

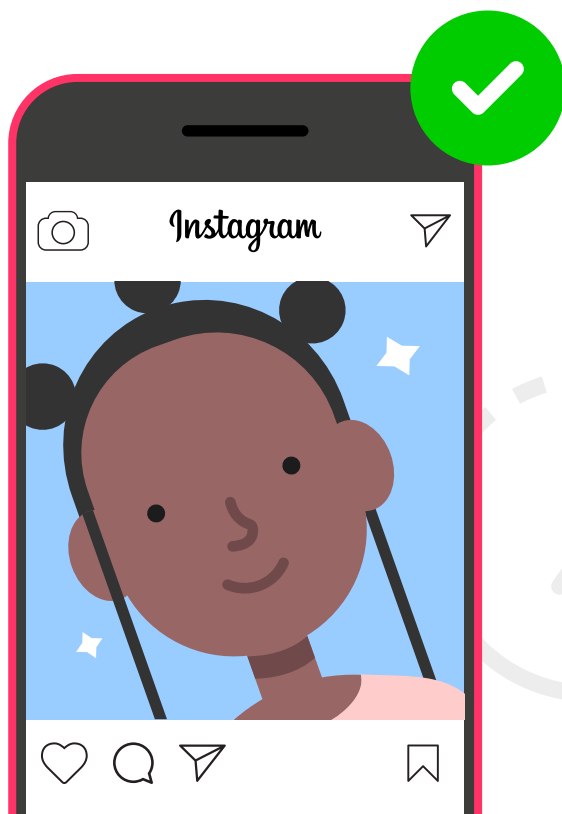
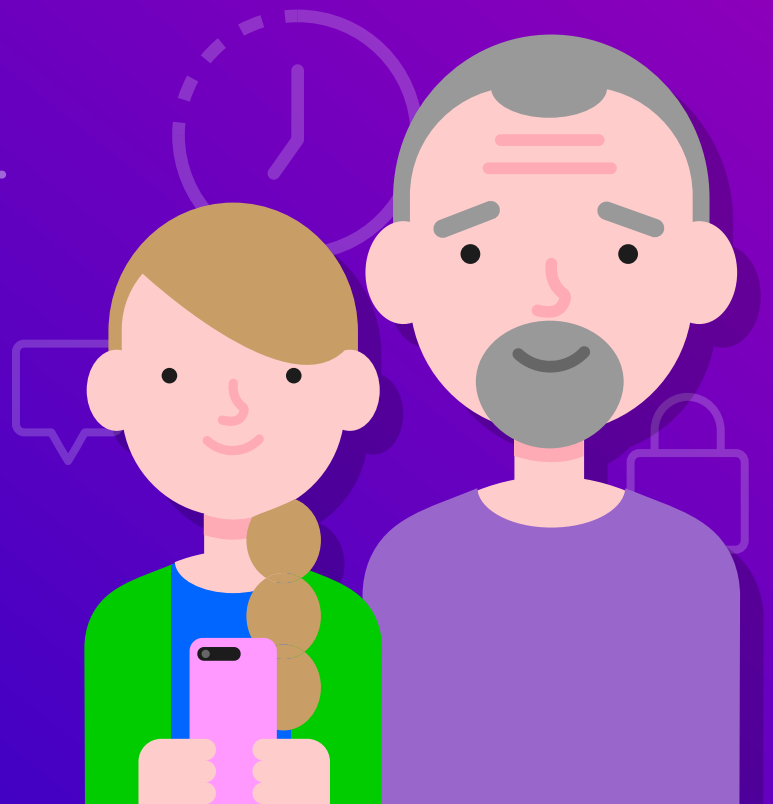
Addressing the pressure
to be perfect toolkit:



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Parents toolkit: The balancing act of screen time

You will want to check in on how much time your child is spending on Instagram. There's no magic formula for determining the right amount – instead, we encourage young people to think about the purpose of being online, are they learning, creating or connecting and having a positive experience?



