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safe on social
Top Instagram Safety Tips
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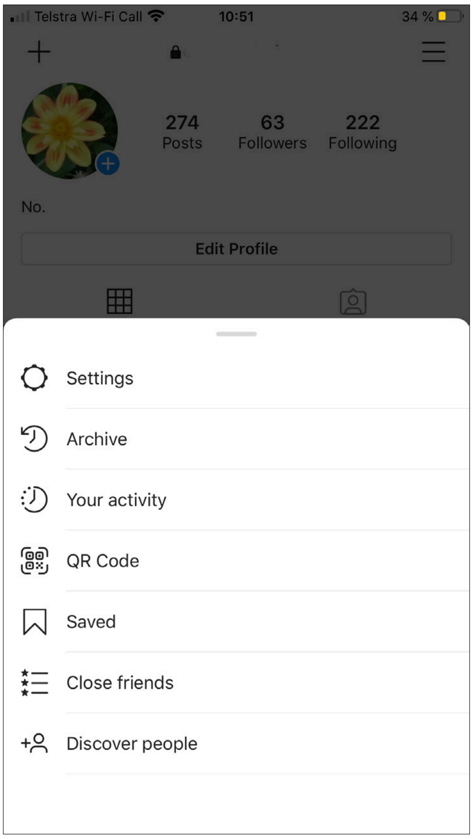
Top Instagram Safety Tips

How to secure your account and protect your privacy while using Instagram.

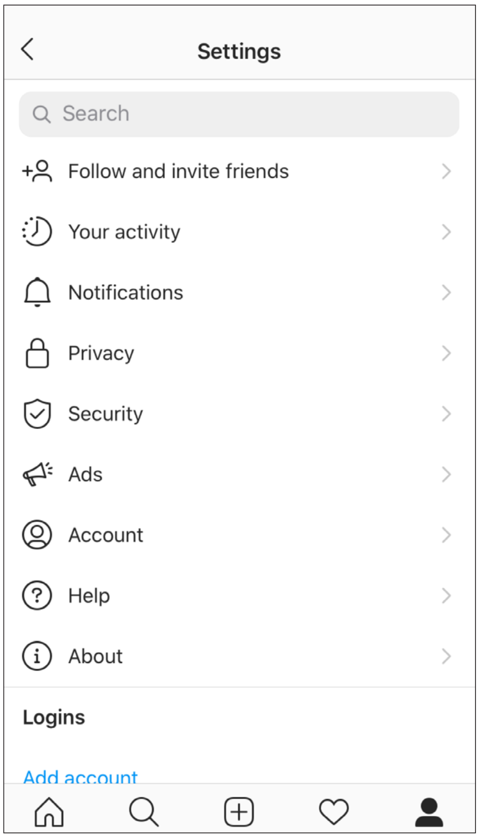
All interactions with Instagram security take place within the settings options of your Instagram profile.

Begin with selecting the three bars in the top right of your device and continue through the resulting menu. The settings selection is the first point of access.

