



Fact sheet

# INSTAGRAM (For youth)



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## What is Instagram?

Instagram is a photo-sharing app which allows users to take photos and videos, apply a filter and share their photos with either followers or the general public. Users are able to 'like' and comment on photos as well as send these images directly to individual followers.

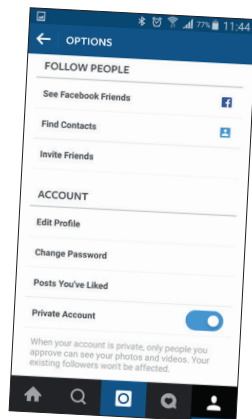
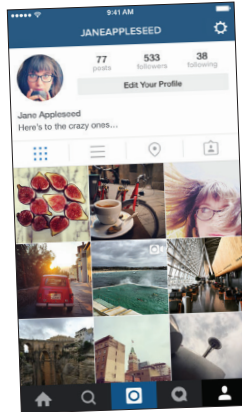
Instagram has a private messaging option which allows followers to contact one another and share photos privately. Private messaging can be accessed by the inbox symbol at the top right corner of the home page.

## Who can use Instagram?

Users must be 13 years or older to use Instagram. This service is owned by Facebook and usually links to a Facebook account where a user's age can also be verified. There may be content on Instagram which is confronting, graphic or not appropriate for children and younger teens.

## Who can see my photos on Instagram?

You can choose to make your Instagram account visible to the public, or just to the people you approve as followers. You can change your account settings to 'private' or 'public' through the Instagram app on your mobile device. First, select the 'Profile' option on the lower right-hand side of the screen. Click 'Options' (signified by three dots), under 'Account' ensure 'Private Account' is in the 'On' position. It is important to note that even if your account is private, if you share an Instagram photo on Facebook, the people on your Facebook friends list will also be able to see this photo.



## What could be revealed through an image?

There is a lot of information which can be revealed through a photo when it is shared online, in particular your location. This is revealed through a process called 'geotagging'. Geotagging is when the GPS coordinates of where an image was taken or a post was made, are stored within that post. This means that people may be able to find out where you or your friends live, what school you go to or other personal information through the photos you share.

## How can I limit sharing my location information?

It is important to turn off the location function for the camera on your mobile device. For most devices, you can find where to do this in your 'Settings' menu. If you are unsure how to do this on your device, you can look up your device's user guide online. It is also best to avoid using the Photo Map function on Instagram as this will pinpoint where your photos have been taken on a map, potentially showing others the locations where you spend much of your time.

## What are the potential problems with Instagram?

The potential problems you may face when using Instagram include sharing private information about yourself through your photos, such as your home address or where you go to school. You may post a photo and receive negative comments from other users, or you might share a photo privately with someone which they then share without your permission. You may also be exposed to photos which are rude, offensive or might upset you. It's important you know how to block and report inappropriate users on Instagram, and if you need further help you can report any problems to the Office of the Children's eSafety Commissioner at [www.esafety.gov.au](http://www.esafety.gov.au)

## Top 3 Instagram tips

1. Ensure your Instagram account is set to 'Private'.
2. Avoid sharing photos on your Photo Map – particularly those taken at home or your school.
3. Be aware of how to block, report and delete users.

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