Instagram has created a set of tools that can help with those boundaries, and with managing time spent on Instagram.

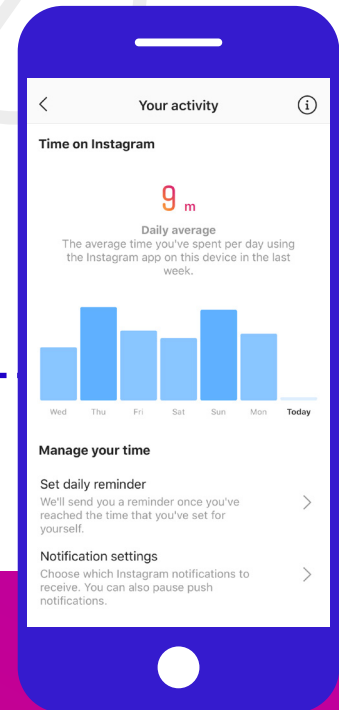
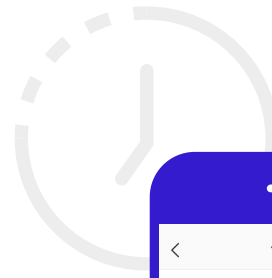
Below, is an explanation of the tools, and some tips on balancing screen time with time offline. ▶▶

THE TOOLS

Tracking time

The Activity Dashboard shows how much time has been spent on Instagram for the past day and week, as well as average daily time on the app. Tap and hold the blue bars to see how much time has been spent on Instagram on a certain day.

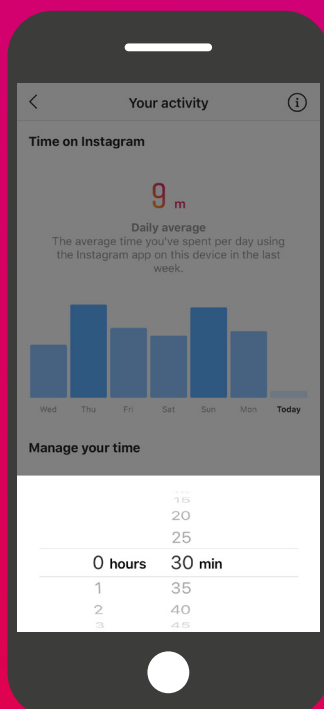
Using the tracking tool can open a discussion about time spent online and whether you might want to reduce it.

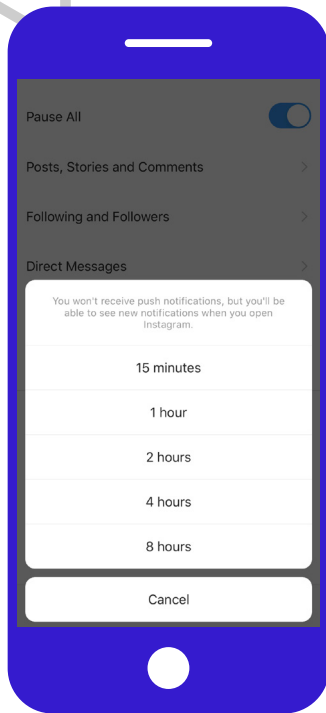


Setting limits

The daily reminder can be used to set a limit on the amount of time spent on Instagram. Talk with your teen about how they feel while using the app. Is there a point when they don't get as much out of it?

Setting the daily reminder together can be a good way to talk about how Instagram is being used throughout the day.

