Instagram: How to support anti-bullying

The holidays are approaching! This is wonderfully positive and offers you the chance to take a much-deserved break. I very much hope that you enjoy your break and that you get some quality time.
Sadly some of you will face some online challenges this summer. If you do not read this email now then I will ask you to remember that it is here in case you need to refer to it.
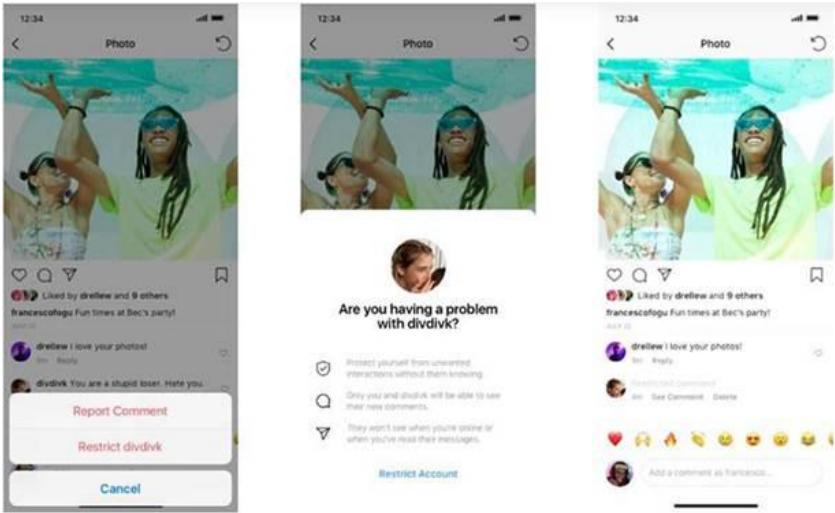This email covers: 1) Privacy, 2) RESTRICT, 3) Report, and 4) Delete.

You do not ever put up with being on the receiving end of a bully on Instagram.

1) Privacy settings. Protect yourself. Then block or **RESTRICT** the bully. Do not keep this to yourself.
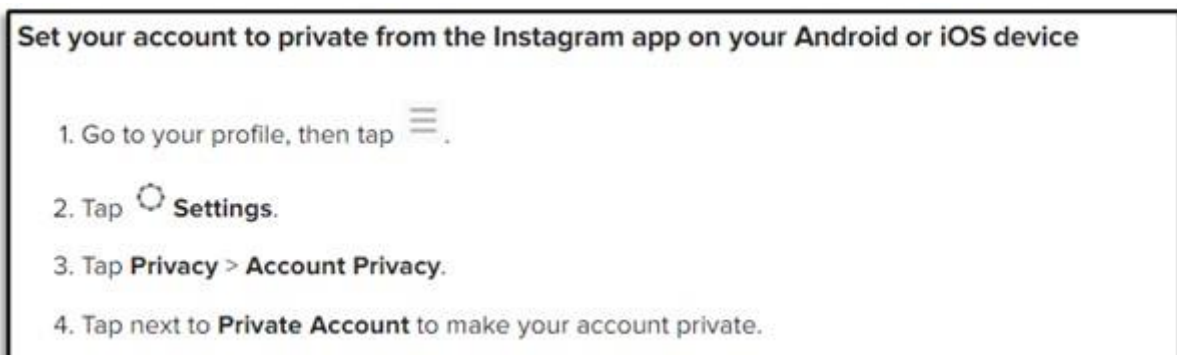
2) Instagram want to protect you. They understand you may not want to become invisible by blocking. Talk to someone.

They have **RESTRICT**. When someone is restricted it means that only you and the bully can see the comments. You can choose to share or not share. RESTRICT messages go to a separate inbox. This is a strong response to those people who are trolling you have created anonymous accounts.

More information on Restrict:
https://www.dpreview.com/news/8705567085/instagram-releases-restrict-shadowbanning-feature-for-all-users

1 in 3 young people reported being a victim of online bullying.
170,000 U-Reporters from 30 countries spoke out in a UNICEF poll

3) Report the incident to Instagram. You can do this. Even if the post is by an anonymous person or by a made- up name. Tell someone.

This is easy. Instagram classify different areas for support
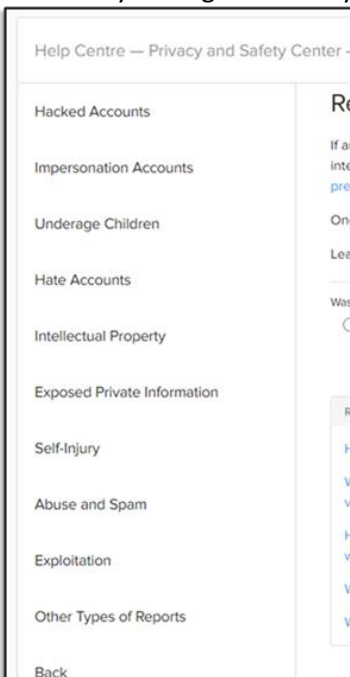
- Click on the correct link and follow the advice. Bullying is under Hate Accounts

Hate Accounts

∨ **Reporting harassment or bullying on Instagram.**

If an account is established with the intent of bullying or harassing another person or if a photo or comment is intended to bully or harass someone, please report it. You can also learn what to do if you think someone is pretending to be you or someone else on Instagram.

Once you've reported the abuse, consider blocking the person.

Learn how to report other accounts or posts that don't follow our Community Guidelines.

4) # Delete the App. Seriously, it is not worth the amount of stress being caused to you. Post a message saying that are taking a breather from Instagram due to somebody posting anonymously and you cannot be bothered with their hate. You are taking control. You have better things to do with your life.

5) Contact Instagram Help. https://help.instagram.com/502946753134317

To give language to what you experience many different groups have defined cyberbullying. Here is one example: Kaspersky identify 10 types of cyberbullying: https://kids.kaspersky.com/10-forms-of-cyberbullying/
E.g. Harassment
Harassment is a sustained, constant and intentional form of bullying comprising abusive or threatening messages sent to your child or to a group.