Settings for Healthy Social Media Use

Social media is an important part of how many people connect. But to protect your time, privacy and mental health, it's also important to set healthy boundaries for social media use. In this tip sheet, you'll find recommendations for privacy and content settings that can help your social media accounts remain safe, positive environments.

A note for parents/guardians of teens: Use this guide to have a conversation with your teen about the settings on their social media accounts. Share these tips, and then work together to make sure they are using social media in healthy ways.

Instagram

- Set your account to private so you can control who follows you.
- Limit comments and messages from people you don't know.
- Only allow people you know to tag you in images.
- Turn "Activity Status" off so other users don't see when you're actively using the app.

- Parents: Did you know that teens can send an invite to their parents or other trusted adults to allow access their accounts? This is called "supervision". Once your teen gives you access to their account, you can:
  - View how much time your teen spends on the app and set time limits.
  - Be notified when your teen reports someone.
  - View and receive updates on what accounts your teen follows and the accounts that follow your teen.

TikTok

- Explore TikTok's Parent Guide and have a conversation with your teen about privacy and settings.
- Look for "Digital Wellbeing" in the "Settings and Privacy" menu and enable "Restricted Mode."
  This allows you to limit content that might not be appropriate for young viewers. (If you find an inappropriate video in restricted mode, report it here.)
- Use your phone's settings to set a time limit on your app use each day.

- Parents, take advantage of TikTok's Family Pairing feature. It allows you to:
  - Set a limit on your teen's watch time.
  - Limit content that isn't suitable for your teen.
  - Manage your teen's privacy and safety settings.
  - Choose whether your teen can have a private or public account.

Snapchat

- Parents, work with your teen to put privacy settings in place. These enable you to:
  - Turn off "Trending Public Content" in notifications.
  - Turn off "Message Reminders" in notifications.
  - Turn off location in Permissions.
  - Make "Who Can See My Location" to "Only Me."

Twitter

- Mute or block specific words, accounts or notifications.
- Make an account private so only people you accept can see content your teen posts.