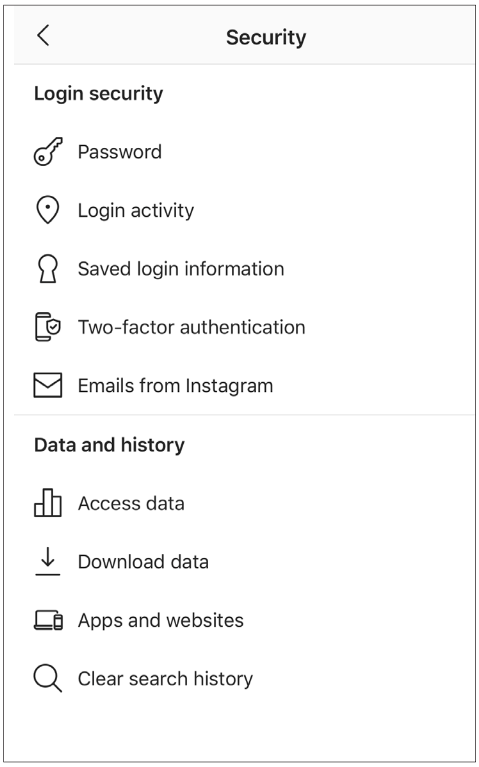


1. Secure the access to your account.

Passwords should not be easily guessed. A combination of uppercase & lowercase lettering, plus symbols is recommended. Never give your password to anyone else.
Two Factor authorisation will add an additional layer of protection, sending a verification code to your mobile phone. This can be installed by selecting the "Security" option.



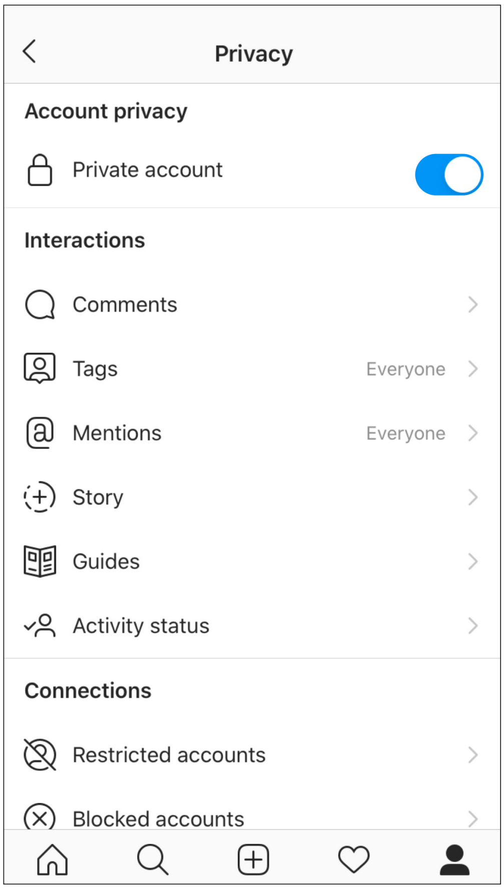
This will open the menu to allow you to change passwords and install addition layers of security to your account.



2. Private account

Ensure your account is set to private, so the only individuals that many see your content are individuals that you follow.

Instagram by default set to public. To set your account to private use the settings function to access the Privacy function.



