

## **Advice about key social media platforms and apps**

### **Instagram**

Instagram is a photo and video sharing app that is popular with teens. People on Instagram can connect with one another through comments, captions, reels, stories and hashtags on photos and videos.

Young people use Instagram as a way to engage with their friends, share pictures and videos of their lives or things they like doing, and as a way to share their creativity in stories.

### **Age requirement**

To be eligible to sign up for Instagram, you must be at least **13 years old**.

Anyone 13 and older can create an Instagram account by registering an email address and selecting a username.

### **Safety tools and advice**

Instagram's Safety Centre has advice about what's okay and not okay on the site, as well as advice about the safety features available.

This includes the Safety Tools section which provides more information about the safety and security essentials.

### **Instagram Help Centre**

Advice about the help available on Instagram.

### **Parents and carers guide**

Instagram also has advice for parents. This advice explains what Instagram is, as well as how it works. It also offers key safety advice.

### **How to report**

Instagram has tailored guidance on how to report different types of content, including comments, videos, profiles, post and more.