**Keeping Yourself Safe on Instagram**

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**What is Instagram?**

Instagram is a free photo and video sharing app available on iPhone and Android. People can upload photos or videos to our service and share them with their followers or with a select group of friends. They can also view, comment and like posts shared by their friends on Instagram.

**Dangers of Instagram**

The internet is the perfect place for child predators to find victims because they can disguise their identities and talk to children privately. Because it’s so popular with minors, Instagram is the site most used by child predators.

1.Mature Content

2.Cyberbullying

3.Viral Exposure

4.Hackers

5.Mental Health Problems

**Ways to be Safe on Instagram!**

Instagram provides a seamless way to share filtered snapshots of life's highlights, but like anything on the internet, it has attracted its share of bad actors. Online harassers, hackers, and scammers run rampant, but don't let that scare you away from the Facebook-owned social network.

1. Enable Two-Factor Authentication

How to Enable Two-Factor Authentication.Go to Settings > Security > Two-Factor Authentication > Recovery Codes

2. Don't Get Phished

Settings > Security > Emails From Instagram

3. Check Login Activity

Settings > Login Activity

4. Make Your Account Private

Settings > Privacy > Account Privacy

5. Disable Activity Status

Settings > Privacy > Activity Status

To help users differentiate between fake emails and official Instagram correspondence, Instagram is [rolling out](https://www.pcmag.com/news/is-that-instagram-email-a-phishing-attack-now-you-can-find-out) an "Emails from Instagram" tab, which "will allow anyone to check if an email claiming to be from Instagram is genuine," the company says.