

A P A R E N T ' S
T O
G U I D E
Instagram

In This Guide . . .

- **Instant Gratification or a Never-Ending Search for Validation?**
- **What is Instagram?**
- **How popular is it?**
- **How does it work?**
- **Can you explain its important features?**
- **What are hashtags?**
- **What's Instagram Direct?**
- **What are Stories?**
- **Why would someone want to post to their Story instead of to their profile?**

- **Is Instagram “art”?**
- **What’s a “Finsta”?**
- **Why do teens care so much about how many followers and likes they get?**
- **How do the “liking” and “commenting” features affect my teen?**
- **How does the app impact my teen’s mental health?**
- **How do I talk to my teens about comparison and body image?**
- **Can a user access inappropriate content on the app?**
- **How do I talk to my teens about the app and its place in their lives?**
- **Final thoughts**
- **Resources**