



WAIROA COLLEGE

NEWSLETTER

Term 1

Issue 3, 7 March, 2019

Message From Our Principal

Tēnā Koutou Katoa

We have had a very busy couple of weeks at school. Congratulations to those that placed but also to those that contributed house points to their respective houses at swimming sports last week. A big thank you goes out to Margaret Goldsmith, Toby Taylor and all those that helped to organise the event.



Summer sports codes have started playing and trials for winter sports are underway. It is very important that students listen to the notices each day so they do not miss out on opportunities. If they are unsure they should ask their whanau teacher or see Toby Taylor our Sports Coordinator.

Last week we farewelled Bev Jury our Gateway Coordinator. She has taken up a full time role with WYAT working with Denise Eaglesome-Karekare. They have moved to their new location at EIT. We wish them all the best. We welcome Ngaire Begley-Dean who has taken up the role of Gateway Coordinator and other duties working with students.

The staff would also like to congratulate Zac Anderson who was appointed as the new principal of Tiaho Primary school. Ms Anderson will take up her new role at the start of Term 2. We wish her all the best.

Attendance has been a major focus over the last couple of weeks. Students are expected to arrive on time to class and attend every lesson. There has already been a marked improvement. We ask that parents continue to support us in making sure their children get to school on time.

Please ensure that your child leaves home in the correct school uniform. We do have a school jersey and jacket if students are feeling the cold. There is to be no wearing of non-regulation school uniform. We are encouraging students to wear their uniform with pride.

Ngā mihi nui,

Mrs Jo-Anne Vennell

Principal Wairoa College



Students who gained 2018, Year 9 Endorsements

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

**LEARNER &
RESTRICTED DRIVER
LICENCE TRAINING**



**BOOK NOW FOR
TERM 1!**

MESSAGE FROM THE BOARD OF TRUSTEES



Last week I had the pleasure of attending a workshop held at the College on Resilience. This workshop was well attended. Edmond Otis described the programme he will be delivering to our Year 10 students later this year. I am really excited that we have the opportunity to deliver a course on striving through change, challenge and stress to our students as this will be a life-long skill for their personal development.

We have successfully received funds from Firstlight for furniture for our new library and sewing/embroidery machines for the technology department. We have builders ready and waiting to start our library development, we are just waiting for the building consent to be approved by Council. All going well Currie Construction should be able to start in the next few weeks. Athletic sports was well attended, it is great to see the inter-house rivalry. Congratulations to all the students who placed that day.

Students wanting to study a Trade or Agriculture have commenced for the year. Students travel to Gisborne and Napier to complete the course. This is a huge commitment for the students especially with the long days of travel. Well done to the students participating.

For the twelfth year Cactus has started for Term 1. A big thank you has to be made to all the volunteers and parents for supporting the students in completing Cactus. Students who graduate from Cactus have a great sense of achievement. It is not easy to complete the course so every student that does complete it can be very proud of themselves.

Ms Karen Burger
Board of Trustees Chairman

SWIMMING SPORTS



What a great day we had last Wednesday, down at the Wairoa Community Centre for our annual Swimming Sports. There were some very close finishes - some so close it was hard to see with the eye! We are looking forward to hearing the final results at assembly this week.



Wairoa College has some very talented swimmers, and it was great to see these students being role models for the younger aspiring swimmers.



Thank you to all those who came down to help, especially Bev and Denise for the time recordings, Guy Taylor who did a great job announcing, our student time keepers, and Mrs Keil for organising the swimmers.

'LET'S MAKE ME RESILIENT' PROGRAMME

Last week we held a parent and community information evening, 'Thriving through change, challenge and stress'. We had over 90 community members, parents and whanau attend and listen to guest speakers, Edmond Otis, Ashley Macpherson, and Dr Russell Wills.

Edmond Otis, a licensed psychotherapist, consults with select public and private organisations, schools, industry, and health agencies in NZ, on topics related to resilience, performance & leadership, mental health, conflict, stress and interpersonal synergy. Edmond also works with athletes and sports teams to develop mental skills and improve competitive outcomes. He is the developer of the "Let's make me resilient" programme. Ashley Macpherson, a clinical psychologist, helps people to understand their issues and explore more positive ways of coping and relating. Dr Russell Wills, is a community and general paediatrician and Medical Director of Quality Improvement and Patient Safety at the Hawkes Bay District Health Board in Hastings.

