



WAIROA COLLEGE

NEWSLETTER

Issue 12

Term 3, August 15th 2019

Message From Our Principal

Tēnā Koutou Katoa,

Cyberbullying is the use of digital technology by an individual or a group of people to deliberately and repeatedly upset someone else. It can consist of threats, harassment, embarrassment, humiliation, defamation and impersonation. All forms of bullying, including cyberbullying are never acceptable. We have had an incident recently where a student impersonated a staff member via instagram and sent inappropriate messages to another student. This student has been suspended. The harm that this event has caused for students and the teacher involved is totally unacceptable. We take these matters very seriously. Included in this newsletter is some information around keeping safe while using technology.



I would like to remind parents that students in Years 7 and 8 need to hand their cell phone into their teacher at the start of the day and collect it just before the bell goes at the end of the school day. For Years 9-13 students it is a privilege to be able to have a phone at school and it should only be out in the classroom if permission has been given by the teacher for learning purposes. Our school policy does state that if a student has their phone out during class time not for learning purposes they can be confiscated and handed into the office. A caregiver then needs to collect the phone. Please support us in this matter. A review of the use of cell phones and devices in classrooms will be carried out and measures taken. Ensuring staff and students are not victims of cyberbullying is the driving force behind this. Cell phone use as it stands will be changing. We will be asking for feedback from the community and whanau around this review.

In June ERO (Education Review Office) completed their final visit. We are delighted with the final report. Describing their visit as positive, the college will be visited again in approximately three years. The following are extracts from the final report.

A collaborative and consultative approach are key elements of the well-considered approach to change. The principal and senior leadership are effectively leading improvement. They are supportive of staff and provide clear direction. Promoting greater engagement and learning through effective teaching and leadership are a central aspect of leaders' improvement strategies. Regular collection of feedback from students and staff informs ongoing reflection on the impact of processes and initiatives.

The school has:

- *strengthened its capacity to reflect, plan, act and report to trustees using evidence that includes student achievement information*
- *developed a sustainable cycle of planning, improvement and review*
- *built the capability to sustain and continue to improve student achievement*
- *extended the capacity to respond effectively to any current or emergent issues*

**WAIROA COLLEGE
OPEN DAY**



**THURSDAY 5TH
SEPTEMBER
3.30PM - 6PM**

**Lucknow street | 06 838 8303 | www.wairoacollege.school.nz
email: info@wairoacollege.school.nz**

MESSAGE FROM OUR PRINCIPAL CONT...

- made significant progress in establishing a foundation of values, leadership, tone, climate and relationships likely to sustain and improve student engagement and learning.

Wairoa College is successfully addressing its priorities for improvement. Trustees and school leadership are ensuring overall tone, processes and practices more effectively support improvement and students' learning and wellbeing.

Ngā mihi nui,

Mrs Jo-Anne Vennell

Principal Wairoa College

ONLINE SAFETY PARENT TOOLKIT

Netsafe have recently launched a great new resource for parents and whānau, the 'Online Safety Parent Toolkit'. This interactive PDF offers parents and whānau practical tips and tools to help them talk to their children about online safety. It includes:

- quickstarter tips for parents, whānau and young people
- information to enhance digital parenting knowledge
- details about the online risks and challenges their children may face
- advice about how they can help their children.

Click the following link to this great resource:

<https://www.netsafe.org.nz/wp-content/uploads/2019/07/Online-Safety-Parent-Toolkit-R2.pdf>

Seven ideas to help you get started

The following tips have been developed with parents in mind. They are designed to enhance your digital parenting knowledge and reinforce key elements of online safety.

4 AGREE

Create a family code with your child to agree on what they can do online including sites to visit, appropriate behaviours, privacy settings and limits

1 UNDERSTAND

Read about the potential online risks, challenges and sometimes illegal behaviour young people face to understand what may happen

2 LEARN

Ask your child about what they do, how they use devices and who they talk to learn about their activities. Check in regularly to see what has changed

3 EXPLORE

Take the time yourself to explore the sites, apps and technologies your child uses to improve your knowledge and understand their experience

5 TEACH

Recognise each child has unique needs, but some online safety concepts are universal. Start by teaching yours the [5 tips to help your child thrive](#)

6 MODEL

Be a good example to your child. Make sure you role model the sort of behaviours you want to see your child use online and offline

7 PLAN

Make a plan so everybody knows what to do if something goes wrong and where you will be able to get advice and support in challenging times

WELCOME MR SCOTSON



This week we welcomed Mr Andrew Scotson to Wairoa College. Mr Scotson is the new Guidance Counsellor.

