

## How to Limit Graphic Social Media Content

With violent graphic images and video from local and global events in various social media feeds, many parents, caregivers and students are searching for resources and support to limit this exposure due to trauma and stress associated with these images.

Platforms like YouTube, TikTok, Facebook, Instagram and X, formerly known as Twitter, are often designed to automatically play the next video or recommend posts that are getting a lot of attention.

Some platforms give you the option to limit or apply warnings to graphic content that you might not want to see or might not want children to see. This is an important conversation to have with your child.

Below are instructions on how to change those settings in some popular platforms. For more detailed information, visit each platform's website for support.

### Facebook

- In the iPhone app: tap on Menu – the three horizontal lines in the lower right corner of your main screen. Or in the Android app, tap on the three horizontal lines in the upper right corner of your main screen.
- On the next screen, choose the icon that looks like a gear in the upper right corner. Then under Preferences → Media → and select the option that says Never Autoplay Videos.

### Instagram

- Click on your profile image in the lower right corner of your screen. Then from the upper right corner, tap on the three horizontal lines.
- Go to Settings and privacy → Suggested content → Sensitive content.
- Choose “Less” and Instagram will show fewer posts that it considers potentially sensitive. If you change this setting, you may still see graphic images from accounts that you follow.

### TikTok

- “Restricted Mode” helps limit graphic videos from the For You Page. You may also see a warning about “Sensitive content” and can choose to click to watch or skip the TikTok video.
- Tap on your profile in the lower right corner. Then click on the three horizontal lines in the upper right.
- Pick the option for Settings and privacy → Content preferences → Restricted Mode. You'll need to set a passcode to turn Restricted Mode on or off.

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## YouTube

- On Youtube.com: When a video is playing, hover your cursor to the bottom of the video. You'll see in the middle an auto play button with an image for pause. Click that to automatically stop playing one video after another.
- Another option in YouTube's iPhone and Android app: Click on your profile in the upper right corner.
- Choose Settings → Autoplay. Tap off to stop one video from automatically playing when you finish another.
- While watching YouTube videos, you can toggle this button to turn on or off autoplay.
- Another option: Settings → General → Restricted mode. Tap on to hide videos on that particular device that YouTube considers "potentially mature."

## X, formerly known as Twitter

- It's easiest to change the settings from [Twitter.com](https://twitter.com).
- From the left side of the screen, choose "More" – the image of a circle with three horizontal dots in the middle.
- Choose Settings and Support → Settings and privacy → Privacy and safety → Content you see.
- Uncheck the box that says, "Display media that may contain sensitive content."
- You will see a warning on photos and videos that are considered sensitive and you'll have a choice to click to view them
- Another option is to stop videos from playing automatically as you scroll.
- From [Twitter.com](https://twitter.com), again choose the image of the circle with three horizontal dots in the middle.
- Choose Settings and Support → Settings and privacy → Accessibility, display and languages → Data usage → Autoplay. Select "Never" to stop videos from playing automatically as you scroll.

## WhatsApp

- You can mute notifications for a WhatsApp group, which means you won't be alerted to new messages. You can resume notifications later if you choose.
- You can also block individuals in your group chat or report material in the group to WhatsApp if you believe it is inappropriately violent or manipulated information.
- Or you can [leave a WhatsApp group](#). If you do so, only the administrators of that group chat are notified.