Instagram Parental Controls

Controls & settings guide

Instagram features a number of functions to help your child manage who can see their content and how they interact with others. They can also use the reporting function to flag content that breaks community guidelines and upsets them.

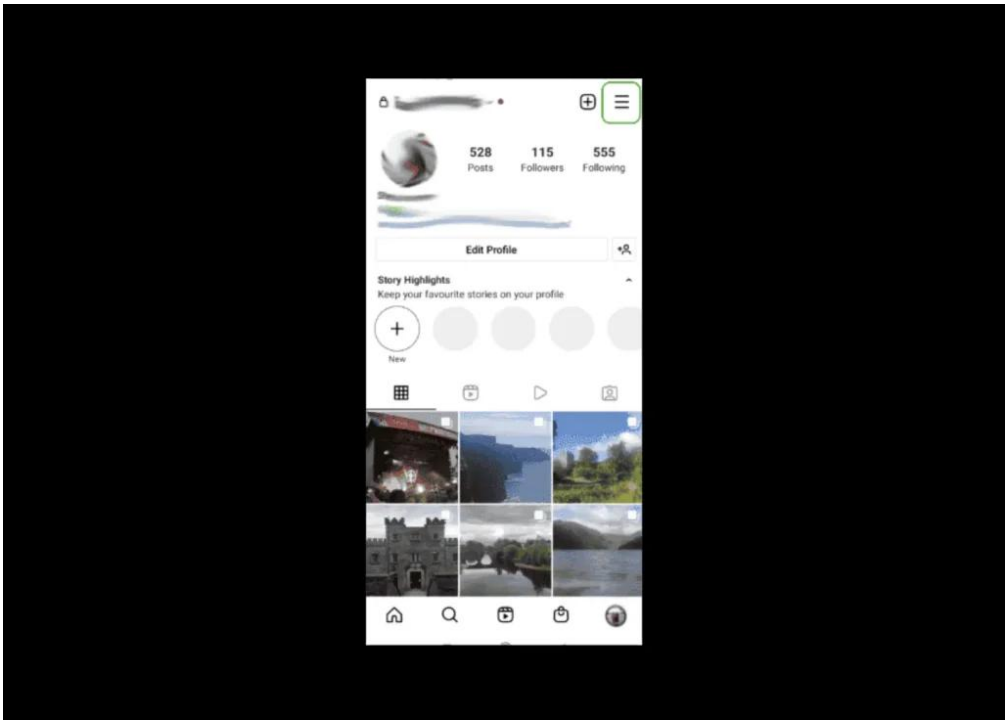
1 How can I make an account private?

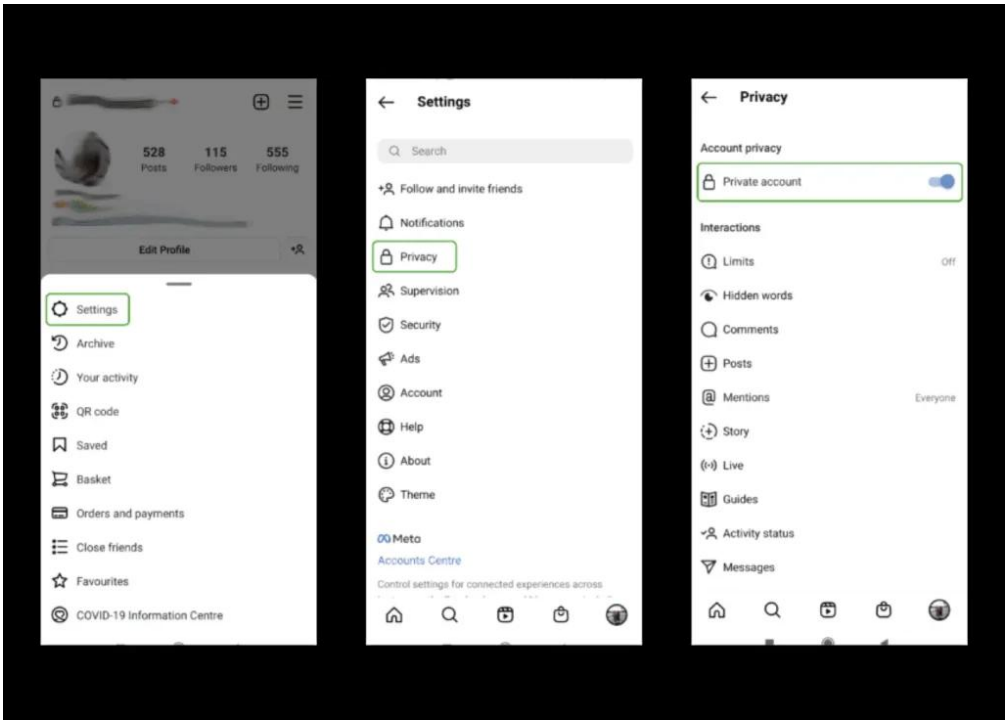
A private Instagram account will hide your images from strangers. It also means people need to request to follow and message you, limiting who can contact you.

How to set your account to private

Step 1 – from your feed on the home screen, tap your **profile picture** in the bottom right to get to your **profile**. Then tap the **3 horizontal lines** in the top right.

Step 2 – tap **Settings** then **Privacy**. At the top under **Account privacy**, tap the **toggle** so it turns blue.





2 Where do I report posts and profiles?

If you or your teen come across content or profiles that are inappropriate or go against Instagram's guidelines, you can report them. This will help make the app safe for all users.

To report a post:

Step 1 – tap on the top right corner of the user's post.#

Step 2 – tap **Report**. Select the appropriate **reason** to submit a report. You can then choose to block, restrict or unfollow the user as well.

To report a user:

Step 1 – go to their **profile** by tapping on their username or searching for them.

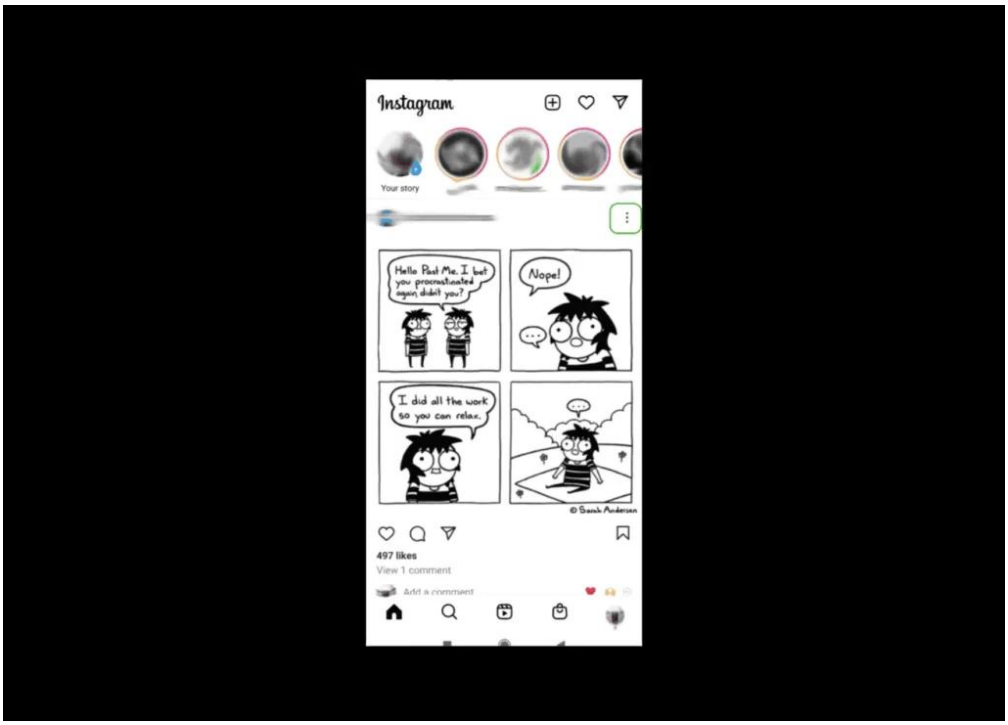
Step 2 – select the **3 dots** in the top right corner and tap **Report...** then **Report account**. Then select the reason to submit the report.