Kia Ora, I am very excited and honoured to be the new Guidance Counsellor at Wairoa College. After spending a number of years overseas I returned home to Wairoa last year and look forward to supporting our students to be successful in their life goals and pursuits.

- Andrew Scotson - Guidance Counsellor

HOUSE NEWS

HOUSE KOTAHITANGA

Kotahitanga is one of Wairoa College's core values which we have a focus on this term. Singing is an important part of our school culture and over the rest of this term we will be coming together as one, in our school houses to practice the following:

- **School Singing** - preparing for our prizegiving and important ceremonies.
- Learning our school **Haka**.
- Learning the actions to **Tutira Mai**
- **Tikanga and Whakatauki** - Each house will choose a whakatauki that represents one of our school values to perform to the school as a house competition.

Last week we had our first practise and the response from each house was fantastic.

Te Toki House - School Haka

We just wanted to give a big thank you to Te Toki House students for their awesome behaviour, patience and concentration of learning our school haka. We wish we could of had more time to keep learning the words and the actions. Well done. From Mr Keil and Jack Te Amo.

Manu House - Singing

Manu did very well learning He Hōnore, it was great to see some of the senior students stepping up and taking leadership too. There are some very talented singers in Manu House. Thanks to Miss Wallace and Richie for helping out too.

Patu House - Tikanga and Whakatauki

Students enjoyed finding out more about the history of our whare nui. Pa was very impressed with the way students were so focussed and engaged with what was being presented to them, and said "what a neat group to work with".

Nga Taiaha - Tutira Mai including actions

The older students of Nga Taiaha demonstrated their Tuakana/Teina skills by modelling the actions and singing Tutira Mai. The students were just warming up as the session came to an end. They left feeling positive and looking forward to the next rotation activity.

PANUI FOR HOUSE

House Points have been awarded to all the participants who read entire books, and wrote a review for them. Points that have been awarded:

| | |
|----------------|------------|
| Patu | 40 |
| Manu | 50 |
| Te Toki | 120 |
| Nga Taiaha | 230 |

At last weeks assembly, everyone's name who wrote a review, went into a hat to win a \$30 voucher for Books on Parade. Congratulations to this terms winner, Year 10 student Ceizar Fassol!!

The judges for this terms 'Most Enticing' review, were Mrs Hamblyn and Miss Wallace. The winners were:

Eden Scotson, The Most Enticing review from Year 7-9

Bethany Kerley, The Most Enticing review from Year 10-13

Bethany Kerley Y10

Ben and the stag by Paul Canham

This book was very interesting and I loved it. Is was about a boy who loved hunting and farming. He lived on a station with his family. One day when police turn up at their door the Merritt family are very surprised. The men who were carrying drugs into their station shoot the Merritt family, and they are all injured except Ben. Because of all the shooting and deaths the Merritt family could not live on that station any more so they moved away to the city. It had a very sad ending, but I loved this book.

Eden Scotson Y9

Harry Potter and the order of the phoenix by J.K. Rowling

I liked this book and it is very well written. You can open up the book and you won't get bored of it. It is an ongoing story and one that if you pick it up you won't want to put it down. Personally for me I thought the best part of the book was when Voldemort and Dumbledore fought. JK Rowling makes it very easy to create a picture inside your head, so it is easy to imagine. But, anyway I loved this book! JK made it easy to love and hate the characters.

COLLEGE ONE NETBALL



This season the Wairoa College One Netball team have been travelling down to Napier to play in the Hawkes Bay Unison Super 12 Netball competition at Pettigrew Green Arena. It was great for our girls to have a home game last week where we could watch them in action at the Wairoa Community Centre. The girls faced Woodford House Senior Premiers, and whilst Woodford came away with the win in the last quarter, it was a very close game, 32 - 34! Good luck to the girls who will be heading down to Wellington to represent Wairoa College at the Lower North Island Secondary Schools Nationals.

RIKU GORDON REPRESENTS WAIROA COLLEGE AT THE NZ HIGH SCHOOL



SURFING COMPETITION

Last week, Year 9 student Riku Gordon, travelled to Raglan to represent Wairoa College in the Individual Under 14's, NZ High School Surfing Champs.

This was Riku's first time surfing in Raglan and on the West Coast. He placed first in his first two heats, second in the quarter final, and fourth in the semi's which placed him 6th out of 50 other competitors. Riku said he really enjoyed the competition and catching up with his friends, and gaining experience surfing on the West Coast.

