

Social Media for Parents

How can I help my child navigate their social media use?

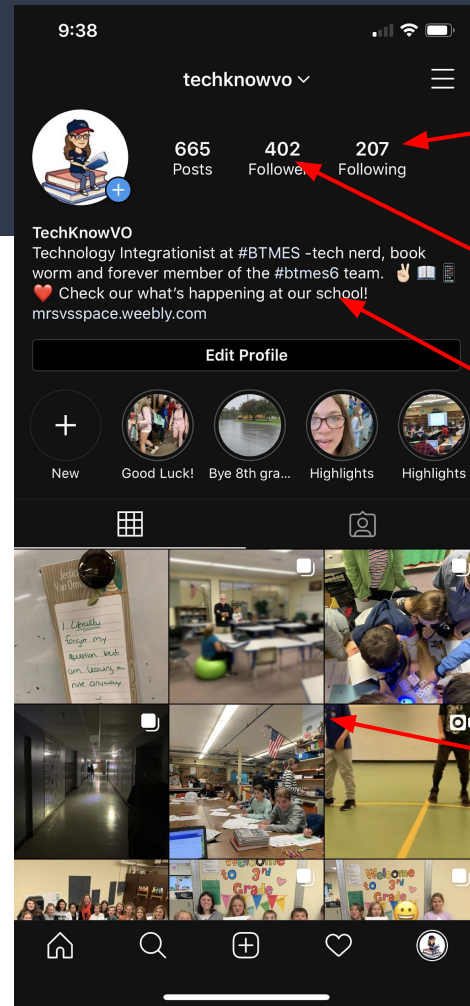
Topic of the month: Instagram



What is Instagram?



- Instagram is a photo and video social media app. (Videos can only be 1 minute long)
- Users can share 1-10 photos per post.
- Users can edit photos using filters to change the way the photo looks.
- Users can post photos and videos that their followers can see, like, and comment on.
- Photos of users show up in another users "Feed"



This tells you how many people the user is following, which means they will see that many users' photos.

This tells you how many people follow the user, or how many people see the user's posts.

Bio Section- a place to share a little information about the user. Students often tell who they are, share their interests and other account names.

This is the collection of the user's posts.

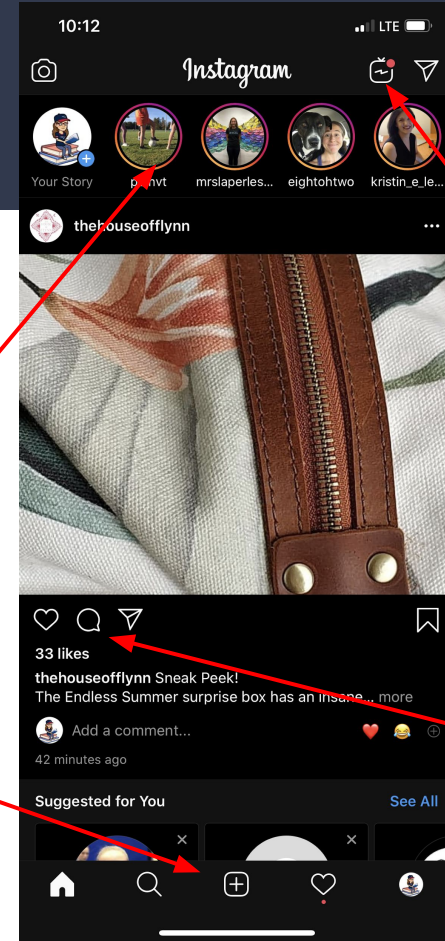
Features of Instagram



- **Direct messages (DMs).** You can send direct messages to one or more people -- including people you don't follow and who don't follow you. (The website version of Instagram doesn't support DMs.)
- **Disappearing messages.** This is a Snapchat-like feature that lets you send timed photo or video messages that recipients can only view once before they disappear.
- **Stories.** These are 15-second videos or slideshows that live in a circle separate from other posts. To create one, tap Your Story, decide what kind of post you want to create -- text, photo slideshow, video, or livestream -- and select the Story Controls to limit the audience, restrict message replies, and allow sharing
- **Instagram TV (IGTV).** These are longer-form videos programmed by Instagram (i.e., they're not by your friends or followers). Kids can also create their own IGTV channels and broadcast themselves, sort of like on YouTube.

Stories- Press circles to view users' stories.

Home, Search, Add, Notifications - These icons allow you to search for users, view your notifications, and to add photos/videos.



DMs- click to send and read messages.

IGTV- Click to search/view channels and to post.

Like, Comment, or Send- You can click these three icons to interact with a user's post.

Rinsta vs Finsta...



Did you know... kids often have a “Real” account and a “Finsta” or “Spam account.”

Rinsta

- “Rinsta” = REAL Instagram account
- Accounts are often public or have many followers, possibly even followers that users do not know.
- Used to post only images that are filtered, posed, perfect photos of user
- Represents the user’s “best self” through these heavily filtered photos.

VS.

Finsta

- “Finsta” = FAKE Instagram account
- Accounts are often private with fewer followers, often only allow close friends to follow/see their photos.
- Images are often a TRUE representation of user, can be silly, unfiltered, not perfect.
- Used to express who the user truly is, but only to select viewers.

Shared Accounts– Should I Worry?



A shared account is one that multiple users share. Many kids share one account's username and password and multiple kids have access to post/share.

- All kids who are sharing this account are responsible for what is posted, even if they weren't the one to do the actual posting.
- Students who share accounts will ALL be held responsible for anything inappropriate that is posted like bullying, harassment, hazing etc.
 - *ie- If one student posts something that is inappropriate, all students who share that account will have consequences for that one person's post. There is no way to tell who actually did the post when it is shared.*
- Ask your student if they have a shared account, and discourage the use of those accounts, as they are not 100% safe for your children to have one. Even if it seems innocent, it's very easy to make a mistake if a group shares one username and login.

Tips for Safety



- Always keep your child's username and password so you can login on your device and check use.
- Do random checks of the account to ensure proper use.
- Talk to your child about what is/isn't ok to post.
- Use the THINK acronym with your child to help them process what they are going to post before they post it.
 - Is it **T**rue?
 - Is it **H**elpful?
 - Is it **I**nspiring?
 - Is it **N**eeded
 - Is it **K**ind?
- Discourage the use of shared accounts.
- Create your own account and follow your child and their friends.
- Don't let your child take their phone to bed or store it in their bedroom.
- Monitor followers and who your child is following. If you think posts are inappropriate for your child to see, talk about why they should unfollow that user.
- Limit screen time to help children have balance of screen time vs other activities.
- Install a third-party monitoring app- an app like [Bark](#) can be used to see what kids are doing on their devices.

Resources



This video is a valuable look at teenage perspective.



[Common Sense Media](#) is a great resource for parents to learn about all types of social media.

[Ultimate Parents Guide to Instagram](#)

If you have questions, or would like to suggest a topic for next month, email our technology integrationist, Jess VanOrman, at jvanobte@busd.org