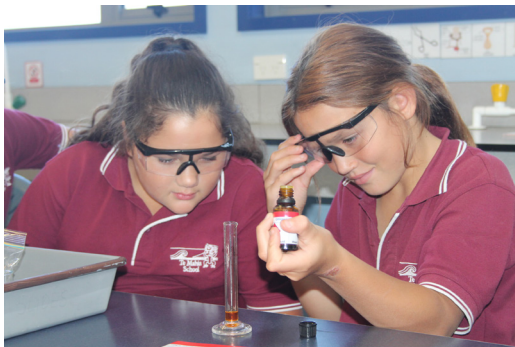
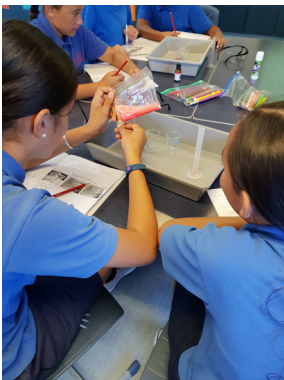
To follow on from this presentation, and as part of the curriculum on coping and resilience, Mr Otis will be running a 4 week programme with our Year 10 students, from Tuesday 12th March.

Mr Otis will take the students through a series of games and activities that allow the students to find ways of coping that they are comfortable with. It also allows the students to work out how to deal with difficult people and difficult situations.

RURAL SCHOOLS MANUAL

This week we had Year 7 & 8 Students from Nuhaka and Te Mahia School, in our Science labs using their senses to make scientific observations, as part of their Manual programme.

Wairoa College will host other schools in the area throughout the year as part of Manual. They cover food technology, textiles, digital technology and science. This is a great opportunity for our contributing schools and students to utilise the subject specific resources in the technology and science departments here at Wairoa College.



PRELIMINARY STUDENT REPORTS

Teachers are currently completing preliminary reports reflecting on how well students have started the year.

You can expect to receive this report by **Friday the 8th of March**. Students will be given the report to take home to caregivers. Please contact the office if you have not received a report by this date.

We also invite caregivers to make an appointment to meet with staff if they have any concerns.

EXCITING SPORTING & LEADERSHIP OPPORTUNITIES FOR YEAR 7-8

Since 2016 we have partnered with Hawke's Bay Community Fitness Centre Trust to provide sport and life development programmes for students of Wairoa College. The Trust is building the new EIT Institute of Sport and Health for Hawke's Bay, and it is exciting to have a high-quality team of people connecting with our students.

This term we have expanded the programme so that all Year 7 & 8's have had a chance to be part of the programme. A series of workshop days involving physical challenges have been delivered, importantly focussing on character and positive behaviours, which has been lapped up by the students and motivated them to do well in class too.

The students are now looking forward to trips down to Hawke's Bay, to work with the team at their training facility. Thanks to Wairoa Young Achievers Trust for their support, we look forward to seeing the programme develop as we grow further opportunities for a range of students.



COACHES NEEDED FOR THIS YEARS AIMS GAMES

Are you interested in coaching or managing a team that involves one of these sports?

- | | |
|--|---------------------------------|
| - Badminton | - Ki O Rahi |
| - Basketball (boys, girls and 3x3 mixed) | - Mountain biking |
| - BMX | - Multisport |
| - Canoe Sport (sprint and slalom) | - Netball |
| - Cheerleading | - Rock climbing |
| - Cross Country | - Rugby (boys, girls and Rippa) |
| - Football | - Squash |
| - Futsal | - Swimming |
| - Golf | - Table tennis |
| - Gymnastics (including Aero Dance) | - Tennis |
| - Hip Hop | - Water polo |
| - Hockey | - Yachting |
| - Indoor Bowls | |



If this sounds like you, and you have experience coaching one of these sports please contact Mrs M Keil at Wairoa College for an application form. Applications close on Friday 15th March.

Note: The Aims Games are held in Tauranga, from the 8th -13th September. All listed codes above are subject to coaches, once these have been confirmed we will advise about trials, (by the end of Term 1).

**CHESS TUTORS
wanted!**

**We are looking for whanau that
are willing to teach chess to our
Year 7 & 8 Students.**

**If you are keen to help us out
please contact Mrs Keil at Wairoa
College.**

MINISTRY OF EDUCATION ABSENTEES

The Ministry of Education require every school in New Zealand to file a Return. The school must record and report on a number of items for the Ministry, one of which is attendance.

We ask that for **Thursday 28th of February, Friday 1st of March and Monday 4th of March**, you write and send in explanation note of absence for your child/ren if they are absent.

You can email: info@wairoacollege.school.nz, or bring a letter into the office.

The Ministry will not accept acknowledgement of phone messages for those days. It must be in writing.

Your assistance in this matter is greatly appreciated.

DRIVER LICENCE TRAINING / OPPORTUNITIES

LEARNERS AND RESTRICTED DRIVER LICENCE TRAINING

Learners and Restricted driver licence training is available to senior students throughout the term. McInnes Driver Training Ltd, comes to school and takes students out to gain experience and complete their hours required to obtain their Learners or Restricted Licence.

The fees are:

Learners Licence \$93.90

Restricted Licence \$137.00

Please speak with Ms Karen Hayward if you would like any more information.

