



## Instagram Teen Accounts

In early September Instagram (Meta) announced, "Teen Accounts: Built-In Protections for Teens, Peace of Mind for Parents".

This means that at a basic level, any new accounts created by users 13-16 will automatically be put into a more restricted teen account which has built in protections which are:

- **Private accounts** - new accounts default to private. This applies to all teens under 16 (including those already using Instagram) and teens under 18 who sign up for a new account - however, currently this relies on users being truthful with their age. Instagram state they will be testing new technology with U.S. users at some point next year which will estimate age.
- **Sensitive content restrictions** - teen accounts will be placed into the most restrictive 'sensitive content control' setting.
- **Limited interactions** - users can only be tagged or mentioned by people they follow. Offensive words and phrases will be filtered out of comments and DM's (private messages).
- **Time limit reminders** - users will get notifications telling them to leave the app after 60 minutes each day.
- **Sleep mode** - Notifications will be muted between 2200 and 0700.

These settings can be turned off/on but users (16 and below) will have to set up **parental supervision** and those parents have to approve the changes (the parent supervision feature has been around for a while). New features within parent supervision includes ways to see who their children are talking to (but not the content of those messages), setting daily time limits, blocking specific time periods and see topics that children are looking at.

It is difficult to know how successful these will be, but if the new features help some children and some parents that can only be a good thing.

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