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<https://refugetechsafety.org>>

Guide to securing your Instagram account

If technology is being used against you, use this website to secure your tech. [Learn about technology-facilitated abuse.](#) [< https://refugetechsafety.org/what-is-tech-abuse/>](https://refugetechsafety.org/what-is-tech-abuse/)

Note that depending on your devices/updates, the steps below may vary.

Caution

Remember, depending on whether or not you are living with the person who is harming you, you may choose to take different steps. Control and coercion make some of these steps impossible or not safe. Read these cautions before taking action.

Secure your tech [< https://refugetechsafety.org/secure-your-tech/>](https://refugetechsafety.org/secure-your-tech/)

Instagram security guide

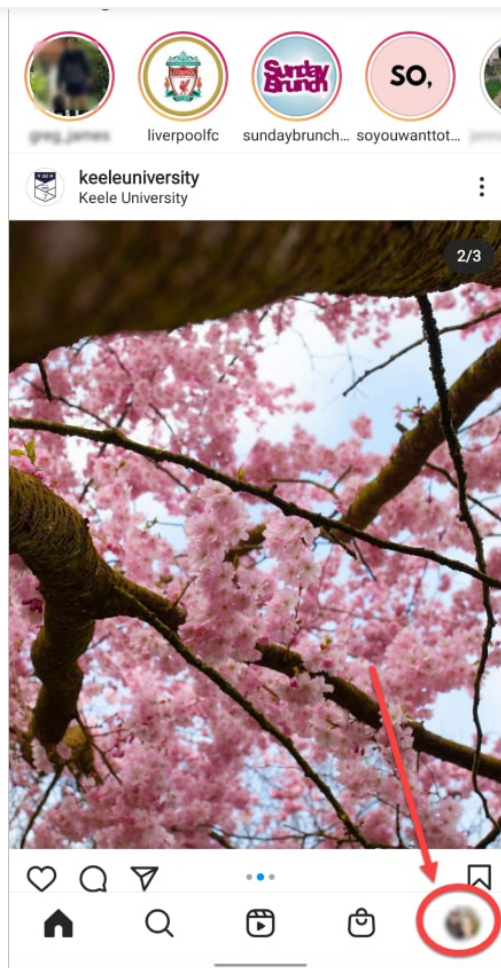
Step 1: Review login activity

Learn more about [Access Logs](#).

If you are in an emergency, please call **999**.

Worried someone might be watching what you do online? Contact Refuge's 24hr [National Domestic Abuse Helpline](#) [< https://www.nationaldahelpline.org.uk/>](https://www.nationaldahelpline.org.uk/) or [Contact us.](#) [< https://staging.refugetechsafety.org/contact/>](https://staging.refugetechsafety.org/contact/)

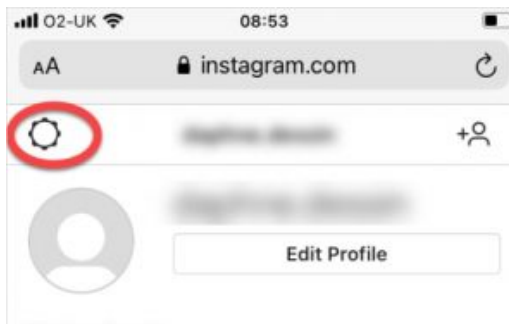
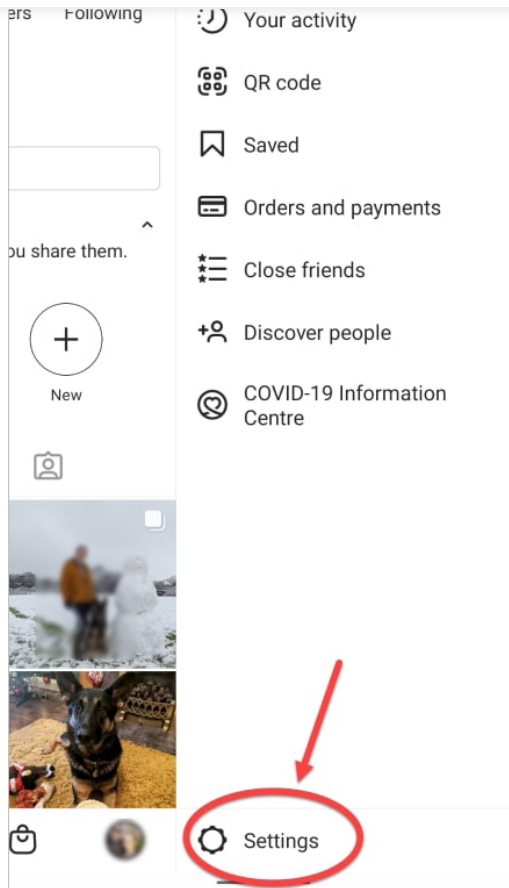
Exit 



Exit

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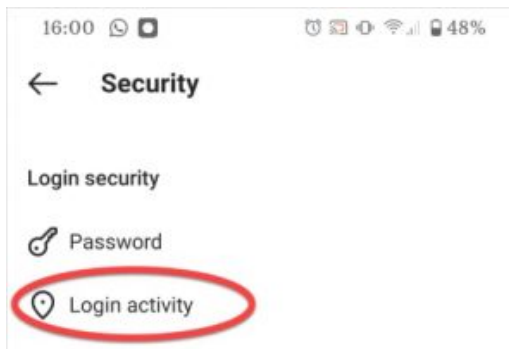
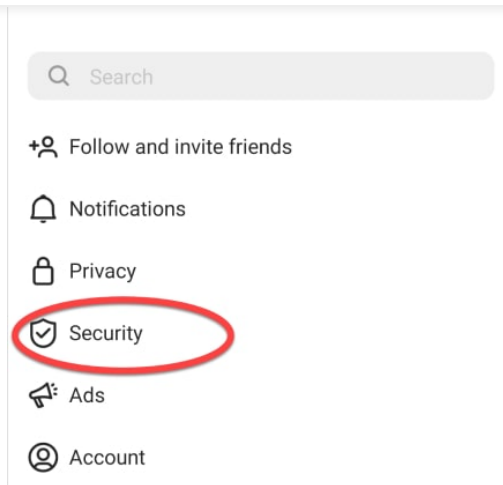



2. Tap **Security**, then **Login activity**.

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3. Review the list of devices logged into your account. Remove any unwanted or unused logins.  **Caution**

Step 2: Review your contact information

Step 3: Change your password

Step 4: Set-up two-factor authentication

Step 5: Turn off location services

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Tech safety tool

Secure your tech through our interactive tool. Click below to access videos in four languages.

Tech safety tool <
<https://refugetechsafety.org/tech-safety-tool/>>

Supporting survivors

Learn about how to support someone experiencing technology-facilitated abuse.

Supporting survivors <
<https://refugetechsafety.org/su/survivors/>>

Learn about tech

Visit this Glossary to learn more about technology.

Use our Glossary <
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