HOLDEN STREET SMART UPCOMING APRIL SCHOOL HOLIDAYS PROGRAMME

Holden Street Smart is a world-class, cognitive based driver programme that aims to positively influence the lives of young kiwis across the country, and help them to become a safer and more aware driver on our roads. The Programme has been developed with the involvement of world-renowned road safety expert, Peter Sheppard. In addition, passionate road safety advocate, Greg Murphy, is our Programme Ambassador. Offering a practical hands-on learning experience, Holden Street Smart is a programme that aims to add to, and compliment, the great work already undertaken by NZTA, NZ Police and others in the area of road safety.

Holden Street Smart is a one-day event providing young drivers and their parents/caregivers the opportunity to undertake supervised driving practice. There is a focus on developing good decision-making strategies for safe driving, including assessing themselves, reading the road environment, resisting peer pressure, managing or eliminating distractions and planning ahead.

The Programme takes place in safe, controlled, off-the-road environments, under the watchful eye of qualified coaches plus the parent/caregiver. This provides the parent the opportunity to also assess themselves, in order to be a better coach and mentor to their teen.

Registrations can be completed via the easy to use pages on our website - www.holdenstreetsmart.co.nz
Holden Street Smart will be delivering it's programme throughout the upcoming April School Holidays, and while some dates are already full, locations we'll be visiting along with space availability can be found at: www.holdenstreetsmart.co.nz



Send your entry to Linda Anderson - linda.anderson@hbrc.govt.nz

All entries to be submitted by 8th April 2019 4.00pm.

*All entries will be judged by an independent panel. The winning entry may be used for other education opportunities by Road Safe Hawke's Bay.



TERM 1 CALENDAR OF EVENTS

MAR

- 8 - Trades Academy Taradale
Trades Academy Gisborne
Year 11 Agriculture on Wairoa Farms
Life Education Trust
- 11 - Service Induction Course
EPro8 Challenge
Life Education Trust
- 12 - EPro8 Challenge
Life Education Trust
- 14 - NZDF Oral Health Initiative
Life Education Trust
- 15 - Trades Academy Taradale
Trades Academy Gisborne
Year 11 Agriculture on Wairoa Farms
- 19 - Year 7 & 8 Immunisations
- 22 - Trades Academy Taradale
Trades Academy Gisborne
Year 11 Agriculture on Wairoa Farms
- 26 - Kaumatua Day
Learners and Restricted Driver Licence Course
- 27 - Learners and Restricted Driver Licence Course
- 28 - Learners and Restricted Driver Licence Course
- 29 - Trades Academy Taradale
Trades Academy Gisborne
Year 11 Agriculture on Wairoa Farms
Learners and Restricted Driver License Course

APR

- 5 - Trades Academy Taradale
Trades Academy Gisborne
Year 11 Agriculture on Wairoa Farms
- 6 - CACTUS longest day
- 8 - Basic Leaders Course - Service Academy
- 9 - Careers Expo
- 10 - Health and Safety Course
- 12 - Trades Academy Taradale
Trades Academy Gisborne
Year 11 Agriculture on Wairoa Farms
LAST DAY OF TERM ONE

FROM THE CAREERS DEPARTMENT



FREE LIVE ONLINE INFORMATION SESSION FOR Wairoa College STUDENTS AND SCHOLARSHIPS AVAILABLE IN 2019

Student Exchange Australia New Zealand is a not-for-profit organisation that is registered with all state and territory Departments of Education around Australia and with the Ministry of Education in NZ. We are the first and only secondary exchange organisation in Australia and New Zealand to be certified to ISO 9001 (Quality Management System) and we ensure the highest standards of care and support to our participants.

We would like to invite your students and families to our FREE Live Online Sessions on Thursday, 7th March at 7.30pm (AEST), 9.30pm (NZT)

The LIVE Online session gives students and families the opportunity to learn more about becoming an exchange student and the various scholarship options that are available in 2019.

Students can find out more about our exchange programs to over 25 countries, listen to former exchange students share their experience and learn about our scholarships and discounts on offer in 2019. Please note that the deadline for Scholarship and Early Bird Discount applications is 31st March for programs departing between October 2019 - March 2020.

Please be aware that we now offer 14 partial scholarships each year for semester and year applicants. See our website for more information.

"You come back a different person, with so much more confidence & you feel that you can conquer the world"
Jessica, Semester Program to Italy

We would appreciate if you could please mention our upcoming information session in your newsletter. You can copy the below text.

FREE LIVE ONLINE INFORMATION SESSION

Hear from our very experienced, Senior staff, find out more about discounts and scholarships available and ask questions.

Thursday, 7th March at 7.30pm

Register now

Visit www.studentexchange.org.nz
or call 0800 440 079 for more information

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.

For a printer friendly one-sheet Quick Guide on Instagram, visit [ConnectSafely.org/Instagram](https://connectsafely.org/instagram).

[CONNECTSAFELY.ORG](https://connectsafely.org) | 1

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.

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.

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.

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.