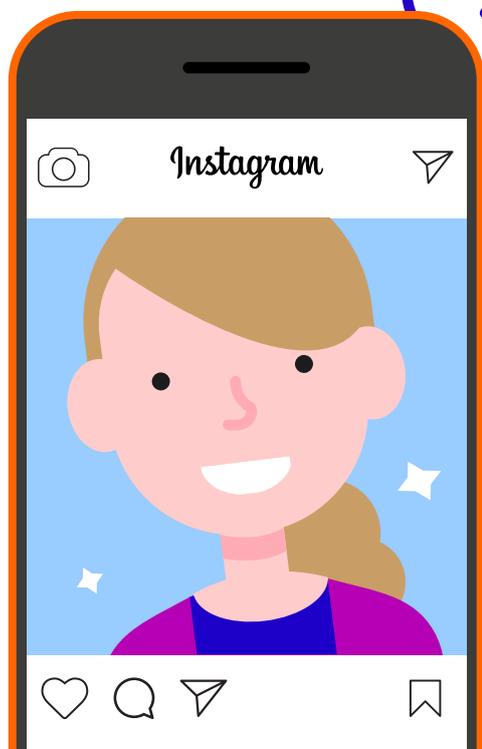
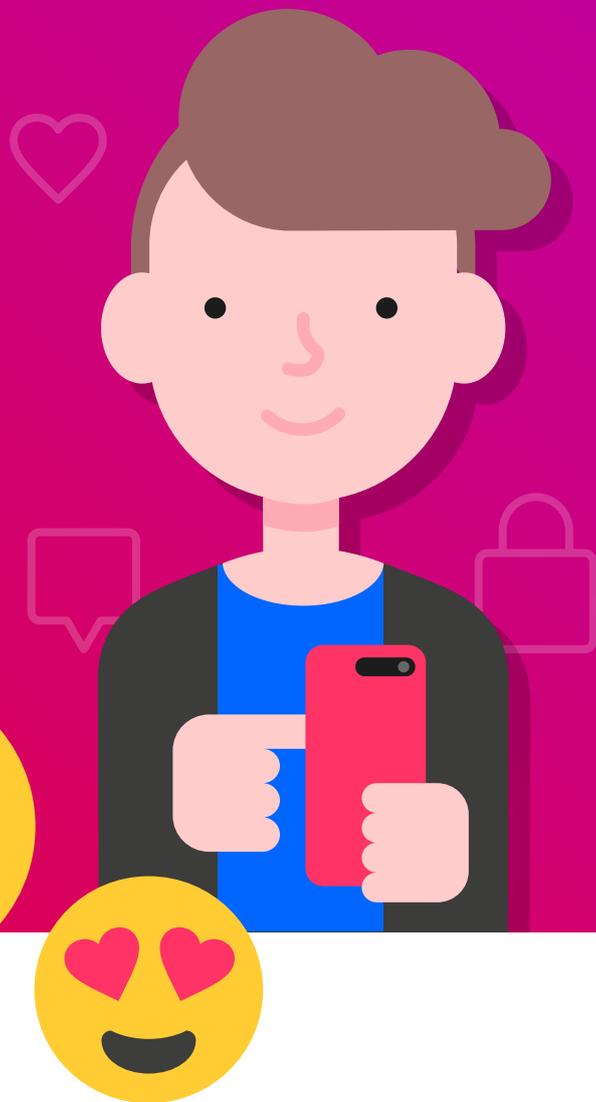




Advice for
young people:

The balancing act of screen time



The quality of the time you spend online is incredibly important to your wellbeing, so is the quantity. Too much screen time could mean you are neglecting other important things in your life.

Use this guide to consider what the right amount of Instagram use is for you, and explore some tools to help you set limits.

The goal is to make the most of all of your time, online or off.

Using digital wellbeing tools

Check your measurements

Check in with yourself after you've been online for a bit. If you're thinking about all the things you need to change—your hair, your body, the way you dress—maybe you need to adjust the way you are experiencing Instagram. Look for people and accounts that connect you to new and existing interests, and make you feel good about yourself.