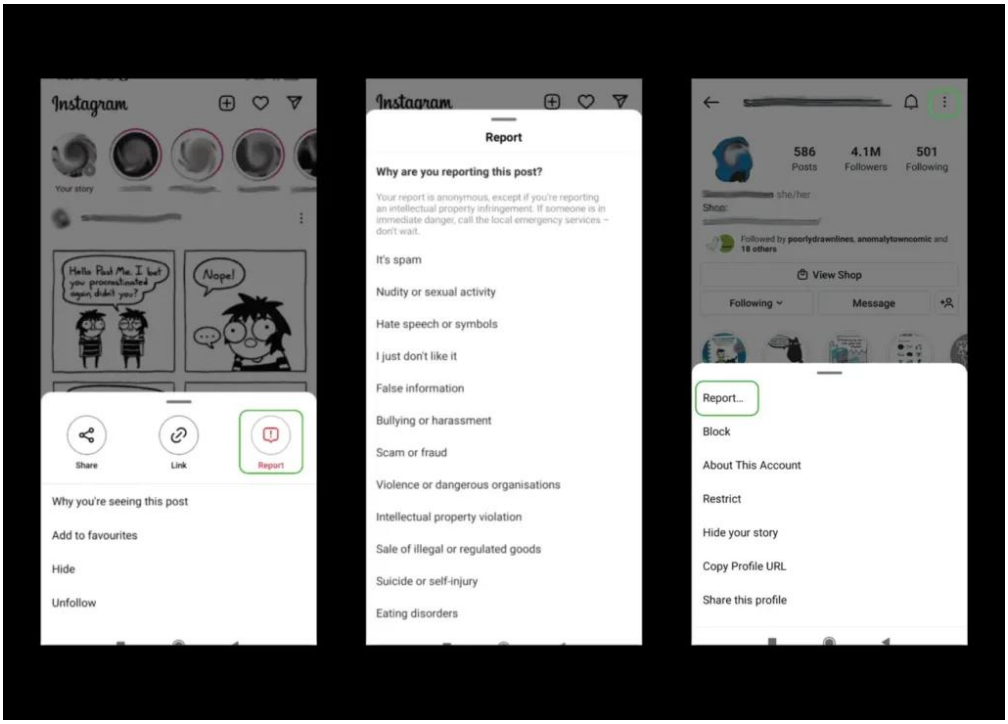
Reporting is totally anonymous. You can also use this Instagram form to make a

report about bullying or harassment.

When you report on Instagram, it will be reviewed by moderators and they will take action if it breaks community guidelines.

If someone is in immediate danger contact the police or other local authorities.





3 How can I block someone?

Blocking users stops you from seeing their messages and keeps them from finding your profile or its content on Instagram. They aren't notified if you block them.

To block a user:

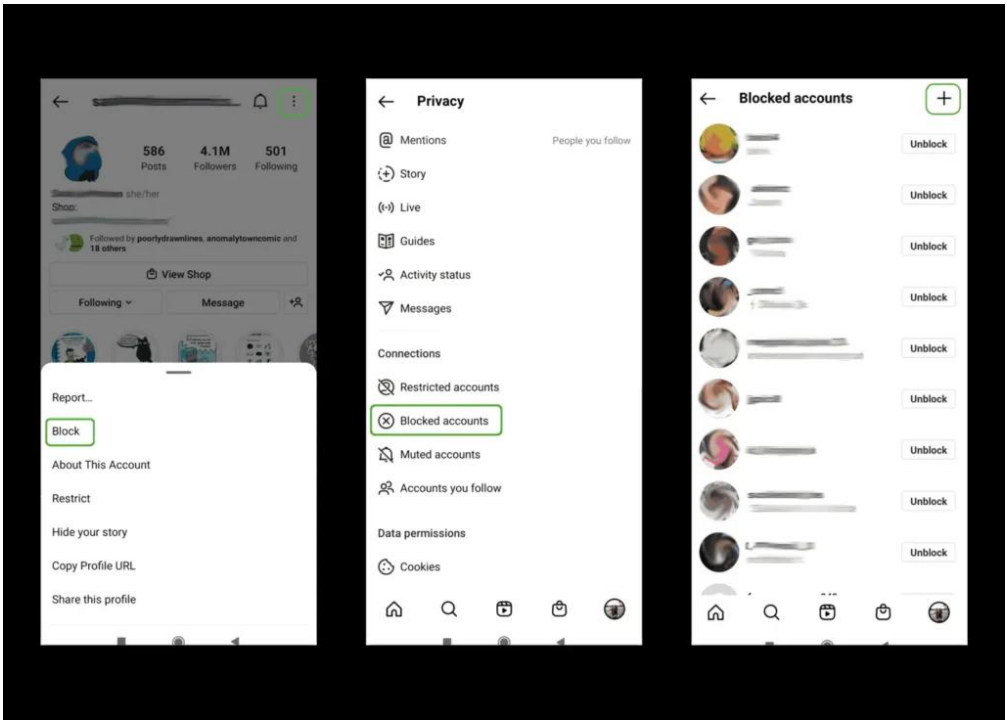
Step 1 – in your social feed, tap their username to go to **their profile**.

Step 2 – in the top right corner, tap the **3 dots** and **Block**. You will then be asked if you want to block the account and any others they create or just that account. There is also an option **Block and Report**. Tap **Block**.

To add a user to your blocked users list:

Step 1 - go to your **profile > Settings > Privacy**. Scroll to **Connections** and tap **Blocked accounts**.

Step 2 – you can **unblock** anyone here or tap the + in the top right to **add another user**. Search their **name or username** and tap **Block**. Choose whether to just block that account or any other accounts they may create.



4 Limit users

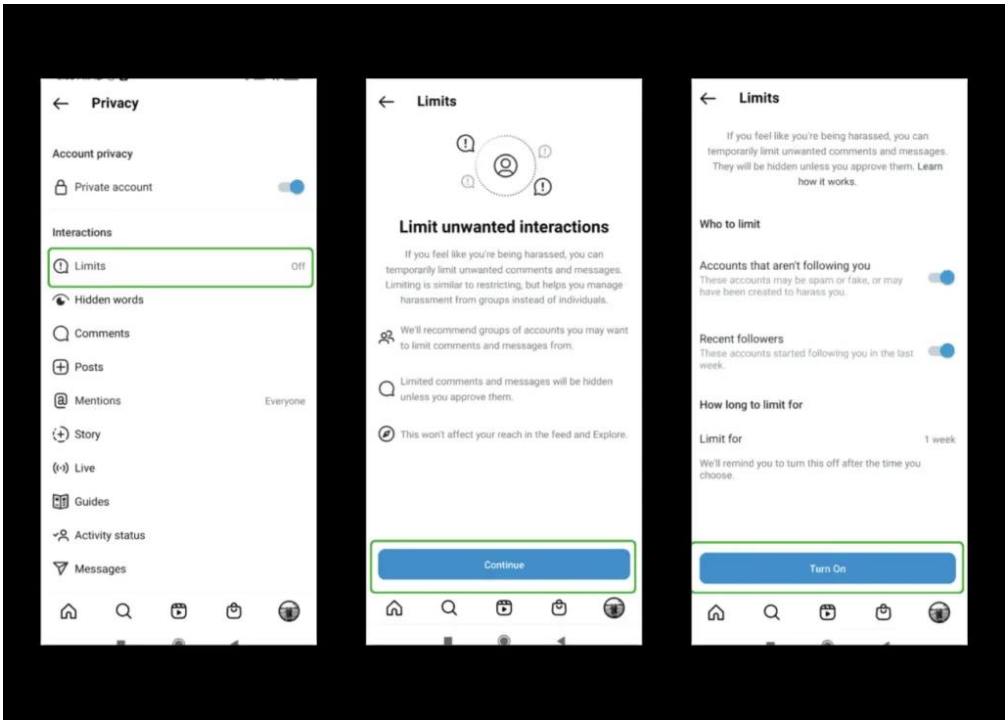
If you feel like you're being targeted or harassed, you can turn Limits on to temporarily unwanted comments and messages.

To temporarily limit users:

Step 1 – go to your **profile > Settings > Privacy > Limits**. Tap **continue**.

Step 2 – choose who you would like to limit and for how long. You can limit **Accounts that aren't following** you as well as **Recent followers**. Then you can set a **time limit** from 1 day to 4 weeks. Tap Turn on.

Note that this is not necessary for private accounts and users who have followed you for a long time will not be affected. To stop them contacting you, block or restrict their accounts.



5 Where can I restrict an account?

Restrict is a way to protect your account from unwanted interactions. If someone is being aggressive or negative in your comment section, you can put them on a "Restricted" list.

