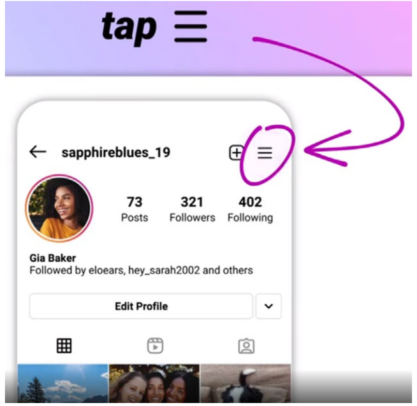
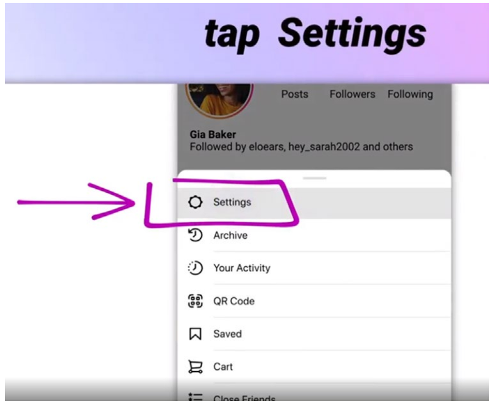
How to protect your privacy and secure your Social Media accounts

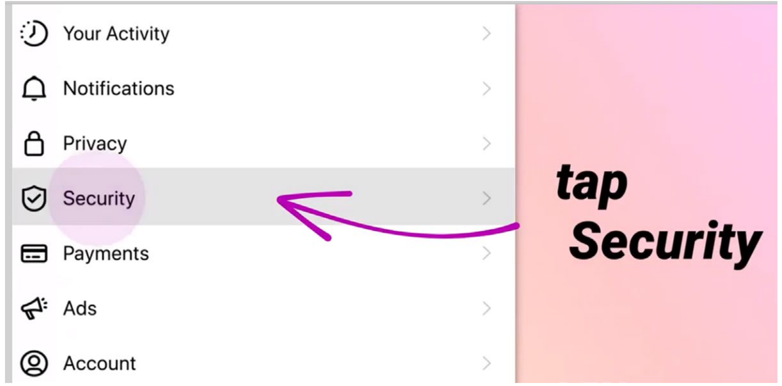
Secure your Instagram with Multifactor Authentication



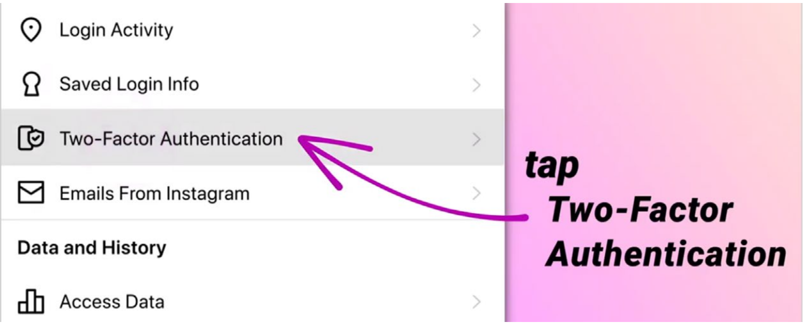
tap ☰



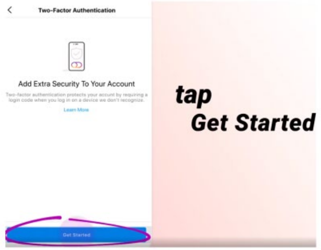
tap Settings



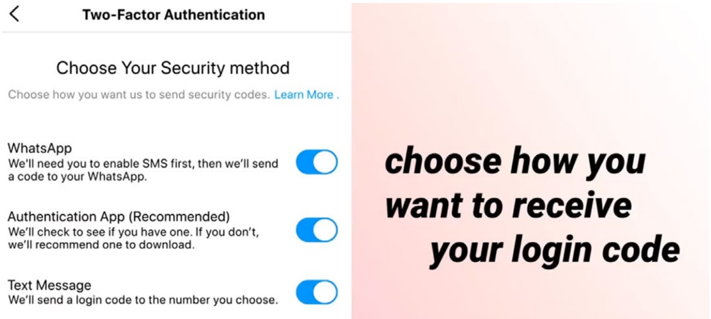
tap Security



tap Two-Factor Authentication



tap Get Started



Two-Factor Authentication

Choose Your Security method

Choose how you want us to send security codes. Learn More .

