DIGITAL FOR LIFE
PLAY IT FORWARD
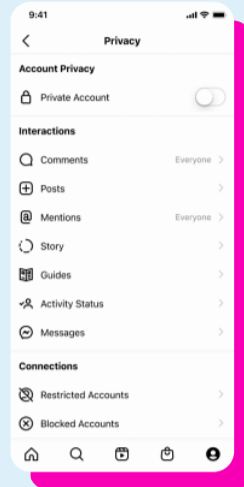
f @ @digitalforlife.sg

STAYING SAFE ON INSTAGRAM

Have you ever wondered how to create a safer online space for you and/or your child?
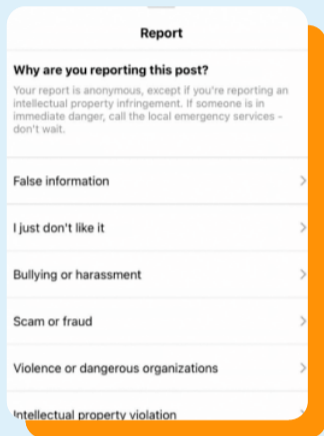
Check out this guide on Instagram's safety tools to learn how you can protect yourself and/or your child from online harms.

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.
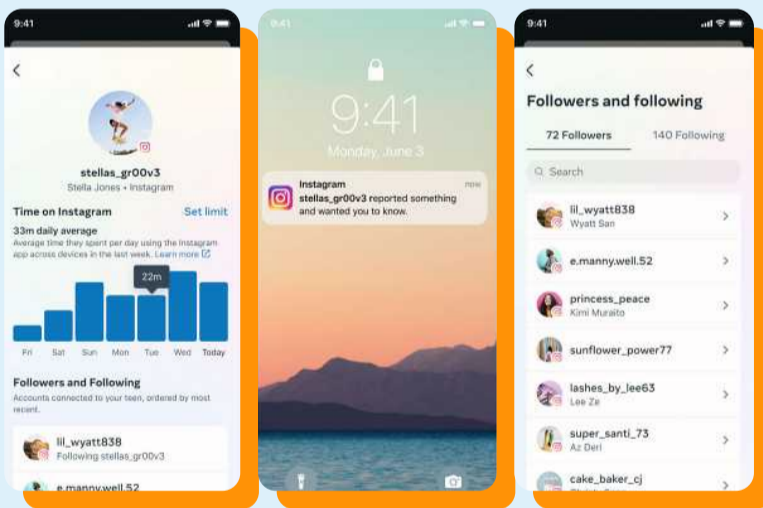
Learn how to make a report **here**.

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**.
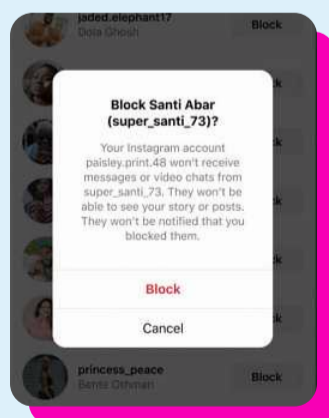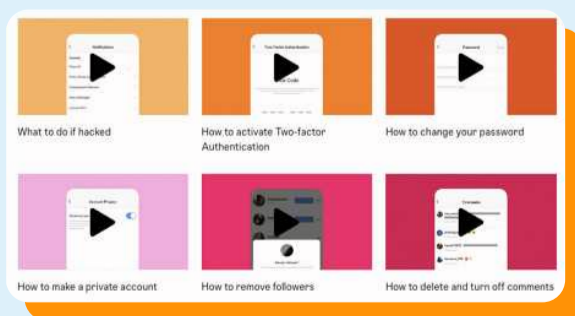
Use Parental Supervision Tools

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 Parents Guide** (in partnership with the Media Literacy Council)
- **Instagram Anti Bullying Hub**
- **Tips for Staying Safe on Instagram**
- **Tips for Managing Privacy on Instagram**

*Information accurate as of Feb 2024. Please visit the **Safety Center** for latest updates

Discover more ways to care for your digital wellness at www.digitalforlife.gov.sg