

# Instagram



A Parental Resource Guide

## Changing Your Privacy Settings



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# Instagram: Changing Your Privacy Settings





Adapted from the Instagram Privacy Page: <https://help.instagram.com/116024195217477>

## How to Set Your Posts to Private

On Apple/Android devices, tap on the  icon to go to your profile and tap the  settings icon.

On Windows devices, tap on the  icon and click “edit profile.”

Change your settings to “Private Account” on Apple/Android and “Posts are Private,” then tap the checkmark for Windows devices.

To report content about self-harm or suicide, tap the  or  above the post and select “Report,” “It’s Inappropriate” and then “Self-injury.”

## Tips & Tricks

- The Activity Section will display follow requests.
- You can block users who were following you before you changed your settings if you don’t want them to see your posts.
- Users can send you media even if they aren’t following you.
- Private posts can be seen publically depending on your sharing settings with other social media apps (i.e. Twitter, etc.).
- Report content if it focuses on self-injury, including suicide or eating disorders.

### Quick Tips:

The default setting on Instagram is to allow anyone to see your profile and posts. After changing your settings to private, people have to send you follow requests to see your posts. Make changes to the list in Settings.

Be sure to turn off Location Services for Instagram on your device’s privacy settings.



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**In the case of immediate physical danger to someone you know, call 911. For the 24-Hour National Suicide Prevention Lifeline call 1-800-273-8255**