Privacy

Account privacy

Private account ●

Interactions

Comments

Tags Everyone

Mentions Everyone

Story

Guides

Activity status

Connections

Restricted accounts

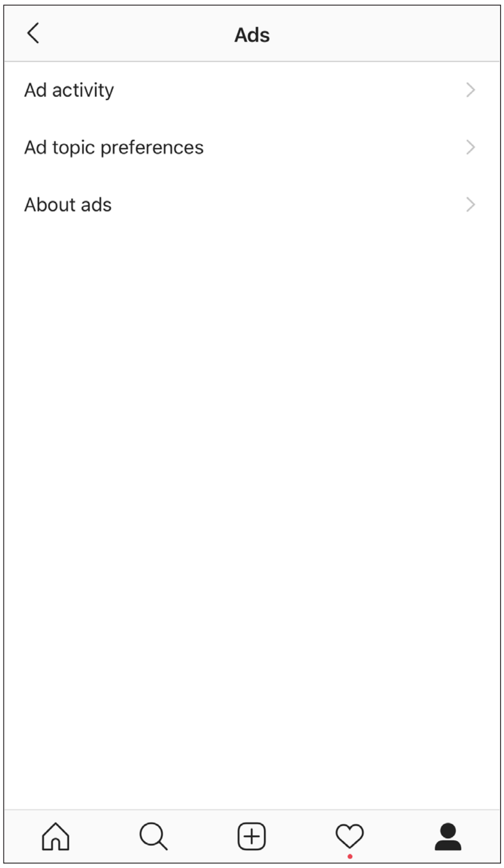
Blocked accounts

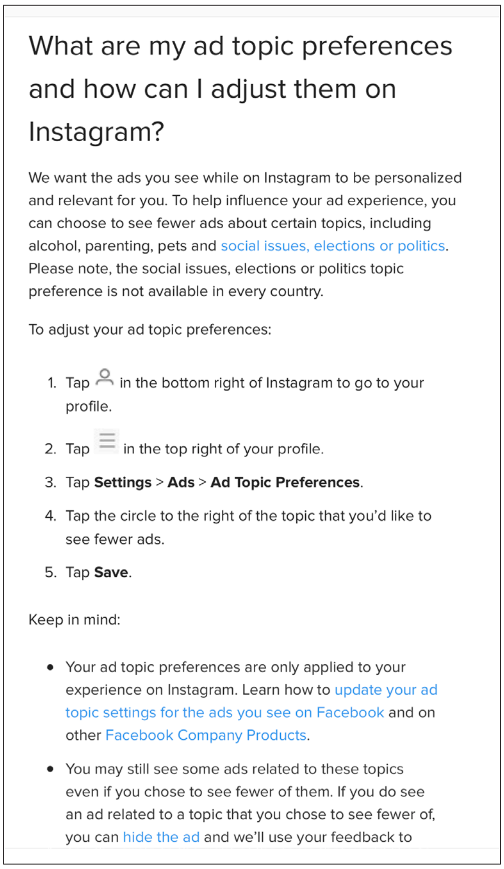
3. Protect your data from third party apps (or how revoke access for authorised apps)

Instagram shares considerable amounts of personal data and habits with third-party advertisers to deliver targeted advertising to you. This can be limited by using the following steps.

For parents, there is the option to both limit advertising ad remove sales topics such as alcohol, parenting and pets. Further options are available overseas including social issues, elections and politics. This is not the case in Australia.

Follow the Ads feature to learn more about Instagram and ads.





What are my ad topic preferences and how can I adjust them on Instagram?

We want the ads you see while on Instagram to be personalized and relevant for you. To help influence your ad experience, you can choose to see fewer ads about certain topics, including alcohol, parenting, pets and social issues, elections or politics. Please note, the social issues, elections or politics topic preference is not available in every country.

To adjust your ad topic preferences:

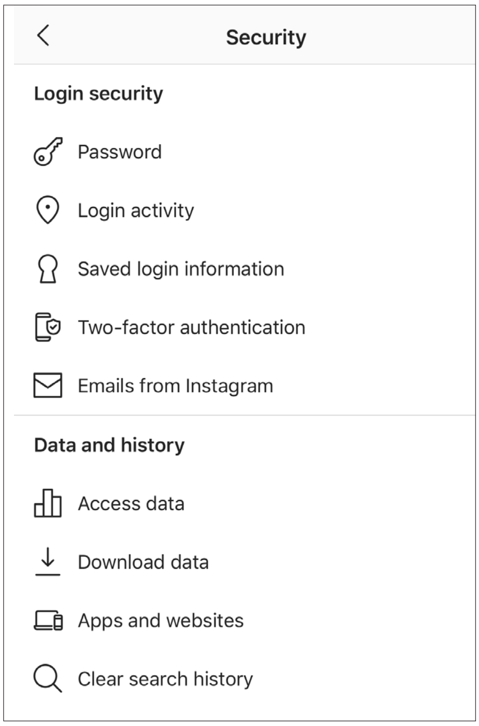
1. Tap 👤 in the bottom right of Instagram to go to your profile.
2. Tap ☰ in the top right of your profile.
3. Tap **Settings** > **Ads** > **Ad Topic Preferences**.
4. Tap the circle to the right of the topic that you'd like to see fewer ads.
5. Tap **Save**.