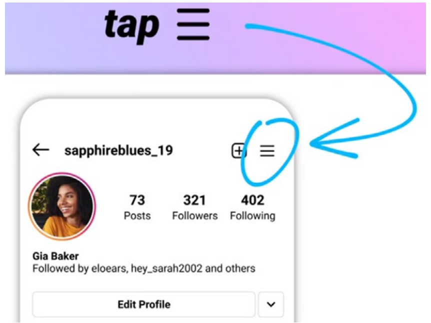
WhatsApp
We'll need you to enable SMS first, then we'll send a code to your WhatsApp.

Authentication App (Recommended)
We'll check to see if you have one. If you don't, we'll recommend one to download.

Text Message
We'll send a login code to the number you choose.

choose how you want to receive your login code

Make your Instagram a Private Account



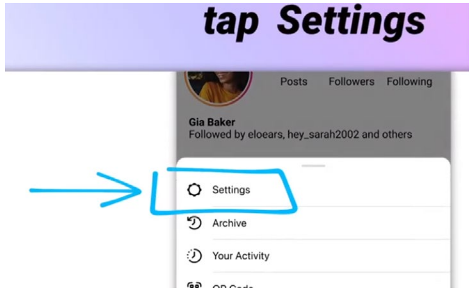
tap ☰

sapphireblues_19

73 Posts · 321 Followers · 402 Following

Gia Baker
Followed by eloears, hey_sarah2002 and others

Edit Profile

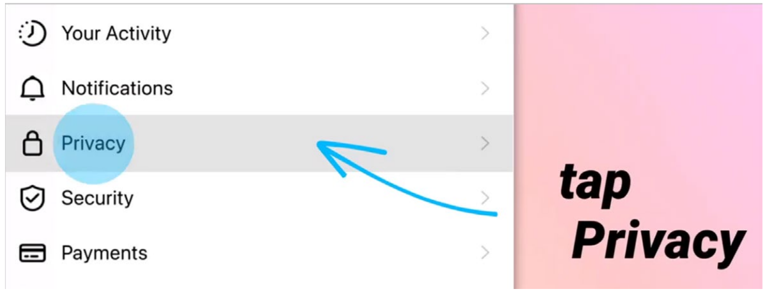


tap Settings

Posts · Followers · Following

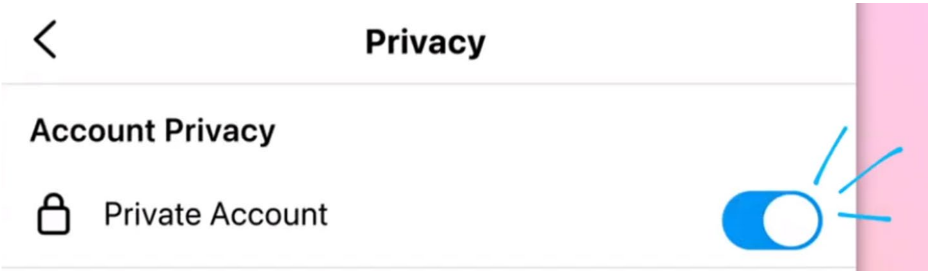
Gia Baker
Followed by eloears, hey_sarah2002 and others