BASKETBALL DIVISION 2 WINNERS

Last week at assembly our Year 7 & 8 Basketball Team, Team Kahi were awarded certificates for being the Hawkes Bay Breakers, Yr 7 / 8 Division 2 Basketball winners. Well done to the team:

Max Christensen, Toby Colquhoun, Nate Douglas, Runic Keefe, Joaquin Mitchell, Quade Mitchell, Ivan Smith, Miharo Te Amo-Tipuna

Good luck to all the winter sports teams who are heading into semis and finals over the next couple of weeks!!

CACTUS NEWS

CACTUS 27, started on July 29 this term with 30 participants. We have our usual awesome volunteers and have gained some new helpers too!

Unfortunately one of our CACTUS stalwarts and trainers, Paul Bailey left us last week. Paul is off to start a new journey for him and his family and we want to say a huge thank you to him on behalf of CACTUS for his support and manaakitanga of our youth. We are going to miss him.

CACTUS longest day is Saturday September 21st
where we hope 30 youth will graduate.

A little bit about the CACTUS programme

CACTUS is an elite 8 week leadership and life skills training programme for young people, aged between 12 to 18 years of age, with several groups graduating each year.

Carefully targeted life skills training, career education and 1:1 mentoring is offered on courses run at three different levels – Basic, Extreme or Advanced. All courses begin with an early morning hour-long training session three times a week based on physical training exercises developed for New Zealand armed forces personnel. This PT is followed by hot showers, a hearty breakfast and then coaching and goal-setting activities – individual and group – all finishing in time to start school for the day.

CACTUS provides youth with the opportunity to improve their self-management, time-management and self-discipline. The courses are both physically and mentally challenging and trainees are duty-bound to meet minimum standards of behaviour and achievement in specific areas. Tremendous commitment, passion and drive are needed to meet these expectations. For many trainees the difficulties are huge and the support received from volunteers is crucial to their success.

On the last day of training – “The Longest Day” – participants demonstrate personal strength and teamwork skills to achieve a series of tough individual and group challenges. The end of the course is celebrated with a special graduation event for trainees and their families, the wider CACTUS support crew and invited guests.

CACTUS attracts volunteers from a range of professional, cultural and social backgrounds. A core group of volunteers helps run the fitness programme and provide support to instructors and trainees by preparing breakfasts, organising speakers and travel, maintaining uniforms and setting up equipment. Extraordinary passion and dedication from the community’s CACTUS supporters is evident throughout the course but especially on “The Longest Day”.



CORE VALUES

The following students were awarded this week for displaying one of our core values of: Caring for each other (Manaakitanga), Working together (Kotahitanga), Respect (Whakamana), and Resilience (Aumangea).

Rylee Burton - Personal Excellence
Alyssa Deam - Manaakitanga
Angelica Tamatea-Karangaroa - Manaakitanga
Tobias Hornby - Personal Excellence

Mrs Carmine is keeping all of the nomination slips she receives for students seen demonstrating our school values. At the end of Term 4, slips will be drawn out of a hat, and there will be significant prizes up for grabs!



ADVANCED DRIVING SKILLS

Congratulations to the following students who completed their Advanced Driving Skills Course last week:

Ramari Mogford-Nia Nia, Jordan Jade Tahuri Smiler, Brian Sopp, Jacob Paku, Te Mahia Keil, Wreyon McCormack-Wesche, Miriama Hutchins, Te Rena Drysdale, Gabriel Doull, Khalos Brown



NEWS FROM THE TE REO DEPARTMENT

Throughout the year the main focus of Te Mātauranga ō Aotearoa faculty is providing a warm, friendly and interesting programme that encourages the use of Te Reo Māori me ona tikanga (Maori language and its values) throughout the whole school fraternity. The aim is to give students the opportunity to learn in context.

In Years 7 - 10 the programmes cover basic Te Reo me ona tikanga that engages students in their learning through hands on activities and waiata.

The programme focuses on student's abilities and understanding about themselves and their whānau through whakapapa (family genealogy) and pepehā.

Students learn about cultural values, basic Maori words and simple phrases/sentences used in everyday life. Throughout the duration of the rotation, all students are able to open and close with a karakia (prayer) and have the confidence to sing a hīmene (hymn) and some waiata (songs).



Last week, Year 7 & 8 students were learning to weave using recyclable material to make kete.

