

Parents Online Safety Hub (POSH)

One Standard. Same Boundaries. Safer Families.

Instagram Safety Checklist (V3)

- Open Settings inside the app.
- Set account to Private (if available).
- Restrict who can message you to Friends Only.
- Disable message requests from unknown users.
- Limit who can add to group chats.
- Turn off live location sharing.
- Review follower/friend list monthly.
- Block and report suspicious accounts immediately.

Emergency: If a child is in immediate danger call 000.

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