Keep in mind:

- Your ad topic preferences are only applied to your experience on Instagram. Learn how to update your ad topic settings for the ads you see on Facebook and on other Facebook Company Products.
- You may still see some ads related to these topics even if you chose to see fewer of them. If you do see an ad related to a topic that you chose to see fewer of, you can hide the ad and we'll use your feedback to

4. Use the option to check if someone has hacked your account

Check your login activity. This is an excellent option to see if anyone has accessed your account without your authorisation. The function allows you to verify your location, and look at previous location that your account has been accessed from. If there are locations you do not recognise, log out from all your devices and change your password before logging back in.



Security

Login security

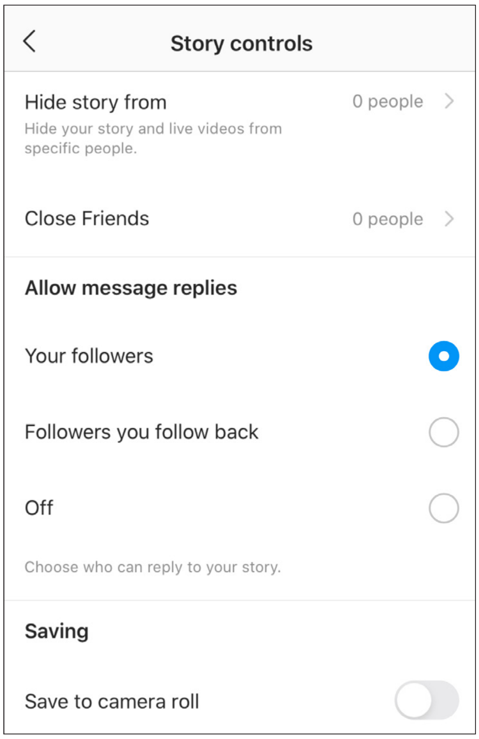
- Password
- Login activity
- Saved login information
- Two-factor authentication
- Emails from Instagram

Data and history

- Access data
- Download data
- Apps and websites
- Clear search history

5. Control Re-sharing stories and content

What you share on Instagram can be picked up by friends and posted elsewhere with or without you consent. You are able to prevent this happening and keep your content to yourself by following these steps. Located under the Privacy feature in Settings are the options to control your Interactions with followers. The relevant controls for re-sharing content are located here.



Story controls

Hide story from — 0 people
Hide your story and live videos from specific people.

Close Friends — 0 people

Allow message replies

● Your followers
○ Followers you follow back
○ Off

Choose who can reply to your story.

Saving

Save to camera roll — Off

6. Limit biography information

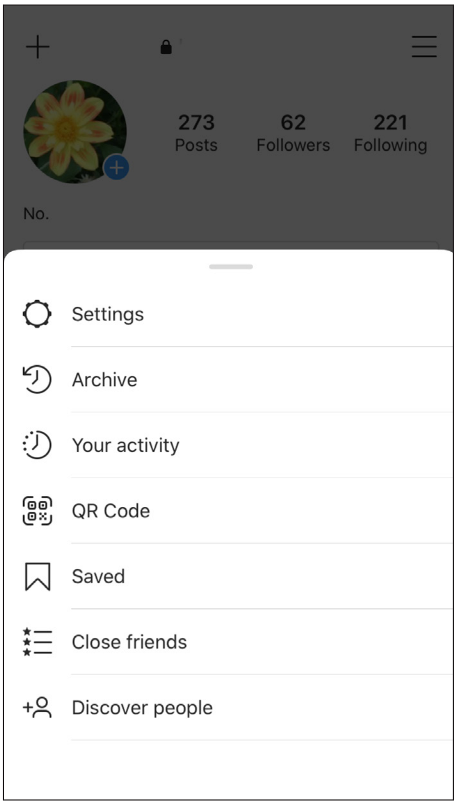
Do not include your age in your profile. This can make you a target . Do not include your school name , your location or other social media addresses. Be discreet – a little information can go a long way if someone is looking to harass, stalk or bully you.