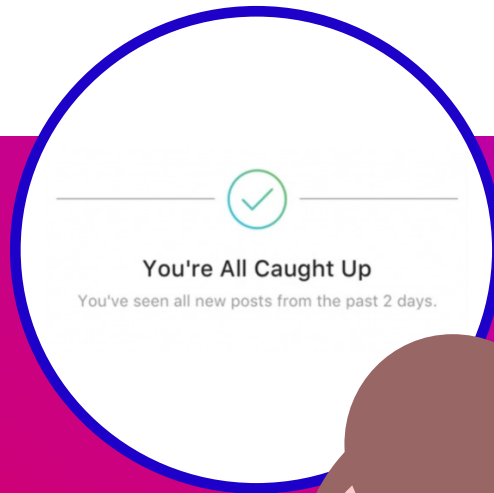
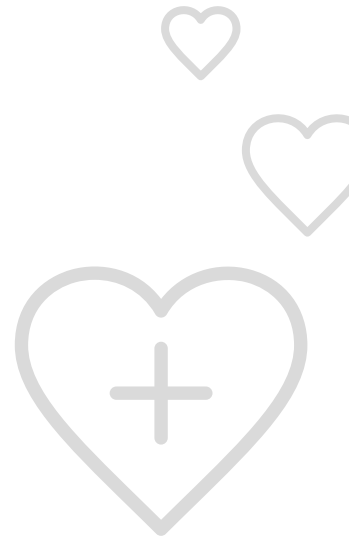




Making peace

The “Mute Push Notifications” feature can be used to silence Instagram notifications for a period of time. When the preset time is up, notifications will return to their normal settings without having to reset them. With notifications off, it may be easier to focus on other things without interruption.

Notifications can also be tweaked so that messages from a study group come through, but not party posts, for example.



Hitting pause

Young people can feel pressure to see and interact with all of their friends' posts. When they scroll through every post on their feed since they last logged on, they'll see a message that says “You're All Caught Up.” This way, they'll know that they're up to date on everything their friends and communities are up to.

“You're All Caught Up” is automatically enabled.



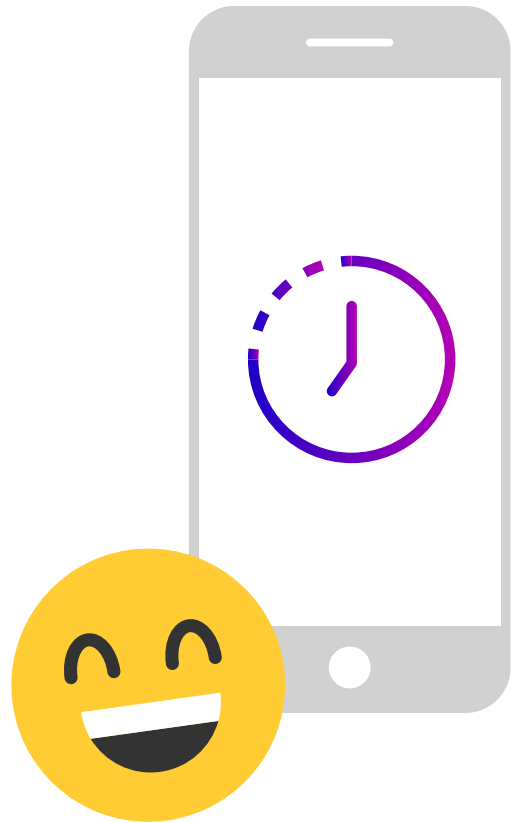
THE TIPS

Model the habits you'd like your teen to adopt

Living a life with intentional screen time is an important part of managing digital wellbeing and is good for you and for those around you. **Come up with guidelines that work for you, and work with young people in your life to do the same.** And be transparent if you struggle—if they know it's hard for you, they won't beat themselves up if it's hard for them.

Change over time

When teens first join Instagram you can explore the app together and discuss who to follow and set boundaries that you revisit from time to time. **With teens, it's important to understand that they need free space where they can explore and interact with others.**



Encourage phone-free activities

Help keep what happens online in perspective by ensuring a healthy balance of other activities.

You might want to start some family traditions that bring you all together without the need for devices. Why not have a weekly screen-free time? Or a digital detox every now and then, spending the time interacting with each other playing games, sport or watching a movie without your personal devices.

Internetmatters.org/Instagram-parents-toolkit

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