

# prävention@home

## Ein digitaler Elternabend in einfacher Sprache.

### The digital parent-teacher-meeting offers tips for parents and children on smartphones.

Instagram is an app. You can use it to upload and send pictures and videos. You can modify the pictures by using filters. Filters can change a picture and make it look different from reality.

Many users use funny filters, others use them to make their pictures look nicer. People can like and comment on the pictures and videos.

There are so many pictures on Instagram, there seems to be no end.

I will give you tips on how to use Instagram carefully. Especially with little children protection of data privacy is important. Strangers mustn't know details about your children.

#### **First Tip: Don't share too much information.**

Be careful with your child not sharing too much private information. So, keep asking your kid the following questions:

- do you have to show your location?
- do you have to share your name?
- do you have to post an expensive item like a watch or a car?

#### **Second Tip: Set up a two-factor-authentication.**

You can enter a phone number and additionally your email address when you install Instagram. That's called a two-factor-authentication. That's helpful, in case your child forgets the password. If that happens, you can reset the password by email.

#### **Third Tip: Check log-in-activities**

You can always check at any time if someone logged in with your password. Open the Instagram app, go to your profile settings, then click on the three stripes on the top right. Click on 'settings', then 'security' and finally on 'login activity'. You can check here when someone logged in lately. If this wasn't you or your child, you can reset the password to restore security.

#### **Fourth Tip: Private account**

Help your child to set the Instagram account on ‚private‘ mode. ‚Private account‘ means that people can only see your child’s pictures and videos, if you or your child allow so. To do so, go on your Instagram profile, click on the three stripes on the top right, then on ‚settings‘ and finally on ‚privacy‘. Here you can set the account on ‚private mode‘.

#### **Fifth Tip: Remove followers.**

It happens that people follow us or our child, people we don’t want to see our pictures. Show your child how to remove followers. Doing so these persons can’t see our posts anymore.

Go to your profile, click on ‚follower‘, as soon as you do so, the word ‚remove‘ appears next to the follower.

#### **Sixth Tip: Limit comments**

Every picture your child posts, can be commented by anyone. Sometimes people comment pictures with mean messages, in order to insult or hurt your child. You can stop that!

Go to your profile, click on the three stripes on the top right corner, then go to settings, click on ‚privacy‘ and finally on ‚limits‘.

#### **Seventh Tip: Handling of suspect requests**

On Instagram is common for users to get request by porn sites or other dubious sites, which aren’t suited for children.

It’s not your child’s fault, when it gets messages of that kind. It’s important though to warn and show your child, how to block such requests.

Go to your profile, click on the heart on the top, then go to ‚follow requests‘, here you can click on ‚delete‘ to delete the request.

Go to your messages on Instagram. You find them by clicking on the paper plane on the top right. Here you can see all messages and delete them by clicking on ‚delete‘.

### **Eighth Tip: The ‚perfect‘ world on Instagram.**

Children and adolescents need orientation and role models.

That's why Instagram can be dangerous: the focus on Instagram is not real. The videos and picture don't show the real world. These have been manipulated and use a lot of filters.

Everything looks so amazing, we see especially wealthy, sporty and successful people.

Many children see that and believe it is real. If they compare Instagram to their life, it might make them sad or even sick.

Explain to your child that Instagram is not the real world, but a small, manipulated clip.

These tips are just suggestions. You can decide for yourself what you want and can apply to your everyday life.

It's important for you to know what your child is doing on its smartphone. That's why you should talk to your child about smartphones.

You can find more videos on smartphone handling on my website. Take a look!