



# 'Supervision'

Instagram's Latest Feature for Parents and Carers

After months of waiting, social media platform Instagram have released their much anticipated parental control feature in the UK. These settings promise to help parents and carers understand more about how the young people in their care are using the app, while also encouraging them to make healthier choices on the platform. Here's everything you need to know about Instagram's Supervision tool.

## What is it?

Supervision is a collection of 'tools and insights' available to parents and carers that will help them support the young people (aged 13-17) in their care on Instagram.

## How does it work?

Parents and carers must send an 'invitation link' to the young person's account. It is the young person's decision to accept.

To ensure healthy boundaries are maintained, discuss this option with the young person in your care!



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@parents.and.carers You must be signed up to Instagram in order to use @Supervision

@young!people! This feature can only be used on accounts registered to 13-17 year olds.

@fak3ag3s Any young person with a fake age on their account need to submit a request to change their age directly to @Instagram.

It's important the young person in your care knows that no one should have access to this feature unless they are their parent or carer!

## You CAN

**Set app time allowance** between 15 minute to 2 hour limits.

**Schedule break reminders** every 10, 20, or 30 minutes.

**Receive report details** including account and post details.

**See your young person's followers** and who they are following.

## You CANNOT

**Access private messages** either sent or received.

**Block or restrict** for specific accounts or topics.

**View activity** search or browsing history.

**Edit or delete posts** made by your young person.

## A few concerns

### Secondary accounts

'Finstas' are currently popular. Added involvement from parents and carers may encourage a young person to create one.

### Home impact

A young person may be frustrated by the amount of time they are allowed to be on the platform. This may cause tension at home.

## Some potential risks!



**No verification** - This feature could potentially be used in grooming or abusive relationships.



**Harmful content** - There are no alerts about potentially harmful content a young person could be accessing.

## If you use Supervision, choose to...



**DISCUSS** it first with the young person in your care.



**TALK** about the impact of harmful content.



**CREATE** an environment of open communication and trust.



**ENCOURAGE** your young person to make healthy online choices.