- Settings
- Archive
- Your Activity



- Your Activity
- Notifications
- Privacy
- Security
- Payments

tap Privacy



Privacy

Account Privacy

Private Account

For more tips visit
https://about.instagram.com/safety

Facebook Multifactor Authentication

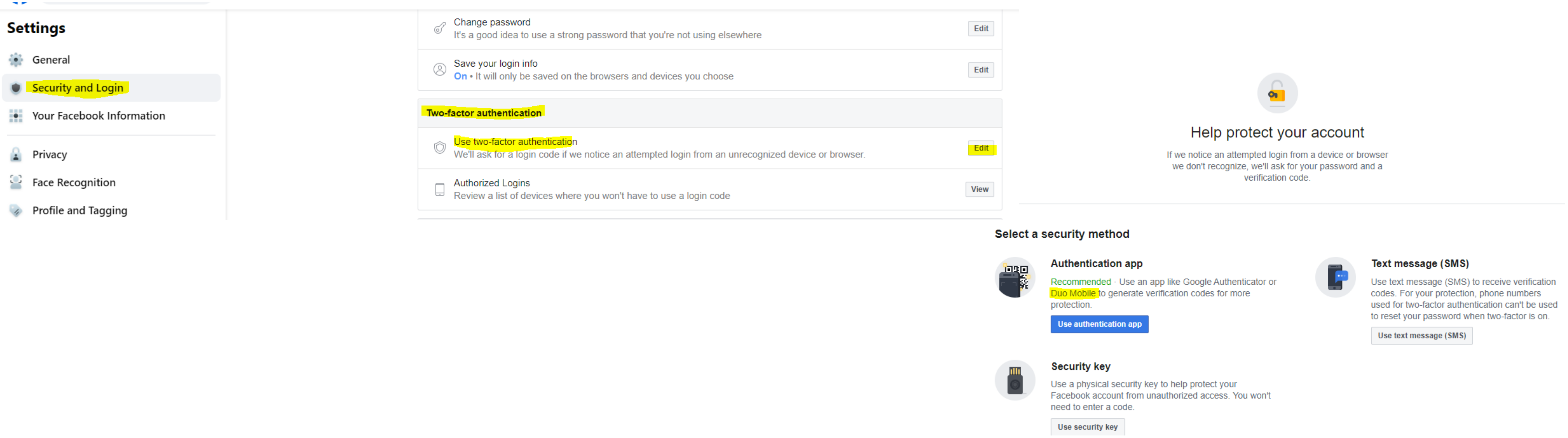
Two-factor authentication is a security feature that helps protect your Facebook account in addition to your password. If you set up two-factor authentication, you'll be asked to enter a special login code or confirm your login attempt each time someone tries accessing Facebook from a browser or mobile device we don't recognize. You can also **get alerts** when someone tries logging in from a browser or mobile device we don't recognize.

To turn on or manage two-factor authentication:

1. Go to your **Security and Login Settings**.
2. Scroll down to **Use two-factor authentication** and click **Edit**.
3. Choose the security method you want to add and follow the on-screen instructions.

When you set up two-factor authentication on Facebook, you'll be asked to choose one of three security methods:

- Tapping your **security key** on a compatible device.
- Login codes from a **third party authentication app**.
- **Text message (SMS) codes** from your mobile phone.



Settings

General

Security and Login

Your Facebook Information

Privacy

Face Recognition

Profile and Tagging

Change password
It's a good idea to use a strong password that you're not using elsewhere — Edit

Save your login info
On • It will only be saved on the browsers and devices you choose — Edit

Two-factor authentication

Use two-factor authentication
We'll ask for a login code if we notice an attempted login from an unrecognized device or browser. — Edit

Authorized Logins
Review a list of devices where you won't have to use a login code — View

Help protect your account

If we notice an attempted login from a device or browser we don't recognize, we'll ask for your password and a verification code.

Select a security method

Authentication app
Recommended · Use an app like Google Authenticator or Duo Mobile to generate verification codes for more protection.
Use authentication app

Text message (SMS)
Use text message (SMS) to receive verification codes. For your protection, phone numbers used for two-factor authentication can't be used to reset your password when two-factor is on.
Use text message (SMS)

Security key
Use a physical security key to help protect your Facebook account from unauthorized access. You won't need to enter a code.
Use security key

Facebook Privacy

Reporting a Privacy Violation

I want to report a photo or video on Facebook that violates my privacy.

•**If you're under the age of 18** and you think a photo or video on Facebook should be removed because it violates your privacy, please **fill out this form**.

•Depending on your age and the country you're reporting from, we might not remove the image you're reporting. We encourage you to contact the person who posted the photo or video in order to resolve this issue. If you have any questions about this, please review our **Community Standards**.