Ngāmanu Tai kindly gifted his kete to Mrs Carmine, who was very grateful.



For our seniors, there are two pathways for students to choose to gain credits. One is through the NCEA Te Reo Māori programme, based around internal and external assessments. This programme supports a wide range of abilities within the class. The main focus has been individual learning programmes to provide the best opportunities for students to achieve credits. Currently our students are working to complete the listening component. They are required to listen to dialogue of a well-known kaumātua/kuia and answer relevant questions.



The other pathway for senior students we have, is a whakapakari Te Reo Māori programme. This caters for our senior students who are interested in learning basic Te Reo and is based around achievement standards which are all internal assessments. This allows our students to gain confidence to converse in Te Reo Māori. Currently students are working on interviewing a friend, asking questions about their pepeha, genealogy, their school education and future ambitions. Once they have gathered this information, they then introduce their friend to the rest of the class. This is all done in Te Reo and gives students confidence with pronunciation, and standing in front of others speaking Te Reo confidently.

This year we are also introducing an achievement standard based programme to the Year 10's getting them prepared for the two pathways we offer for their future study in Te Reo Māori.

NEWS FROM THE MUSIC & PERFORMING ARTS DEPARTMENT

From singing in groups, to researching Māori performers, to writing their own lyrics and accompanying beats, students are busy creating and rehearsing music here at Wairoa College every day.

In Years 7-9, students are introduced to the concept of sound and how it is created during a short six-week rotation, students have written songs and short compositions, been able to try their hand at a number of different instruments and perform in front of their peers. Different units which include waiata, rap and genre studies have made learning more interesting and tailored to individual classes. In Term Two, our junior musicians were involved in a number of spectacular performances at the Wairoa District Primary School's Music Festival.



In Year 10, students are currently working on building soundscapes for advertisement clips which they have filmed themselves. These students have also produced some outstanding solo and group performances. Other work they will complete this year involves theory, research and composition.

Our seniors (Year 11-13) are completing NCEA Music, which includes a wide variety of Achievement and Unit standards. Each student has an individual learning plan suited to their own abilities. They are in charge of their own learning.

This year, many students have completed solo and group performances; Māori performing arts costume design; artist and event research; composition; song writing; and arrangement. The use of technology to create and manipulate music is still evolving, and will increase as we head into 2020. Students at this level also take on

leadership roles within the school, mentoring junior bands and learning to set up technical equipment for live performances and assemblies.



Music is a team effort: Neil Matcheson and Sonya Newton are our two fantastic itinerant music teachers who travel from as far as Napier to work with our students in one on one, and small group settings. This opportunity is provided to seniors to help guide their performance assessments, and reinforce learning in the classroom. Some juniors who are involved in an extension music programme, also receive assistance from Mr Matcheson each Monday.



By Georgia Wallace
Wairoa College Music Teacher

WAIROA COLLEGE

OPEN DAY

Year 7 -13



Wairoa College Principal, Mrs Jo Vennell will be hosting an Open Day, to provide information on the opportunities available to students at Wairoa College in 2020.

Date: Thursday 5th September
Time: 3:30pm - 6:00pm
Location: Wairoa College

We welcome you to come along, and see what college life is all about. You will be given a guided tour of the school and the opportunity to talk to staff and students.



Our Vision: Wairoa College the school of choice by engaging students in an innovative future focused curriculum that inspires personal excellence.

Our Mission: Through manaakitanga, we will create a supportive environment setting high expectations that inspire lifelong learning.

TERM 3 CALENDAR OF EVENTS

AUG

| | |
|--------------|----------------------------|
| Fri 16 | Trades Academy Napier |
| | Trades Academy Gisborne |
| Mon 19 - 23 | Maths Week |
| Thur 22 - 23 | Wellington Tertiary Visits |
| Fri 30 | Trades Academy Gisborne |
| | Trades Academy Napier |

SEP

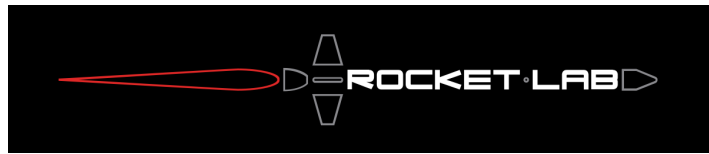
| | |
|--------------|--------------------------------|
| Mon 2 - 6 | Netball Nationals - Wellington |
| Wed 4 | Science Roadshow |
| Thur 5 | Open Day |
| Fri 6 | School Closed |
| Mon 9 - 13 | Senior Practice Exams |
| | AIMS Games (Tauranga) |
| Wed 11 | Age Concern Catering |
| Tues 17 | Whanau Music Concert |
| Thur 19 | Earn and Learn Health Expo |
| Sat 21 | CACTUS Longest Day |
| Mon 23 - 27 | Adventure Challenge |
| Fri 27 | Last Day Term 3 |

Open Day
Thursday 5th September
3.30pm - 6pm

School Closed
Friday 6th September
Mid Term Break

FROM THE CAREERS DEPARTMENT

SCHOLARSHIPS AVAILABLE



Applications for Rocket Lab's annual tertiary scholarship are now open!