To restrict a user:

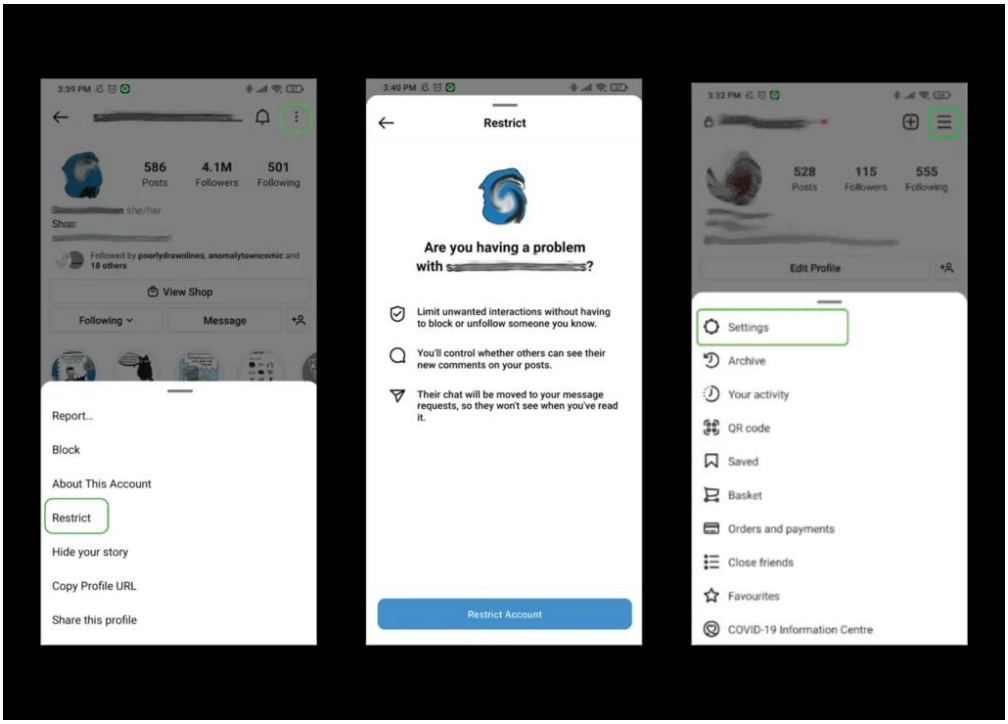
Step 1 - go to the user's **profile** and tap the **3 dots** in the top right corner.

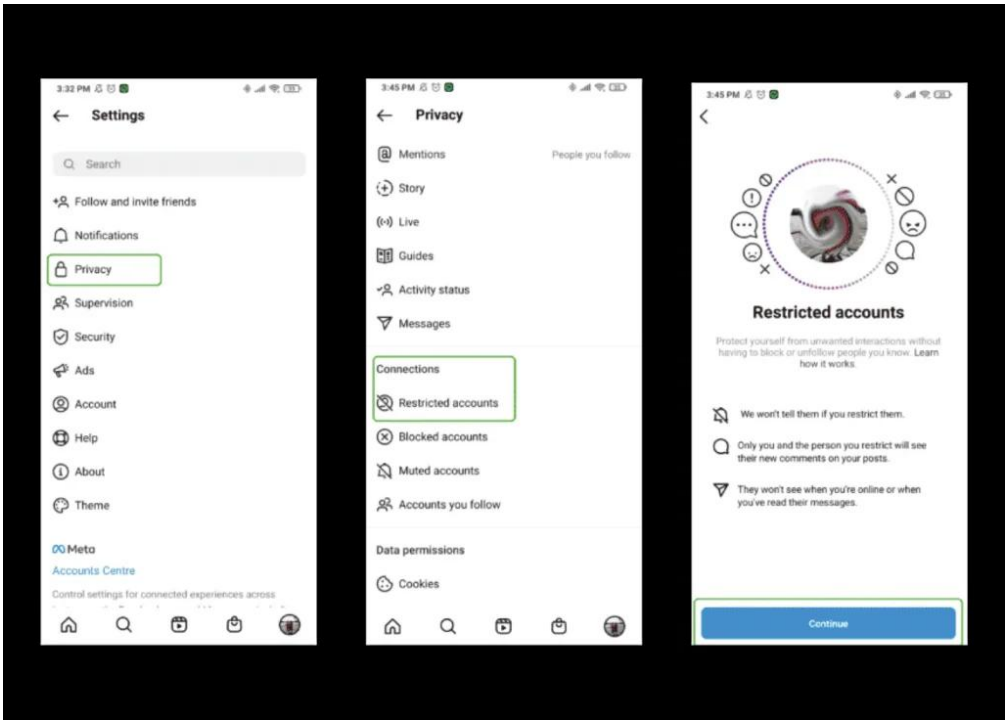
Step 2 – tap **Restrict**. To unrestrict them, follow the same instructions and select Unrestrict.

You can also go to your Restricted list and add users manually:

Step 1 – go to your **Settings > Privacy**. Scroll to **Connections** and tap **Restricted accounts**.

Step 2 – **search** for the user you wish to restrict and tap **Restrict** next to their name.





6 How to mute someone

If you don't want to see someone's posts in your feed but don't wish to unfollow

them, you can mute them instead.

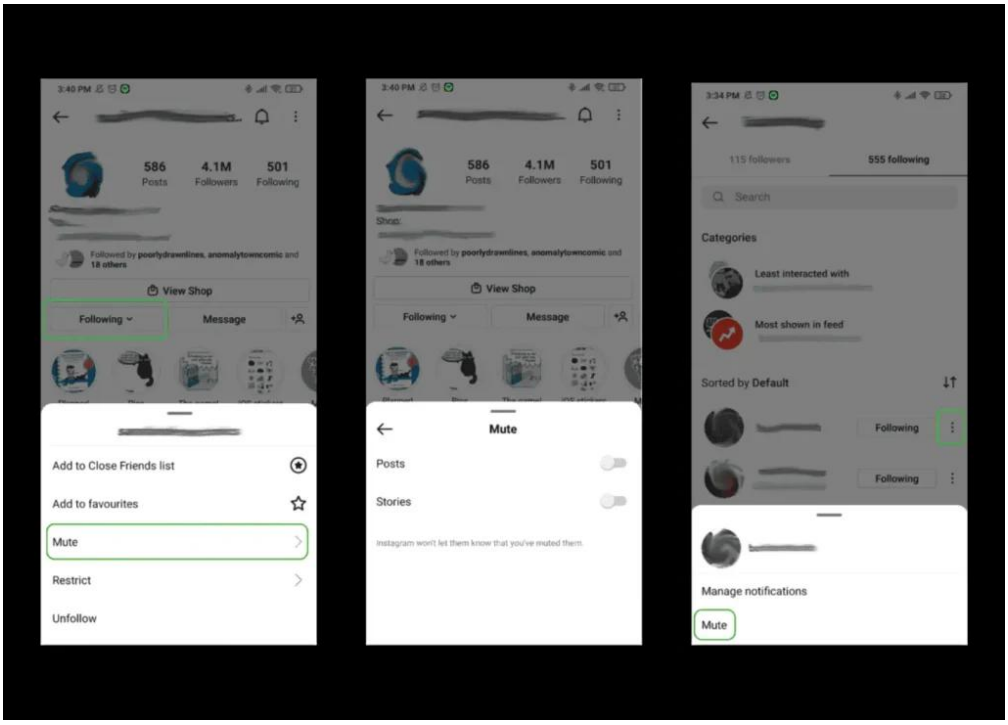
How to mute a user:

Step 1 – go to their **profile** and tap **Following**.

Step 2 – in the menu that comes up, tap **Mute**. Choose to mute their **Posts** and/or **Stories** here.

You can also do this by going to your **profile** and **follower list**. Tap the **3 dots** next to the follower you wish to mute and then tap **Mute**.

Instagram won't let them know you muted them.



7 How can I unfollow someone?

There are multiple ways to unfollow a user.

To unfollow someone from their post:

Step 1 – tap on the **3 dots** in the top right corner of their post and select **Unfollow**.

To unfollow someone from their profile

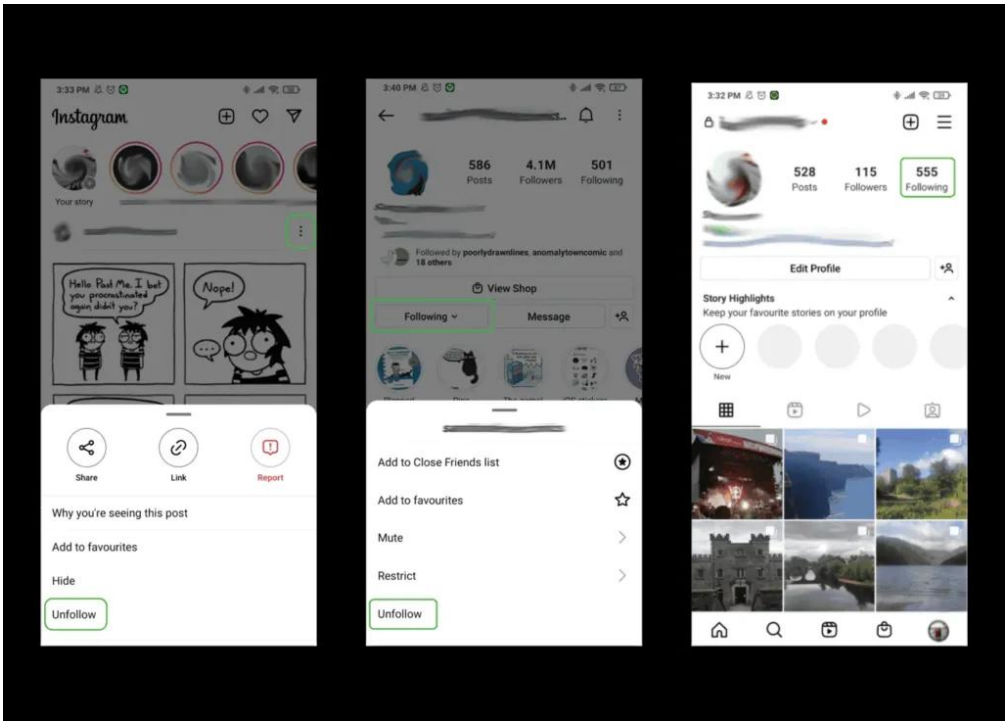
Step 1 – go to their **profile** by tapping on their username or searching for them.

