Top 20 Tips for safe use of Instagram

1. Set your account to private so that only your approved followers can see your posts and interact with you.

2. Be careful about what personal information you share on your profile, including your full name, location, phone number, and email address.

3. Be cautious about accepting friend requests or following users you don't know.

4. Avoid clicking on suspicious links, even if they're sent by someone you know.

5. Use a strong, unique password and enable two-factor authentication to protect your account from hackers.

6. Don't share your Instagram login information with anyone, including friends and family members.

7. Be careful about the content you post and make sure it doesn't reveal too much about your personal life.

8. Don't post photos or videos that contain sensitive or confidential information, such as financial or medical information.

9. Report any suspicious or abusive behaviour to Instagram immediately.

10. Be careful about sharing your location or checking in to places, as it can reveal your whereabouts to strangers.

11. Don't respond to direct messages from people you don't know or trust, and report any spam or harassing messages.

12. Use the "hide story from" feature to block specific users from viewing your stories.

13. Use the "restrict" feature to limit the interactions of people who are bothering you without blocking them.

14. Be wary of fake accounts that impersonate celebrities or other public figures and ask for personal information or money.

15. Don't download any third-party apps or software that promise to give you more followers or likes, as they may compromise your account security.

16. Don't engage in cyberbullying or harassing behaviour towards other users.

17. Be mindful of the photos and comments you leave on other users' posts, as they can reflect on your own reputation.

18. Check your privacy settings regularly to make sure they're up to date and in line with your preferences.

19. Use Instagram's filters and moderation tools to block out offensive or unwanted comments on your posts.

20. Educate yourself on Instagram's community guidelines and terms of service to avoid violating any rules or policies.