The Rocket Lab Scholarship was established in 2017 to enable students from the Mahia Peninsula and wider Wairoa District in Hawke's Bay, New Zealand, to pursue tertiary study in science, technology or engineering disciplines.

Previous Rocket Lab scholars include Arianna Ormond, who is pursuing a degree in computing and mathematical sciences, and Mya Mataki-Wilson, who is studying towards a career as a civil or chemical and bioprocess engineer.

The successful scholarship recipient will receive up to \$5000 per year for tertiary fees, for up to four years of study (\$20,000 in total).

What we're looking for:

- A strong connection to the Wairoa District
- A passion for science, technology, or engineering
- A hunger for knowledge
- Not necessarily looking for A-grade students!

Applications are open until 5pm Friday 30 August.

Information about the scholarship is available here: <https://www.rocketlabusa.com/careers/scholarships/>

Any questions, please reach out to education@rocketlab.co.nz

AIR NEW ZEALAND

Pilot career evening

Looking for a career that will really take you places?
If you have a passion for aviation, we'd love to talk with you.
Meet our pilots and Preferred Flight Training Organisations (PFTO) to learn what it's like to fly for one of the world's most innovative airlines.

BE IN TO WIN A TRIAL FLIGHT*

Air New Zealand Academy of Learning
7 Rennie Drive, Mangere, Auckland
Tuesday 27 August 2019
4:00 – 7:30pm
Air New Zealand Presentation at 5:00pm and 6:00pm

International Aviation Academy of New Zealand (IAANZ)
25 Aviation Drive, Harewood, Christchurch
Thursday 5 September 2019
4:00 – 7:30pm
Air New Zealand Presentation at 5:30pm

Limited free off-street parking
Register at: [Eventbrite.co.nz](https://www.eventbrite.co.nz) - Air New Zealand Pilot Career Evening

* Trial flight provided by a nominated Preferred Flight Training Organisation (PFTO).
Prize winners will be responsible for transport to and from the flight provided.

PILOT CAREERS

A STAR ALLIANCE MEMBER

Year 13 Degree Scholarship

TEXT YR13 TO 4631
ask your name & address for Year 13 Degree Scholarship Application Pack

TWO YEARS FREE!*

CHOOSE YOUR DEGREE - APPLY NOW

| | |
|--|--|
| Bachelor of Arts (Māori Studies) | Bachelor of Nursing |
| Bachelor of Business Studies | Bachelor of Sport & Exercise Science |
| Bachelor of Computing Systems | Bachelor of Social Work |
| Bachelor of Creative Practice | Bachelor of Teaching (Early Childhood Education) |
| Diploma in Fashion | Bachelor of Teaching (Primary) |
| Diploma in Music | Bachelor of Veterinary Nursing** |
| Diploma in Screen Production | Bachelor of Viticulture & Wine Science** |
| Bachelor of Māori Visual Arts (Te Toi o Ngā Rangi) | |

PRIORITY APPLICATIONS CLOSE 1 OCTOBER 2019

* conditions apply **subject to approval and accreditation

THE EXPERIENCE YOU NEED & THE SUPPORT TO SUCCEED

EIT



THE PARENT'S GUIDE TO INSTAGRAM

Instagram is a social media app used by more than one billion people around the world to share photos, videos and messages.

Whether it's through Stories, Feed, Live, IGTV (an app from Instagram that lets users share longer videos) or Direct, teens use Instagram to celebrate big milestones, share everyday moments, keep in touch with friends and family, build communities of support and meet others who share their passions and interests. It runs on the Apple iPhone, iPad and iPod Touch as well as Android phones and tablets.

Instagram lets you follow people and be followed by them, but unlike Facebook it's not necessarily a two-way street. You can follow someone even if they don't follow you and vice versa. Users with a private account can control who can follow them. Unless you change the default to private, anyone can see what you post.