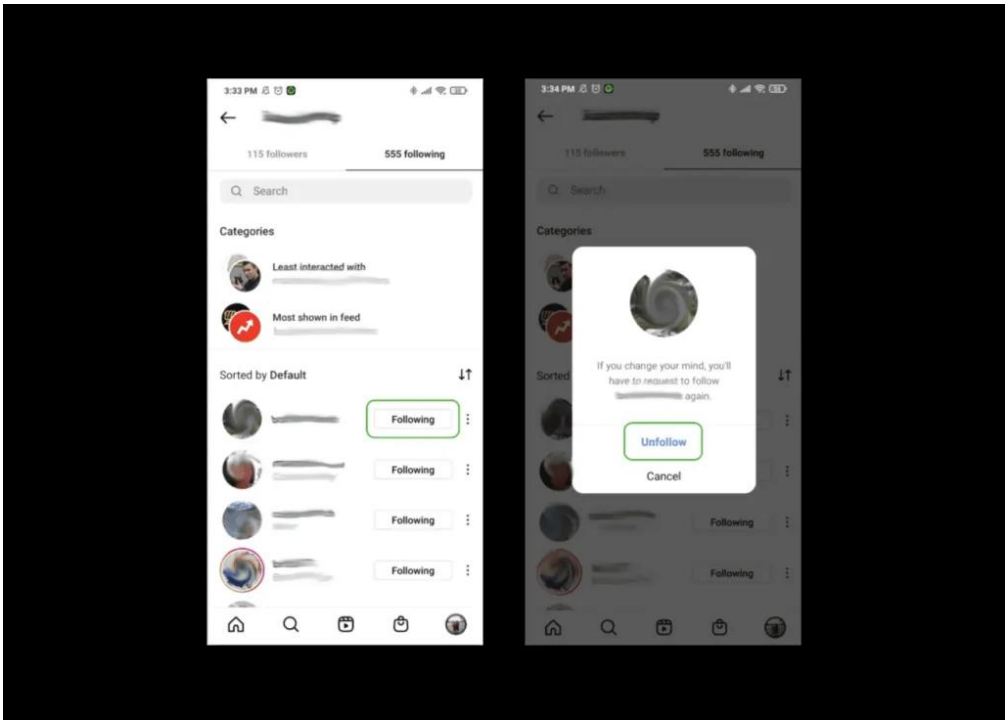
Step 2 – tap **Following** then **Unfollow**.

To unfollow someone from your profile

Step 1 – tap on your profile picture in the bottom right corner to go to your **profile**.

Step 2 – tap **Following** in the top right corner and scroll or search for the user you wish to unfollow. Tap **Following** next to their name and **Unfollow**.





8 Where do I manage comments?

You can allow or block comments from people you follow and your followers.

If you'd like to disallow comments before posting:

Step 1 – tap on the **3 dots** in the top right corner of their post and select **Unfollow**.

To unfollow someone from their profile

Step 1 – create a **new post**. Once you're ready to submit, tap on **Advanced Settings** at the bottom of the screen.

Step 2 – under **Comments**, tap the **toggle** next to **Turn off commenting**. When it's blue, no one will be able to comment on the posted picture.

Step 3 – click **Submit** to post your image.

To block specific users from commenting:

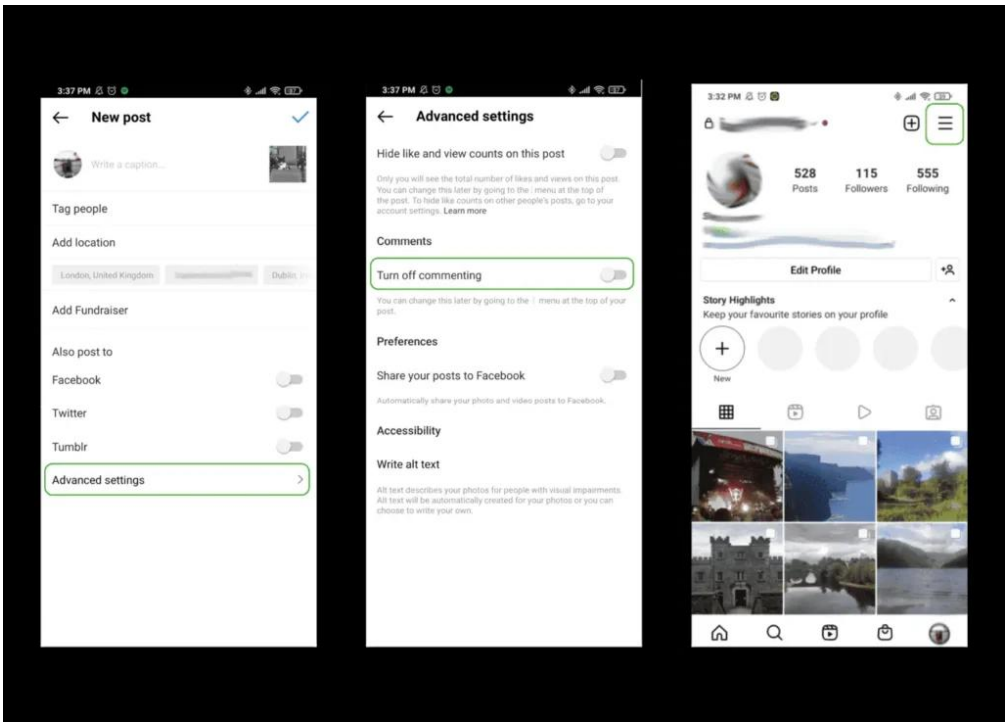
Step 1 – go to your **profile** and tap the **3 horizontal lines** in the top right corner.

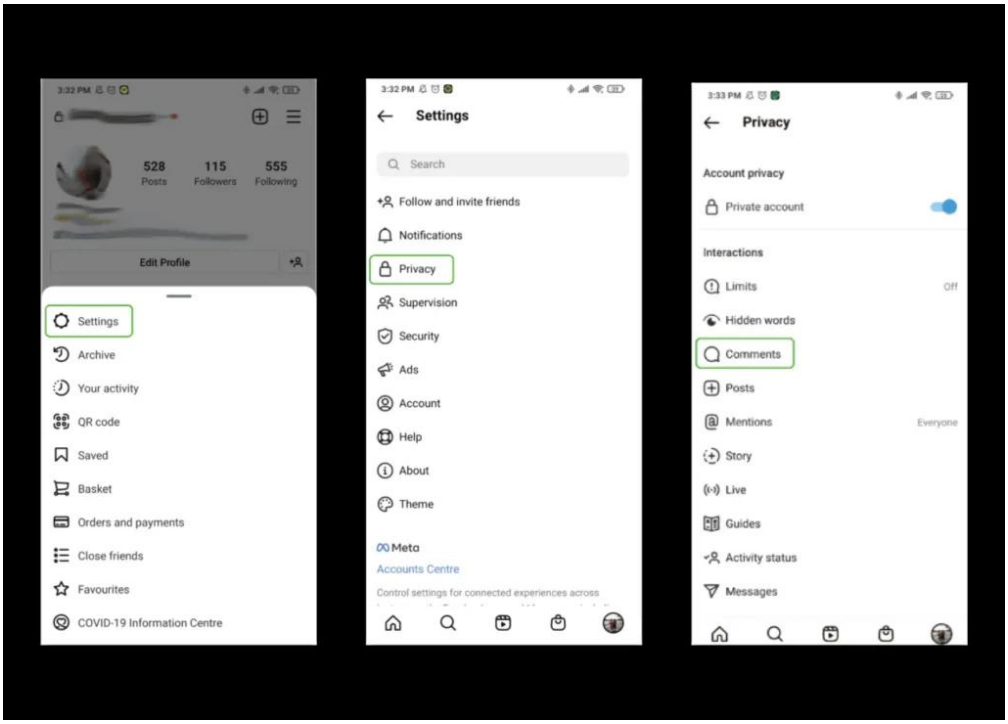
Tap **Settings**.