Remember if you're tagged in something you don't like, you can **remove the tag**. If the photo or video goes against our Community Standards, you can learn more about how to **report it** to us.

Hacked Accounts

I think my Facebook account was hacked or someone is using it without my permission.

If you think your account has been hacked or taken over, you should **visit this page** to secure your account. We'll ask you to change your password and review recent login activity.

For more tips visit Facebook Help Center
https://www.facebook.com/help

How to set up Twitter Multifactor Authentication

For Desktop:

Step 1

In the side menu, click More, then click Settings and privacy.

Step 2

Click on Security and account access, and then click Security.

Step 3

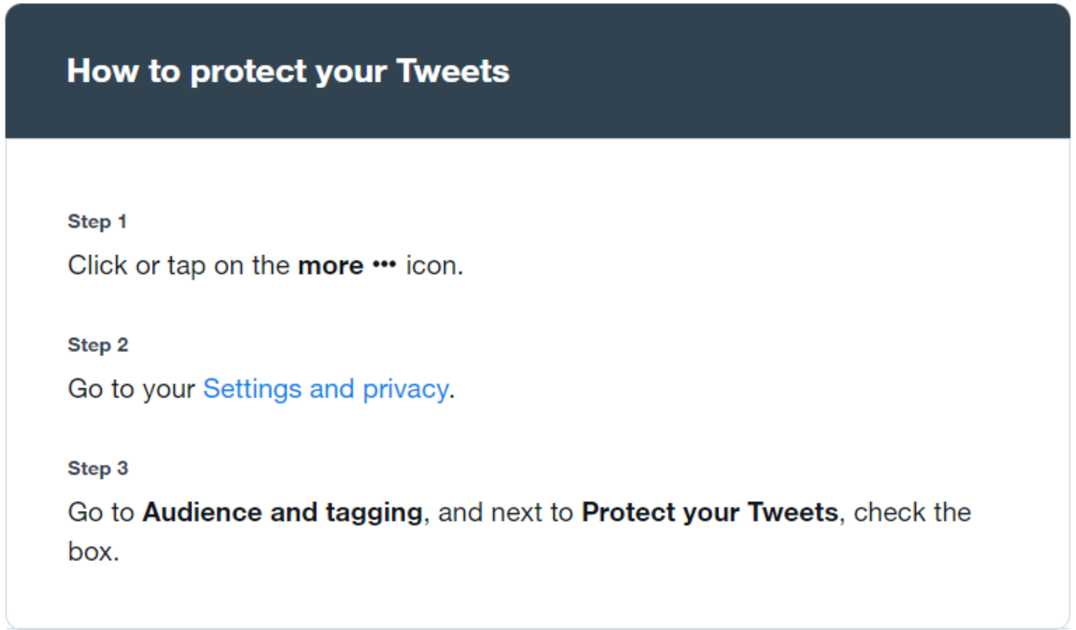
Click Two-factor authentication.

Step 4

There are three methods to choose from: Text message, Authentication app, or Security key.

Step 5

Once enrolled, when you log in to your account, you'll be prompted to provide the two-factor authentication method you used during your previous login, along with your password. You’ll also see the option to Choose a different two-factor authentication method. If you’d like to proceed, simply click the prompt to select a different method. Follow the onscreen instructions to finish logging in.



How to protect your Tweets

Step 1

Click or tap on the **more •••** icon.

Step 2

Go to your Settings and privacy.

Step 3

Go to **Audience and tagging**, and next to **Protect your Tweets**, check the box.

What is the difference between public and protected Tweets?

When you sign up for Twitter, your Tweets are public by default; anyone can view and interact with your Tweets. Should you choose to protect your Tweets, you can do so through your account settings. Learn more protecting your Tweets.
If you protect your Tweets, you'll receive a request when new people want to follow you, which you can approve or deny. Accounts that began following you before you protected your Tweets will still be able to view and interact with your protected Tweets unless you block them. Learn more about blocking.

For more visit
https://help.twitter.com/en/safety-and-security/twitter-privacy-settings