POSTING ON INSTAGRAM

Posting on Instagram is easy: You take a picture or up to 60 seconds of video and have the option to customize it with filters and other creative tools. Then you hit Next to add a caption and location and tag people in the picture and choose how you want to share - just to your Instagram followers or outside the app, via email, Facebook, Twitter or Tumblr. You can also use Instagram to "broadcast" a live video. (More on that later.)

There are four ways to share on Instagram: privately, publicly, directly and via Instagram Stories. With Instagram Direct, you have the option to share a particular photo privately to a group of people (15 max), whether or not you follow them or they follow you. You can also share via Instagram Stories where your post or live video can be seen by your followers for up

to 24 hours. As with all digital media, even a disappearing Story, video or photo can be captured by other users, so never assume that what you post will necessarily be irretrievable after 24 hours.

If your kids are using Instagram, the best way for you to learn about how it works is to ask them. Kids are often glad to teach their parents about their favorite tech tools and asking them about Instagram is not only a great way to learn about the app itself but also about how your children interact with their friends on social media. That's very individual, which is why we suggest you ask them about it, but if you want a little general information about using and staying safe in Instagram, here goes:

RESPONSIBLE SHARING

You control your privacy. By default, photos and videos you share in Instagram can be seen by anyone (unless you share them directly) but you can easily make your account private, so you get to approve anyone who wants to follow you. In most cases, we recommend that teens make their account private,*but parents of older teens might consider making an exception in some cases, as we discuss later in the guide.

To make the account private, tap the profile button (an icon of a person on the bottom right and then the options button in iOS) or the 3 vertical dots in Android). Scroll down to Account Privacy and Private Account and move the slider to the right. The slider will turn blue once the account is private.

TOP 5 QUESTIONS

1. Why do teens love Instagram?

Because they love consuming and creating media, sharing it and socializing, and Instagram makes all that doable in a simple, eye-catching way. Teens also like the ability to create "stories" that disappear after 24 hours.

2. Does Instagram have a minimum age?

Yes, it's 13, in compliance with the Children's Online Privacy Protection Act. But Instagram doesn't ask users to specify their age, and, despite the rules, there are many younger children who use the service, often with their parents' permission. Instagram will delete underage accounts if they're notified and can't verify that the user is over 13.

3. What are the risks in using Instagram?

Though there's nothing inherently dangerous about Instagram, the main things parents worry about are typical of all social media: mean behavior among peers, inappropriate photos or videos that can hurt a teen's reputation or attract the wrong kind of attention, overuse, and of course, privacy. Parents are also concerned that people their kids don't know can reach out to them directly. Kids can learn to reduce the likelihood of these risks, which is why we wrote this guide.

4. Are there tools to help limit how much time your kids spend on Instagram?

Instagram now offers tools to help users of any age better manage the time they spend using the app. That includes an activity dashboard, a daily reminder and enhanced ways to limit notifications. As we explain later in the guide, you can access these tools from Instagram's settings menu.

5. Should my teen's profile be private?

We recommend teens have a private account so that only followers they approve can see their posts in the Photos tab of Search & Explore or on hashtag or location pages. (Accounts are public by default.) A more public presence may be appropriate for some older teens, such as those who are advocating for a cause, raising money for charity or participating in discussions about sports, issues or hobbies. If you think your older teen might benefit from a public account, be sure to speak with them about how to avoid posting anything that could jeopardize their safety, personal privacy or reputation. It's important to note that Instagram's privacy settings don't follow if the posts are shared to Facebook, Twitter or Tumblr. Instead, the privacy settings for those services will apply.

If your teen already has a public account, they can switch to private at any time; they can also go from private to public. They can remove followers, choose who can comment and more. Your teen can also turn off "Show Activity Status" so friends can't see when they're online.

Instagram Direct is automatically private. Anyone, including people you don't follow, can send you an image or video that only you and up to 32 other people can see or comment on. If you follow that person, the message will appear in your inbox. If you don't follow the person, it'll arrive as a request in your inbox. To decline or allow the message, swipe left on the message and tap Decline or Allow.

Instagram Stories aren't necessarily private, but they do disappear after 24 hours from public view unless you add Never post anything that is inappropriate, harmful or can

get you into trouble, but if you just want to post something silly that won't be part of your "permanent record," Stories might be your best option.

Privacy can't be perfect. Even if your posts are private, your profile is public (anyone can see your profile photo, username and bio). You can add up to 10 lines of text about yourself, so parents and kids may want to talk about what's appropriate to say or link to on their bio screens.

