



WEST
VANCOUVER
SCHOOLS



Parent's Guide to Instagram

General Information

Instagram is a social media app where users can create, share and interact with short videos and static posts. Users can follow, like, share and interact with content.

13

Instagram's own policy states that users must be 13 or older. Some younger students may be using social media platforms before they reach the required age. We encourage families to review app guidelines together and talk about safe, age-appropriate online use

Instagram Map



Instagram now has a location feature built in. It is turned off by default but if turned on, chosen people can see the users location or the location of their posts.

“Follows”

On Instagram, you “follow” accounts to see their material. If your account is Private, only users you approve can follow and view your content. If your account is Public, anyone can follow or view your content.

Did You Know?



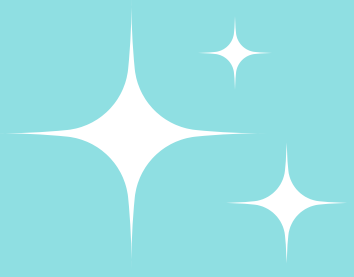
Instagram users who are under 16 have their accounts set to Private automatically, however they can change that to Public in Settings. The opposite is true of users over 16.

While users under 13 are not allowed on Instagram, children rapidly learn to get around that by lying about their age.

Instagram at School

West Vancouver Schools DOES NOT allow students to access Instagram while using school wifi.





If your child is under 13

- They SHOULD NOT be using Instagram or any other social media app
- As soon as they enter school grounds, their phone should be put away and not brought out again until they leave school grounds.
- Consider holding off on getting them a phone as long as possible and if you do get them a phone, make sure you establish rules and guidelines over its use.

Did you know?

- Instagram algorithms are set up to encourage users to keep viewing. Through functions like “infinite scrolling” and psychological issues like “FOMO (fear of missing out)” users can easily spend several hours on the platform.
- Like TikTok, Instagram has “viral challenges”; some of these promote dangerous and harmful behaviour.
- Children and teens can get a very unrealistic view of life by following and idolizing “influencers”.
- Instagram could expose them to inappropriate language and/or sexualized content that they are not ready for.

If your child has Instagram

- Make sure they are old enough to be on it - at least 13.
- Ensure you are one of their “friends” and monitor their account.
- Make sure they know how to block and report users and content.
- Make sure you and your child are familiar with the various settings and features, like how to set sleep times, limit daily use and notifications
- Instagram has a [parent help site](#) where you can get more information
- Remember, YOU are the adult. If your child is not using their phone safely, you can take it away or shut off their data.