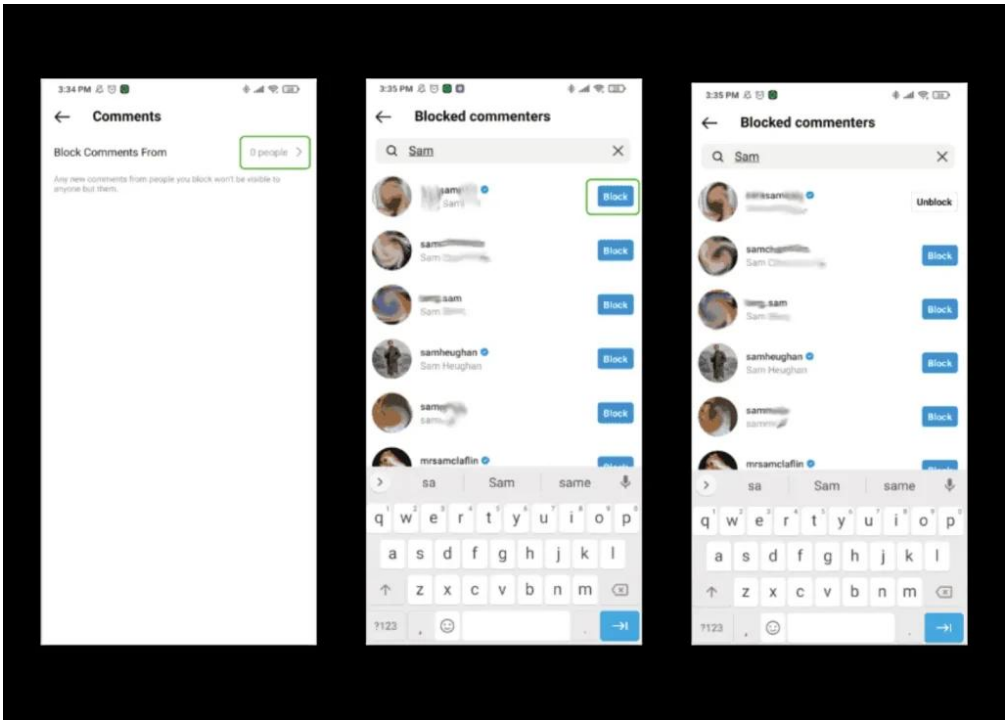
Step 2 – tap **Privacy** and then **Comments**.

Step 3 - search for the user you'd like to block from commenting and tap Block next to their name.

They will be able to comment and see their comments, but you won't be able to see them.







9 How to filter and hide comments

In addition to turning off comments or blocking users, you can also set up filters to

hide inappropriate or offensive comments.

To filter comments:

Step 1 – go to your profile and tap then Settings..

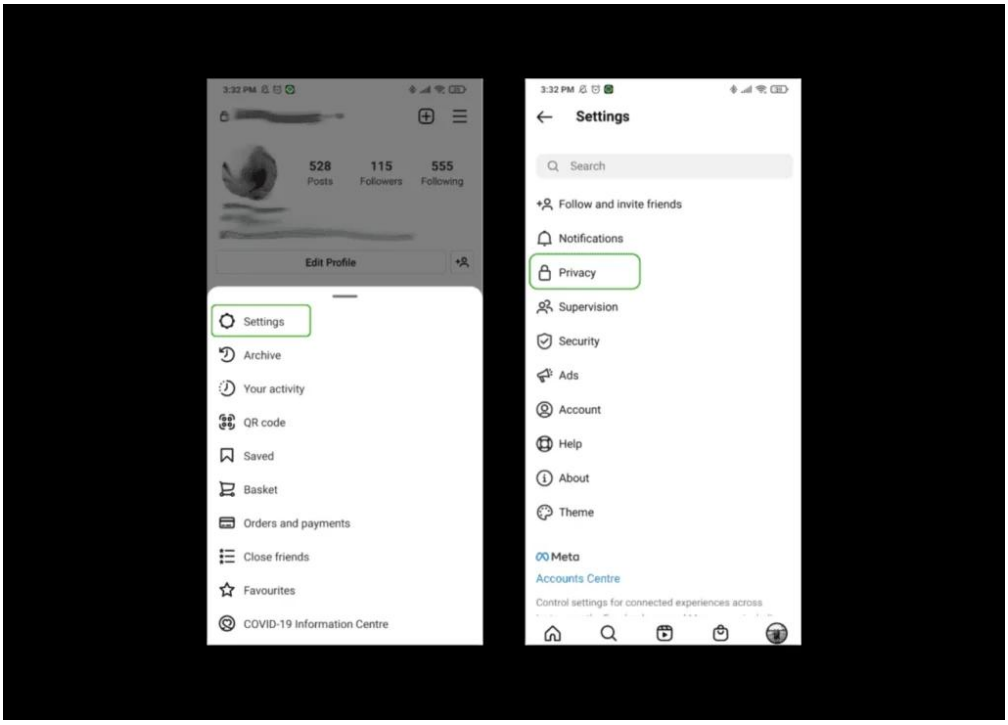
Step 2 – tap Privacy then **Hidden words**.

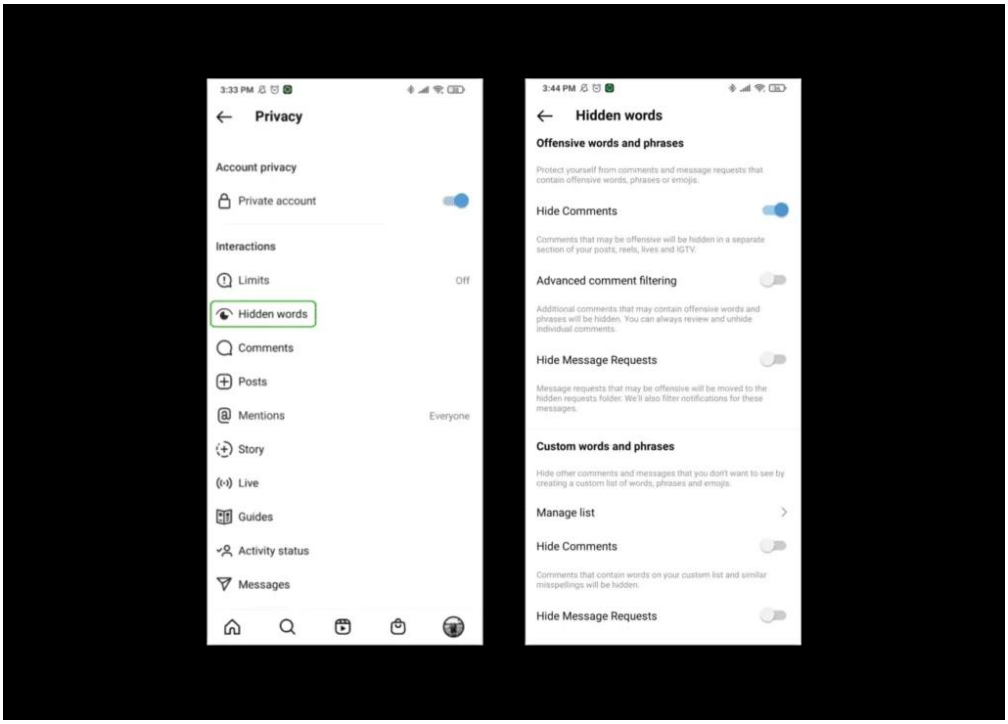
Step 3 - toggle Hide Comments on to filter and hide potentially offensive comments automatically. **Toggle Advanced comment filtering** on to make this feature more strict.

Toggle on Hide Message Requests to filter out messages that may be offensive.

To hide chosen words or phrases that may be harmful or inappropriate to you:

Step 4 – on the same page as above, scroll under **Custom words and phrases**. Tap **Manage custom words and phrases** to add these words and phrases to your list. You can toggle on **Hide Comments** and **Hide Message Requests**, which will hide content that contains the words or phrases you set.