Respect other people's privacy. If someone else is in a photo you post, make sure that person's OK with your sharing or tagging them in it.

Your posts have impact. Think about how media you post affects others. Sometimes it's the friends who aren't in the photo or video who can be hurt, because they feel excluded.

Think about your location-sharing. In most cases, your child should avoid posting their exact location when they upload a photo or video. Advise them not to add locations to their posts or use hashtags that reveal their location. To prevent Instagram from capturing your location on the iPhone, go to the phone's settings and tap Instagram. Tap Location and select Never. With recent versions of Android, go to the phone's settings, tap Apps and notifications, click on Instagram, select permissions and uncheck Location (older versions of Android may be different). Turning off location in Instagram does not hide your location when using other apps.

Sharing beyond Instagram. By default, you're sharing your media only on Instagram, but you have the option to share more widely by clicking on "Email," "Facebook," "Twitter," etc., then Share. If you do share elsewhere, be aware of the privacy settings on that service. For example, unless your Twitter profile is private, Twitter shares to everyone by default, including media shared from your Instagram account, regardless of your Instagram privacy settings. Facebook, by default, will share media posted from Instagram to friends only. But after you share on Facebook, you can change that setting in Facebook by selecting it and changing the audience.

HOW YOU REPRESENT YOURSELF

Your media represent you. That probably seems obvious but remember it can keep on representing you well into the future, because content posted online or with phones is sometimes impossible to take back. So it's a good idea to think about how what you post now will reflect on you later. If you think it might hurt a job prospect, damage a relationship or upset your grandmother, consider not sharing it. If you later decide it's not appropriate, delete it. A lot of teens spend time reviewing their posts when it's time to apply for college or a job.

Manage your visibility. The photos you're tagged in can be visible to anyone unless your account is private. Others can tag you in photos they post but, if you don't like the way you're shown, you can hide a photo from your profile or untag yourself (it'll still be visible on Instagram but not associated with your username and not in your profile). If you don't want photos to appear on your profile automatically, tap (profile button), then (options button), and select Photos of You. Deselect Add Automatically. (Android users, tap the three small squares.)

Consider the whole image. What's in the background of a photo or video could indicate where it was taken or what the people in it were doing at the time. Is that information you want to convey?

Your media could show up anywhere. Instagram videos can be embedded in any website, and it's important to remember that anything digital can be copied and shared by others. So even if you limit the audience, be careful not to share anything that could be a problem if someone were to pass it around.

WHY SOME TEENS HAVE MORE THAN ONE ACCOUNT

There are two words your kids probably know: "Rinsta" and "Finsta." Rinsta stands for "real Instagram account." The f in "Finsta" stands for fake.

For teens who have both types of accounts, their "real" Instagram ("Rinsta") is probably tightly curated for a wider audience and their "fake" Instagram ("Finsta") is used for a close circle of friends. There's nothing sinister about a teen having more than one Instagram account – it's how they project their different sides to different audiences. The Rinsta for their polished, idealized selves, and the Finsta for their casual, authentic side, where they can let their guard down a bit, act silly and not edit out every blemish.

Use a strong password, and don't share it. This gives you some control over how you're represented in social media because other people won't be able to use your password to impersonate you. Also use different passwords for different services (for advice on passwords visit [ConnectSafely.org/passwords](https://connectsafely.org/passwords)).

Keep perspective. Remember that Instagram often represents a highlight reel of someone's life. Some Instagram users spend a lot of time on Instagram making themselves look really good or their life seem extra interesting. We're not suggesting that you don't try to look good online or post your life's highlights, but try not to fall into the comparison trap. People rarely post about their sad or boring moments, but everyone has them.

WHAT TO DO IF YOU'RE BEING HARASSED

Block someone if necessary. If someone's harassing you, such as repeatedly tagging you in photos you don't like or sending you a lot of direct messages or trying to engage you in a creepy conversation, you can block them so they can't tag you, contact you directly or mention you in comments. They also won't be able to see your profile or search for your account. To block a user, go to his or her profile, tap the three dots at the top right, and select Block. When you block an account, that person isn't notified and you can unblock an account at any time.

Report problematic posts. You can report other people's inappropriate photos, videos, stories, or comments – or users who violate Instagram's community guidelines. Just click on the three dots next to the username, then Report.

