



INSTAGRAM SAFETY TIPS

We are committed to keeping Instagram a friendly, fun and — most importantly — safe place for self-expression. Our hope is that the tips below are a simple way to help you stay safe and secure. Many of our tools can be accessed through the “...” menu at the top right of your profile.

Help keep things positive:

- **Pick a strong password and keep it safe:** Choose a password that is difficult to guess by using a combination of at least six numbers, letters and symbols and make sure it is unique to Instagram.
- **Set your account to private:** This means that only your approved followers will see your posts. From the “...” menu at the top right of your profile, scroll to the **Private Account** option and swipe to turn it on.
- **Approve followers you know:** If your account is private, people will have to send you a follow request if they want to see your posts so you can choose to only approve people you really know.
- **Manage Instagram Direct messages:** If someone you don't follow sends you a message, it will appear as a request in your inbox. That means you can choose to decline it so it won't appear, or approve it so that you can read it.
- **Use Two-factor Authentication:** From the “...” menu at the top right of your profile, scroll to the **Two-factor Authentication** and swipe it on. This means that when you log in from an unknown device, we'll require an extra SMS security code to protect access to your account.

Address unwanted interactions:

- **Control your commenting experience:** You can hide comments that you don't want to appear on your posts. From the “...” menu at the top right of your profile, scroll to **Comments**. The most common inappropriate and offensive words on Instagram, including profanity, are blocked by default. You can choose additional key words, phrases, or emojis to filter out.
- **Delete and report offensive comments:** Swipe right on a comment to hide it. You can also report comments by swiping right on the comment and clicking the ⓘ button.
- **Unfollow someone:** If you no longer want to follow someone, go to their profile, tap on the 👤 button and click **Unfollow** to confirm.
- **Block someone:** When you block someone, that person won't be able to find your profile, posts or story on Instagram. People aren't notified when you block them. To block someone, go to their profile, tap the “...” menu on their profile, and tap **Block**.
- **Report inappropriate accounts and posts:** From the “...” menu on a post, story, or profile, select **Report** to report content you find inappropriate.

Visit PACER's National Bullying Prevention Center at www.pacer.org/bullying and www.instagram-together.com for more on tools to help keep our community safe.

