

Instagram's New Teen Accounts: What You Need to Know

Key Features

Teen accounts will **default to private**, restricting who can view their posts or send direct messages

Users aged 16 or younger will **require parental consent** to adjust the new privacy settings applied to their accounts

Only followers will be able to view or interact with their content, and tagging or mentioning them is limited to people they follow.

Instagram's algorithms work to **block inappropriate content**, such as explicit material, hate speech, and bullying

Time limits will be enforced on teen accounts, sending reminders to exit the app after an hour and prompting sleep breaks

Parents can link their accounts to monitor their child's activity, manage time limits, and control accessible content

" By setting clear boundaries and encouraging balanced use of devices, parents can help protect their child or teenager's mental health and well-being and foster life-long positive relationships with technology."

What else Parents need to know!

Parents will be able to see who their teens have recently messaged, although they won't have access to the actual message content

Parents will be able to set daily usage limits, restrict app access during specific hours, and view the topics their children have been browsing

Be aware! Meta has not committed to removing or limiting algorithms that promote increasingly extreme content. This can contribute to harmful issues such as poor body image, eating disorders, self-harm, and exposure to misogynistic and extremist views

Even though many children and teens get upset if parents try to limit their time on devices, research is increasingly evidencing that excessive social media use can lead to; addiction, sleep deprivation, anxiety, and depression, negatively impacting students' mental well-being so it is important that schools and parents work together to help children form healthy habits around social media use



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