10 How to hide likes and views

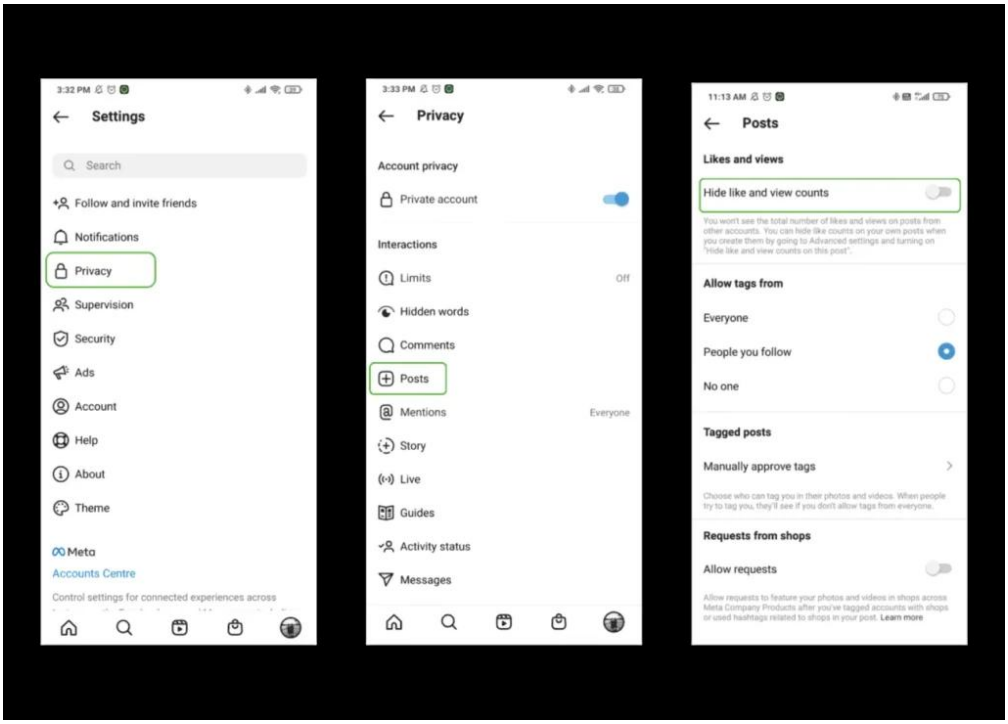
Hiding likes and views on your posts can take away the pressure to get a certain amount of engagement by posting frequently. It lets users post what they want without any pressure.

To hide likes and views

Step 1 – go to your **profile** and tap the **3 horizontal lines** in the top right. Then tap **Settings**.

Step 2 – tap Privacy and then Posts. Toggle Hide like and view counts to blue.

On this page, you can also manage who can tag you in their posts and stories.



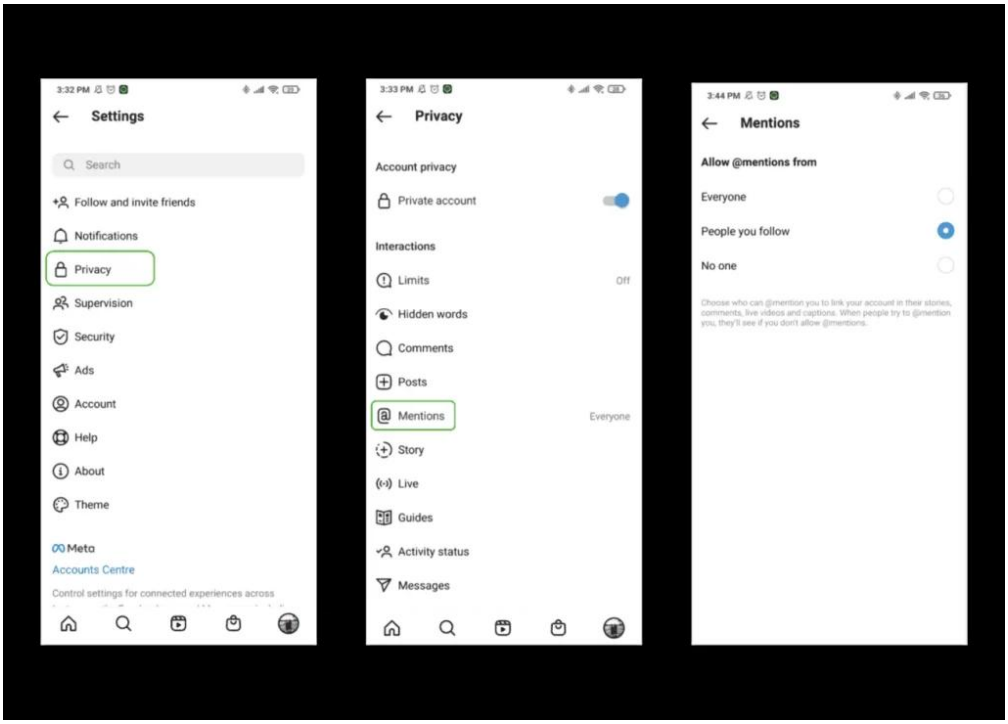
11 Where do I manage mentions?

To limit who can call out your account, you can manage who is allowed to mention your account in their posts, stories, comments and live videos. When they try to mention you, they will see if you don't allow mentions.

How to manage mentions:

Step 1 – go to your **profile > Settings > Privacy** and then tap **Mentions**.

Step 2 – choose who you want the ability to mention you in their content. For young people, **People you follow** and **No one** are preferred for safety.



12 How can I manage Instagram Story settings?

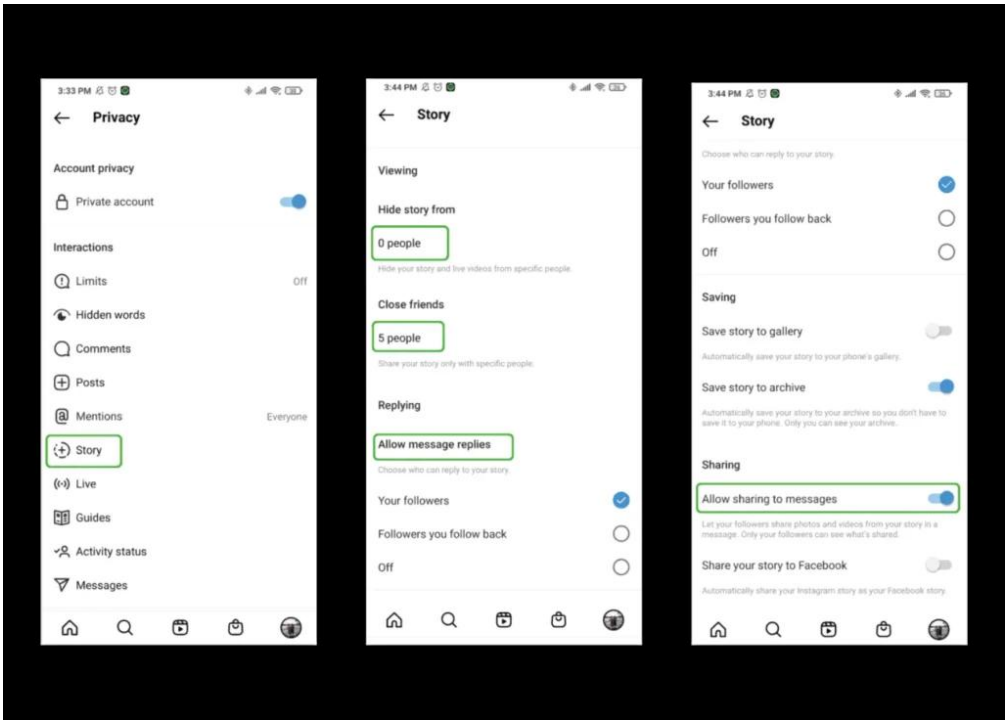
Choose who can view, reply and share your stories.

How to manage stories:

Step 1 – go to your **Privacy** settings and tap **Story**.

Step 2 – under **Viewing** and **Hide story from**, you can add individual users or limit to **Close friends**. Under **Replying**, you can **toggle** who can reply to your story. Under **Sharing**, you can **toggle** whether to let followers share your story in messages next to **Allow sharing to messages**.

Note: users on the Hide story from list will not be allowed to view your Instagram live videos either.