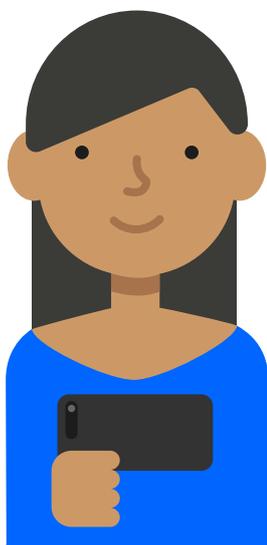
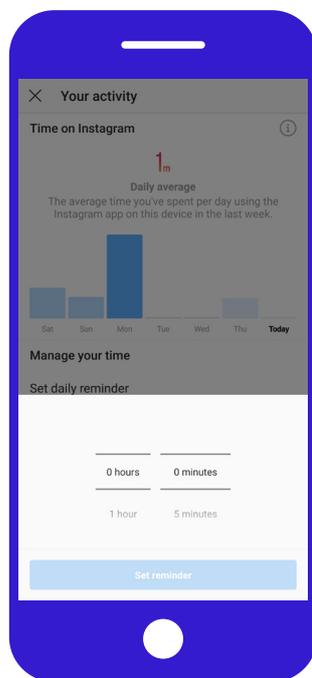


Set a reminder to log off

If you want to cut back on your screen time, you can set a daily reminder that will alert you when you've been on for a certain amount of time. **Try shaving off ten minutes a day.**

Tip Bonus:

- When you set a time limit, you might find yourself being more thoughtful about what you do on Instagram.
- To set up a reminder, go to your profile and tap . Then tap **Your Activity > Set Daily Reminder**. Choose the amount of time and tap **Set Reminder**.



Be in the moment

Sometimes having your phone around can distract you from really experiencing and enjoying what's going on around you. Remember, you don't need to post in real-time real time. Try taking a few photos and then putting your phone away so you can really be present, then sharing them later with your thoughts.

Tip Bonus:

You're less likely to make a typo.

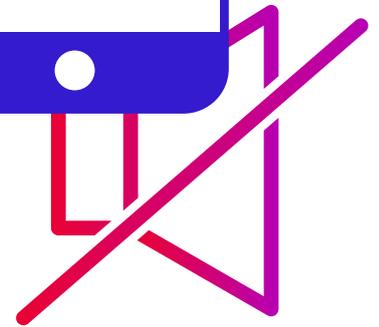
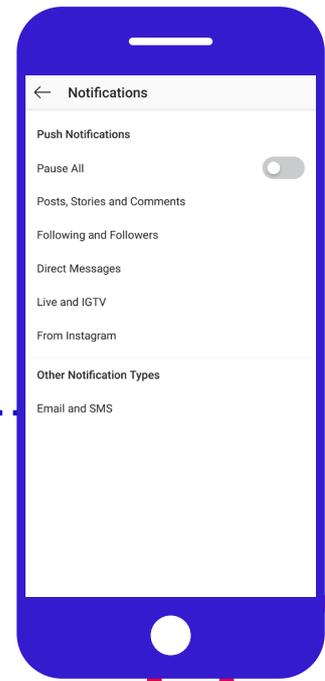


Mute notifications to help you focus

If you have trouble ignoring notifications, turn them off. Try muting notifications during times that you want to be offline. It can also be helpful to physically put your phone away in a drawer or another room during meals, hangouts or study sessions.

How to mute notifications

- To mute notifications, go to your profile and tap , then tap **Your Activity**.
- Tap on **Notification Settings**, then tap **Pause All**, and select how long you want to mute them. You can also mute specific types of notifications.



Give your phone a bedtime

If you have trouble falling asleep, it could be because you use your phone too much late at night. Your brain needs time to rest. Try putting your tech to bed about an hour before you go to sleep.

Internetmatters.org/Instagram-young-people-toolkit

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