Instagram - Guide for Parents and Carers





What is it?

Instagram is a service which allows the user to take and edit photos and videos and then post them online. It can also be used to share photos and videos on other popular services such as Facebook, Twitter, Flickr, Tumblr and Foursquare.

To create an Instagram account, the app has to be downloaded. It is available for free on iOS or Android phones and tablets, Windows Phone 8 and later versions. Once an Instagram account has been set up, it can also be accessed through the Instagram website on other devices.

Young people enjoy taking photos and sharing them with added comments, which might use hashtags (#). A user can 'like' someone else's picture or video by clicking on the 'heart' icon, and can add their own comments about it, creating a comments thread for each item.

The default setting allows anybody to view and comment on a user's photos and videos. However, privacy settings allow the user to decide if they want only their 'followers' to see their photos and videos, and the comments about them.

Does Instagram have any age restrictions?

Instagram's Terms of Use state that all users must be at least 13 years old (this is to comply with the Children's Online Privacy Protection Act in the United States). If a UK user is younger than 13, they have failed to comply with the Terms of Use, but they are not breaking the law.

Users do not have to submit their age when registering an account. Therefore, children below the age of 13 (with or without their parents' permission) can use Instagram without restriction.

If Instagram is informed that a user is under 13, the account may be deleted.