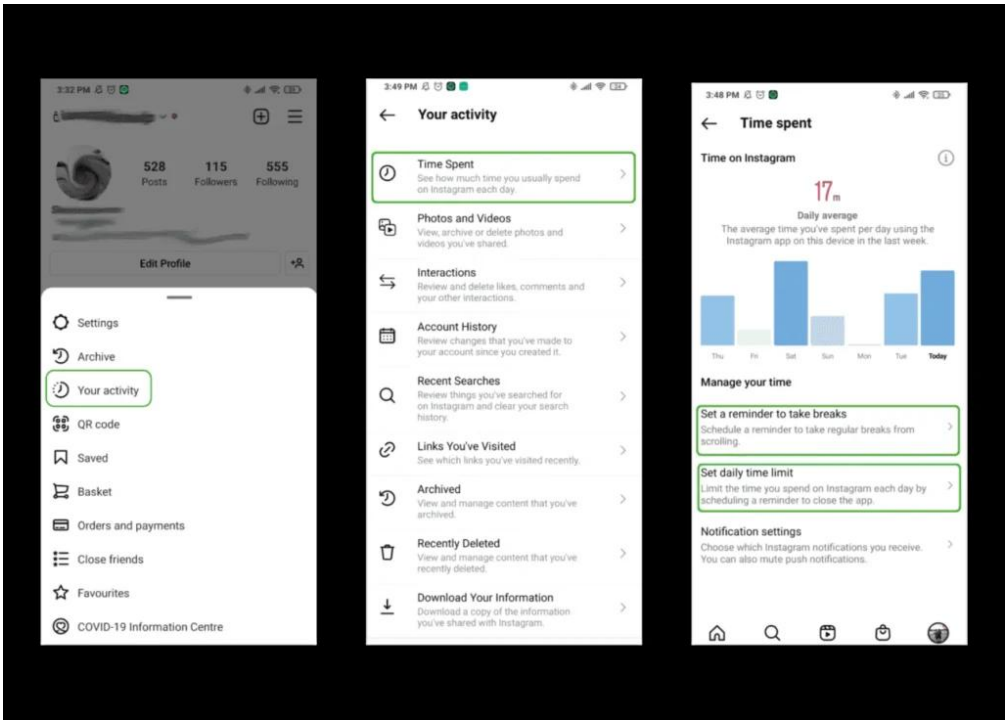
13 What screen time options are there?

To limit how much time you or your teen are spending on the platform, you can set reminders and limits on the app.

To set screen time limits:

Step 1 – go to your **profile** and tap the **3 horizontal lines** in the top right corner. Tap **Your activity**.

Step 2 – tap **Time Spent**. From here, you can set **daily use limits** or **review notification settings**. You will receive messages and reminders from Instagram to take breaks if these options are set up.



14 How to manage your Instagram notifications

To limit how much you're encouraged to use the platform or to help you take longer breaks, you can manage when and how you're notified about activity on Instagram.

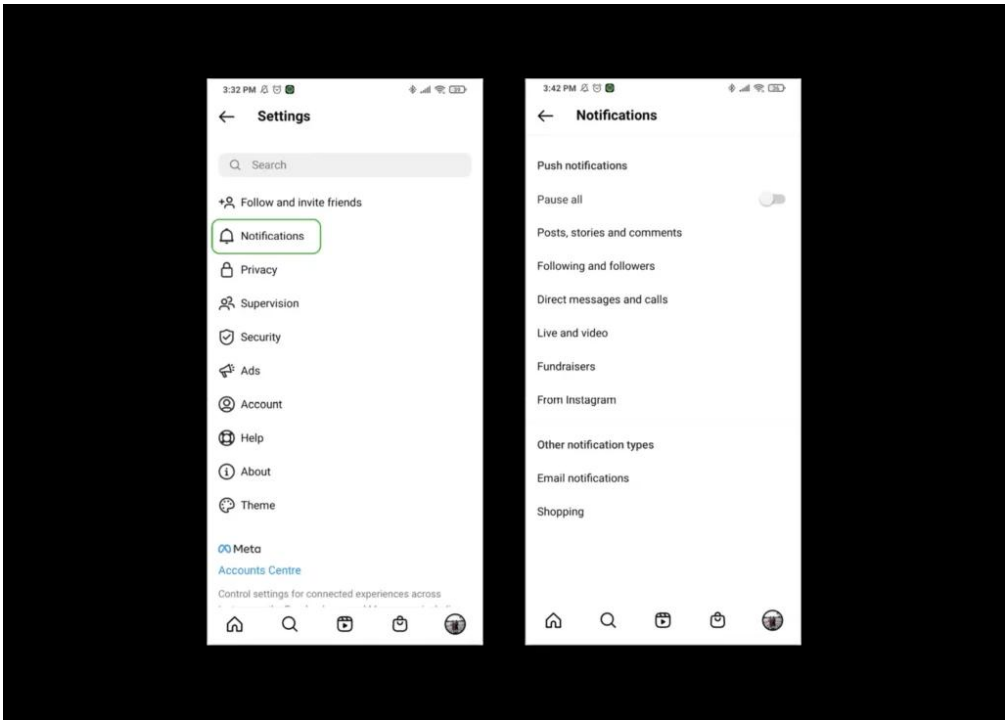
To manage all notifications:

Step 1 – go to your **profile > Settings > Notifications.**

Step 2 – you can **Pause all** notifications by tapping the toggle and selecting how long. This could be an option for school hours or bedtime.

You can manually manage notifications for **Posts, stories and comments, Following and followers** and more from this menu.

You can also manage email notifications here.



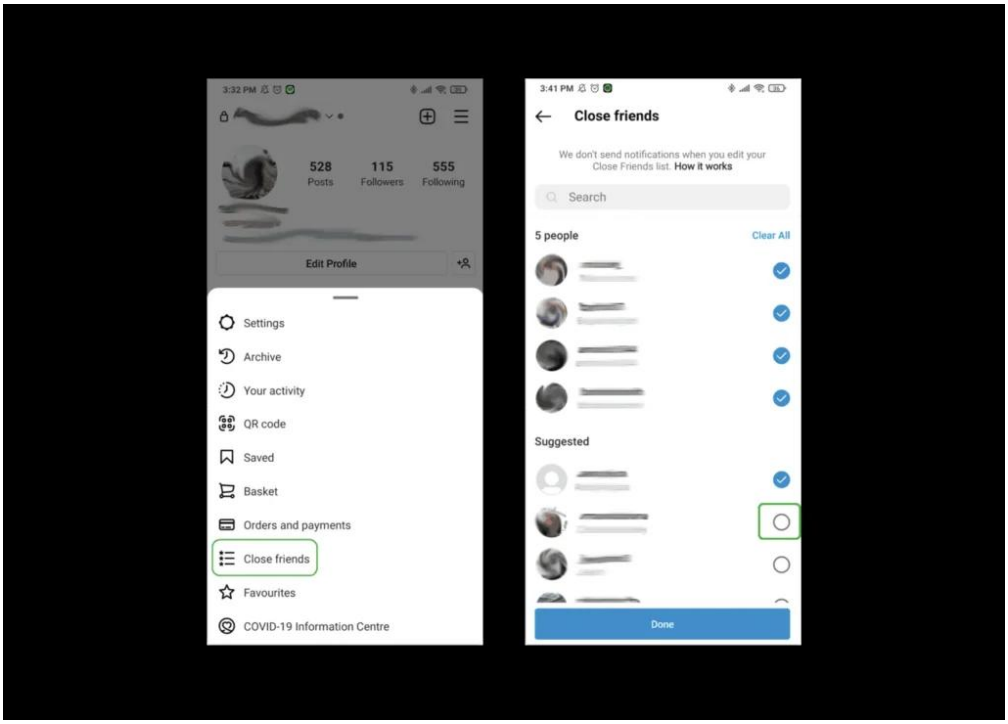
15 What are close friends settings?

You can use the “Close Friends” setting on Stories so that only certain people see them. People who are unable to see the story won’t know that they are missing something.

To create your close friends list using the Instagram app:

Step 1 – go to your profile and tap the 3 horizontal lines in the top right corner.

Step 2 – tap Close friends and search for the users to add to the group or choose from the users listed under Suggested. Tap the circle next to their name to add them.



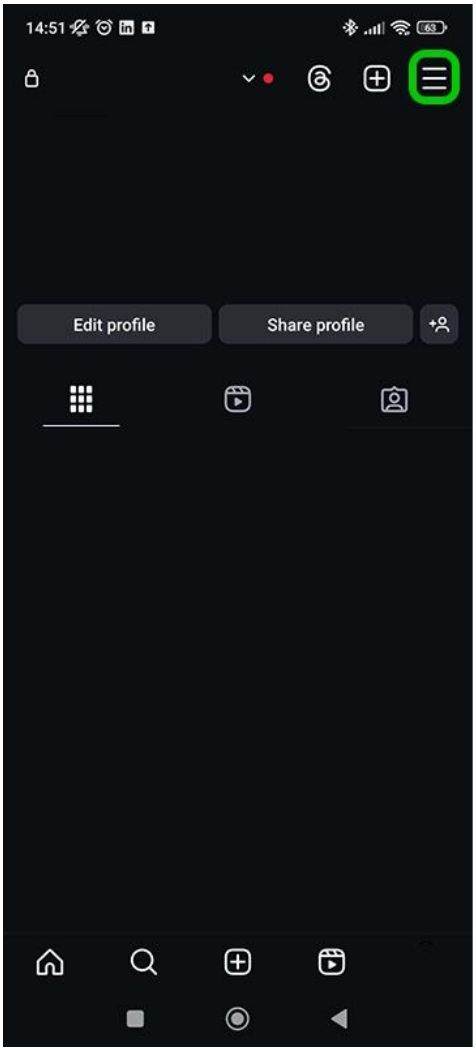
16 How do I turn off location?