You can untag yourself. Only the person who posts can tag people in the post, but – if that person's profile is public – anyone tagged by the poster can untag themselves. You can untag yourself by tapping on your username in a post, but only if the post is public or if you follow the person who tagged you.

Ignore messages labeled "Request". If you don't want to receive a message from someone you don't know, ignore any messages in your inbox marked Request. If you want to see images only from people you know, limit who you follow.

To report a photo or video:

Tap the three dots next to the photo you'd like to report and then Report.

To report a comment:

Tap the message bubble below the comment. Swipe left over the comment (iPhone) or tap and hold the comment (Android) you'd like to report. Tap the ! button and choose Spam or Scam or Abusive Content.

MANAGING COMMENTS

Instagram users can control who can comment on their photos and videos. In the "Comment Controls" section of the app settings, they can choose to: allow comments from everyone, people they follow and those people's followers, just the people they follow, or their followers. Teens can also remove comments entirely from their posts.

Instagram also has controls that help you manage the content you see and determine when comments are offensive or intended to bully or harass. There are filters that automatically remove offensive words and phrases and bullying comments. Your teen can also create their own list of words or emojis they don't want to appear in the comments section when they post by going to "Filters" in the Comment Controls section. However, we're not at the stage where "artificial intelligence" can remove everything that's offensive, depressing or annoying. Teens should continue to look at the comments and delete any that they find inappropriate or bothersome.

To delete a comment:

- Tap the message bubble below the photo or tap any comment
- Swipe left over the comment (iPhone) or tap and hold the comment (Android) you'd like to delete
- Tap the trash symbol.

TRACKING TIME ON INSTAGRAM

Instagram (and Facebook) have launched tools to help users better understand and manage how much time they're spending on the services.

- You can access these controls on Instagram by tapping Your Activity in the settings menu.
- At the top, you'll see a dashboard showing your average time for that app on that device. Tap any bar to see your total time for that day.
- Below the dashboard, you can set a daily reminder to give yourself an alert when you've reached the amount of time you want to spend on the app for that day.

You can change or cancel the reminder at any time. You can also tap on "Notification Settings" to quickly access the new "Mute Push Notifications" setting. This will limit your Instagram notifications for a period of time.

YOU'RE ALL CAUGHT UP

Instagram has also added a "You're all caught up" message to let people know you're caught up to date on everything their friends and communities are up to. This can relieve the pressure that some teens feel to be constantly checking Instagram to make sure they're not missing anything.

KNOWING WHO YOU'RE FOLLOWING

Instagram has added an "About This Account" tool that provides details about accounts that reach "a large audience," including when the account started, the country in which it's located, other accounts with shared followers and any username changes in the last year and any ads the account is currently running. It won't help your teen when it comes to most individual Instagram users, but it will give them information about accounts from celebrities, companies and others with large followings.

To learn more about an account, go to their Profile, tap the ... menu and then select About This Account.

Instagram has also instituted a verification badge, similar to Facebook's, that celebrities, journalists, politicians, companies and other prominent account holders use to prove that they are who they say they are. This information could help your teen avoid following fake accounts impersonating as public figures and celebrities.

CLOSING THOUGHTS FOR PARENTS

Instagram is one of many social media apps for smartphones and no single service, app or tool covers all digital social activities or even a single category, but research shows that socializing face-to-face is still the main event for teens.

Remember that your kids can be on Instagram even if they're not on Instagram. Sounds unlikely, but not in social media. Even if a parent bans all social media, his or her child's photo and other information can be posted by friends via their accounts. And for teens, there's the fear of missing out that even has its own acronym, "FOMO." While not all teens need to or necessarily even want to use social media apps, for many it's embedded into their social lives. Of course, parents should help their teen make good choices, but banning social media may not be the best solution.

There are many options for digital socializing, with new ones popping up on different platforms all the time. Some do a better job of protecting privacy and safety than others, and parents can't possibly be on top of all of them. We also can't always understand the context of photos, videos and comments our kids are part of in social media. That's why it's important to keep the lines of communication with your kids as open as possible and work together to figure out what's appropriate for them, in terms of safety, privacy, reputation and time management. It generally just works better to talk with our kids about their favorite tools - with genuine interest, not fear - because they're more likely to come to you if they ever need help.

Finally, we all need balance in our lives. You and your kids need to take breaks from your devices. Use Instagram's time management tools and, set family policies that apply to parents as well. Having dinner together without devices, turning off (or at least silencing) devices at bedtime and making sure that tech use is balanced with exercise, school work and other activities is all part of a healthy lifestyle.