

netangel

prevention education protection



Out of sight

Out of mind



Understanding Instagram: A Guide for Parents

Instagram, a popular social media platform known for its highly visual content, has become a global presence in the lives of many children. While it can be a great way for young people to connect with their friends and discover new interests, it's important for parents and carers to be aware of the potential dangers when using this platform.

One major concern is the presence of online predator(s). Young people may be at risk of being targeted by predators who use social media to lure vulnerable individuals. It's important for parents to talk to their children about the importance of keeping their personal information private and not accepting friend requests from strangers.

Another potential danger is cyberbullying. Instagram, like other social media platforms, can be a breeding ground for bullying and cruel behaviour. Children and teenagers may be subjected to offensive comments, gossip, and other forms of online harassment. It's important for parents to be aware of the potential for cyberbullying and to talk to their children about how to handle it if it occurs.



In addition to these risks, there is also the issue of social media addiction. Young people may become obsessed with likes, comments, and followers, leading to a negative impact on their self-esteem and well-being. It's important for parents to be clear about their rules and to encourage their children to engage in a variety of activities outside of social media.

Finally, there is the issue of the impact of social media on mental health. Studies have shown that excessive use of social media can lead to feelings of loneliness, anxiety, and depression. It's important for parents to be aware of their children's mental health and to encourage them to engage in activities that promote well-being and balance.

So, while Instagram can be a fun and enjoyable platform for children and teenagers young people, it's important for parents and carers to be aware of the potential dangers and to take steps to protect their children. This includes talking to them about online safety, and being clear on your rules and encouraging a healthy balance of online and offline activities.

Instagram parental guide



Instagram parental controls



Online safety, practical tips



All about **Bullying**



What is bullying?
BULLYING AND CYBERBULLYING



A concerned mother who struggles to help her teenage daughter Freya as she becomes increasingly consumed by social

IMDb

I Am Ruth

Oscar Winner
Kate Winslet

Out of sight, out of mind