7. Disappearing message

This is a Snapchat like feature that allows a timed photo or video message to be sent – recipients may only view it once before it disappears. There has been a recent increase in reports of image-based abuse and the bullying potential is high with this feature.

8. Q Code – do not share.

Designed for business orientated accounts, but also available for the average user are Q Codes. These are generated to be scanned by your phone and link you directly to another's Instagram account , opening it easily. Do not share these details with other individuals online and take care we decided whether to use a Q code from another account.

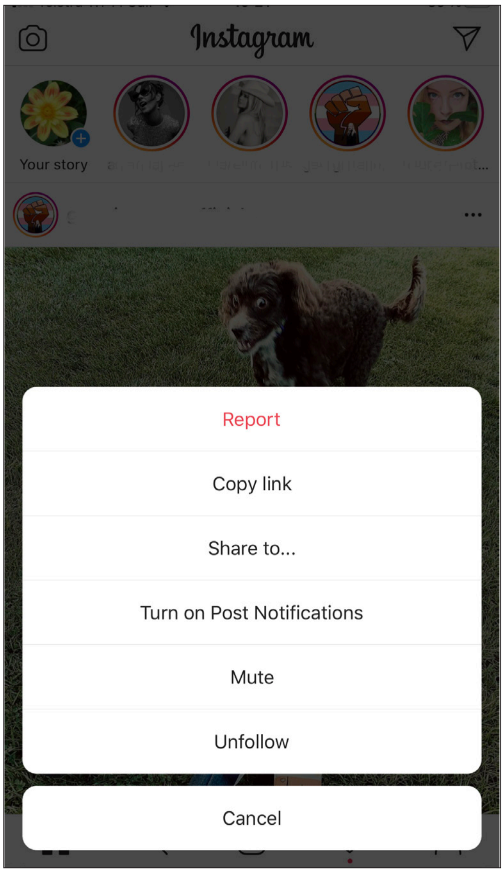


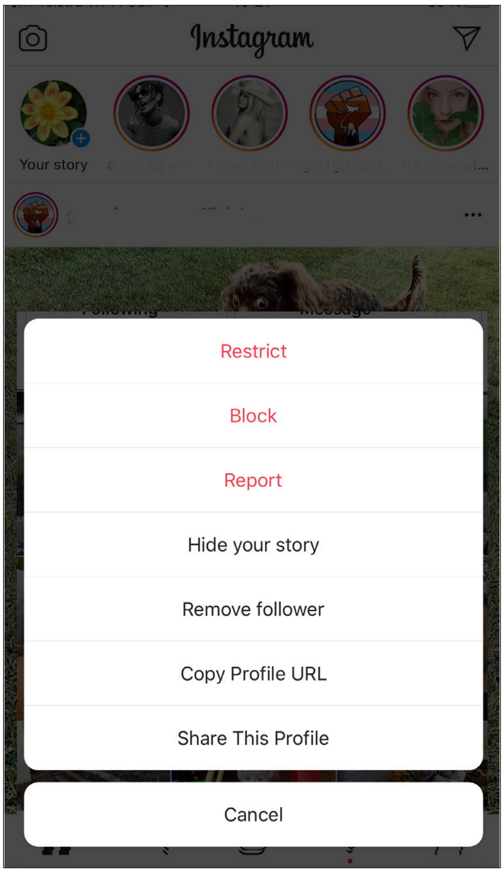
9. Block and Report all individuals who threaten, harass or bully you.

Any interaction that is threatening, harassing, abuse, trolling or bullying maybe reported and the corresponding account blocked or muted.

To report a particular post

Use the … icon on the top left of a post.

