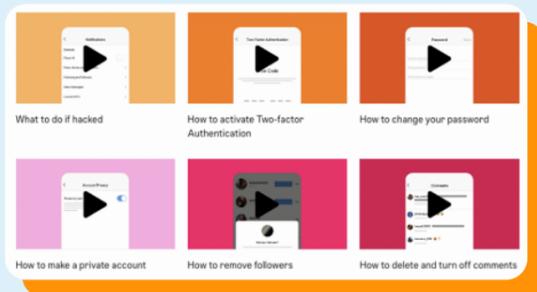
Learn more about [Instagram's parental supervision tools](#) which provide parents and guardians with insights on how their teens are using Instagram.

## Safety Tools

There is a range of tools that can help you control your experience on Instagram including [Message Controls](#), [Hidden Words](#), [Comment Controls](#), [Blocking](#), Restrict Mode, [Limits](#) and more. Learn more about these tools in the [Instagram's Help Center](#).



## Check out more resources



- [Instagram Safety Center](#)
- [Instagram Anti Bullying Hub](#)
- [Instagram Parents Guide](#) (in partnership with the Media Literacy Council)
- [Tips for Staying Safe on Instagram](#)
- [Tips for Managing Privacy on Instagram](#)

\*Information accurate as of Mar 2023. Please visit the [Safety Center](#) for latest updates