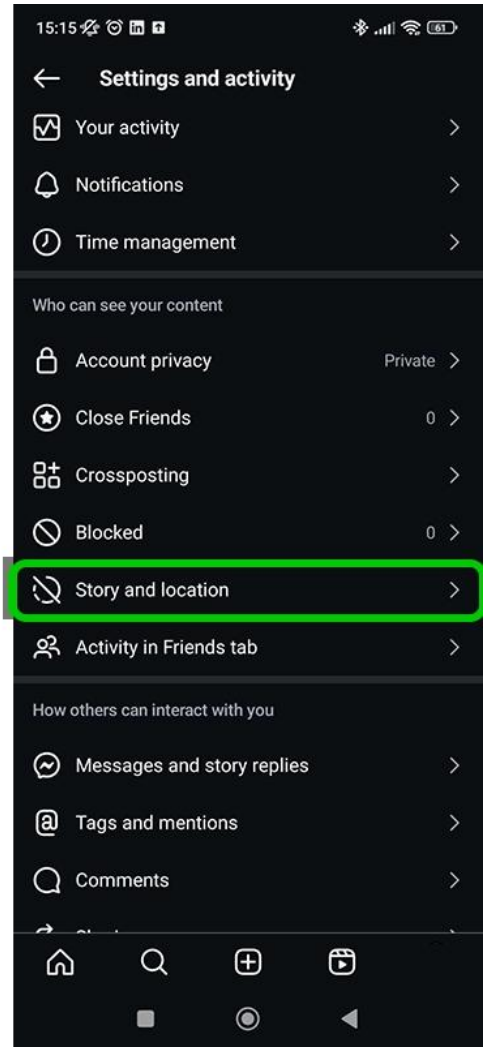
Instagram has a map feature, that allows users to share their real-time location with friends. This is an opt-in feature, meaning it is disabled by default.

To turn off map location:

Step 1 – go to your profile and tap the **3 horizontal lines** in the top right corner.

Step 2 – scroll to **Story and location** and select it.

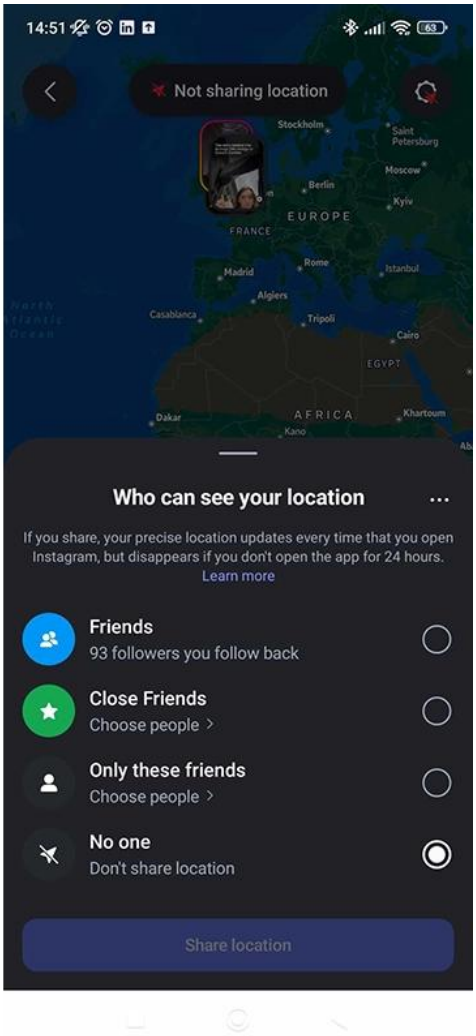




Step 3 – Click **Location sharing**.

Step 4 – Choose who can see your location. You can choose between:

Friends - accounts you follow that also follow you back.
Close Friends - accounts that you have added to your Close Friends list.
Only these friends - choose specific accounts to share location with.
No one - turn off location and share it with no one.



17 How do I set up Instagram Supervision?

Together with your child, you can manage privacy and security on the platform with Supervision.

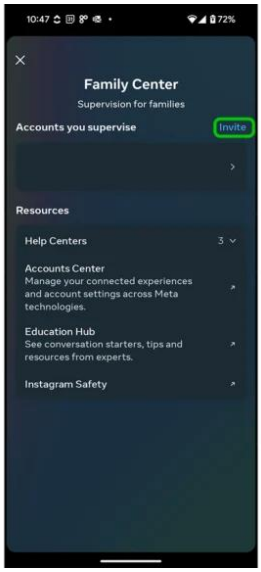
To set Supervision up:

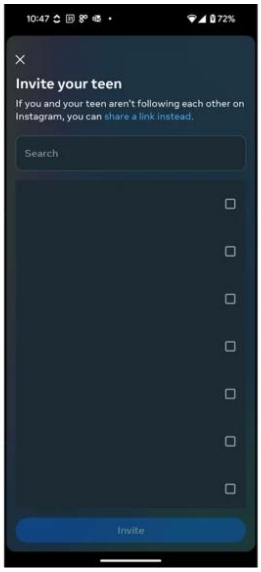
Step 1 – Go to **Settings > Family Center > Supervision**, and send an invite to your teen's account.

Step 2 – Your teen needs to accept the invite to enable supervision.

What you can do with Supervision:

Set Daily Time Limits: Control how long your teen can use Instagram each day. Once the limit is reached, the app will lock for the day.
Schedule Downtime: Block access to Instagram during specific hours, such as bedtime or study time.
Monitor Messaging Activity: See who your teen has messaged in the past 7 days (without reading the messages).
Approve Changes: Review and approve any changes your teen requests to their settings.
Review Content Interests: Keep track of the topics your teen is exploring on the platform.
Encourage App Breaks: Instagram will remind your teen to take breaks, promoting healthier usage.





18 What are teen accounts?

Instagram has introduced 'teen accounts', which automatically switches on all privacy settings for accounts owned by teens aged 13-17 years old.

If you are creating the account with your child, you will not need to take any action to make their account a 'teen account', as this is applied by default to any account with a date of birth that puts them in this age range.

However, if your child is 16-17 years old, they can choose to switch privacy the

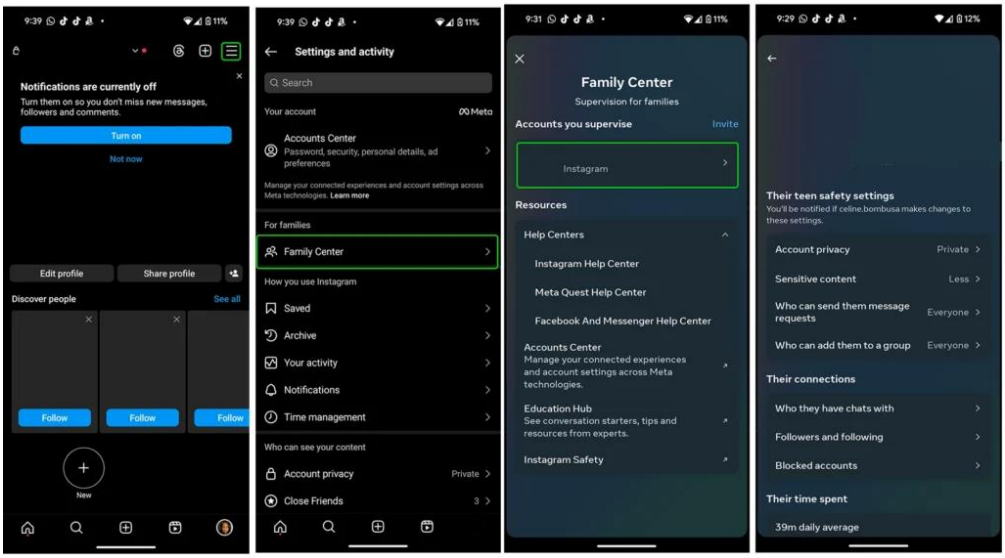
settings off. If your child is under 16 though, they will need your permission before being able to reduce the strictness of any settings.

To view accounts you supervise and make changes to safety settings:

Step 1 – go to your profile and tap the 3 horizontal lines in the top right corner.

Step 2 – Tap the 'Family Center' option.

Step 3 - On the Family Center, click the account you supervise that you want to make changes to.

Step 4 – Now you can view all the settings you would like to change, such as who can message them, and you can also view who your child has been contacting.

See how the introduction of teen accounts will improve teen safety on the app.