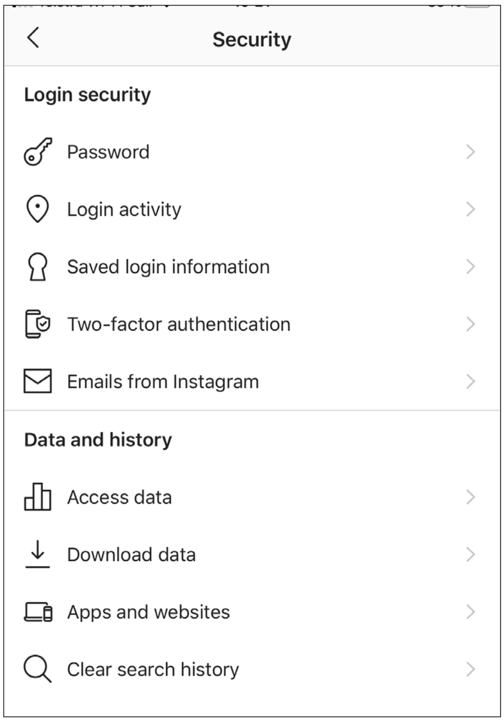




This will result in a menu with a number of options.
To restrict, report and block an offensive account, go to the account, and use the … icon. This will open a menu that allows for all these options.

10. Don’t get phished

Instagram has provided users with a system to determine if emails claiming to be set from the company are genuine. The feature provided a list of all the email sent from Instagram within the past 14 days. If the email you have received does not appear on this list , it is not from Instagram.
This feature is located under the Security section of the Settings.



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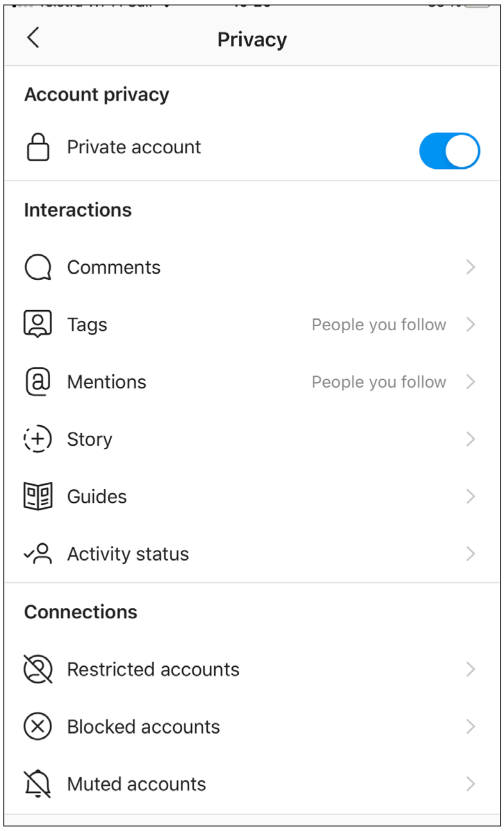
11. Use the interactions features to control all your engagements.

In this section you are able to limit your activity status, restrict comments, limit accounts that may tag you, mentions you may appear in, other individuals guides and control your stories. Take the times to think about who you wish to access and comment on your account.



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- Tags — People you follow
- Mentions — People you follow
- Story
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- Activity status

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- Restricted accounts
- Blocked accounts
- Muted accounts

12. Do not log into your account from other sources. Log out from your account when you have finished using it.

This ensures that the privacy steps you have installed are not wasted, and limits the chances your account may be hacked.

13. Choose your followers wisely. Do not accept friend requests from people you do not know.

It is common to receive friends requests from individuals you may not know. In the interests of safety, it is best not to accept these requests.

14. Do not location tag your posts.

Using the geo-tagging feature allows individuals to trace your movements and patterns. It may also be possible to determine where you live, attend school or sports from these tags. Details in the background of images can be used to further pinpoint your location, and establish your habits and where you will be at a regular times. This can be dangerous.

15. Check the content of your images.

Pictures posted (particularly from a public account) can reveal more than you may realise. An image including a school uniform can be used to determine where you may attend school. What is in the background of your images may give away your location. Always check before posting.

w: safeonsocial.com
e: wecanhelp@safeonsocial.com

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