

Guide to securing your Facebook account

If technology is being used against you, use this website to secure your tech. [Learn about Tech Abuse](#).

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

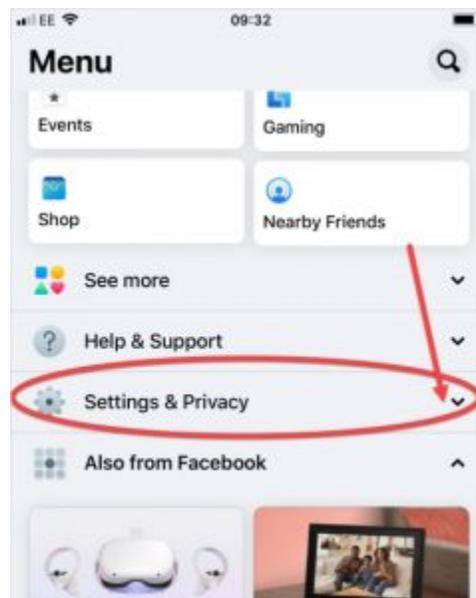
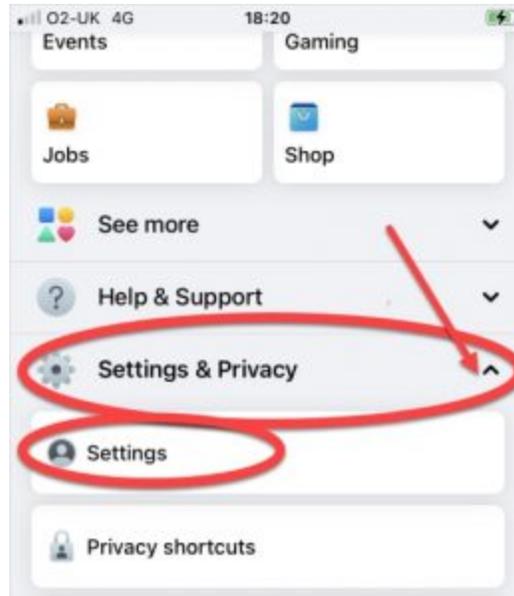
Caution

Remember, depending on whether or not you are living with the person who is harming you, you may choose to take different steps. Read these cautions before taking action.

[Secure your tech](#)

Step 1: Go to settings & privacy

- In the app on your phone, open the menu (three lines at bottom right of the screen) and scroll to tap on **Settings & Privacy**.



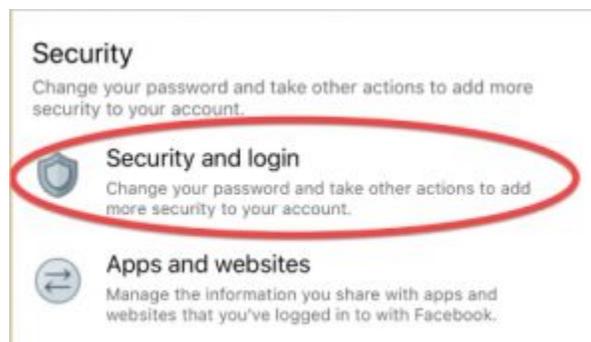
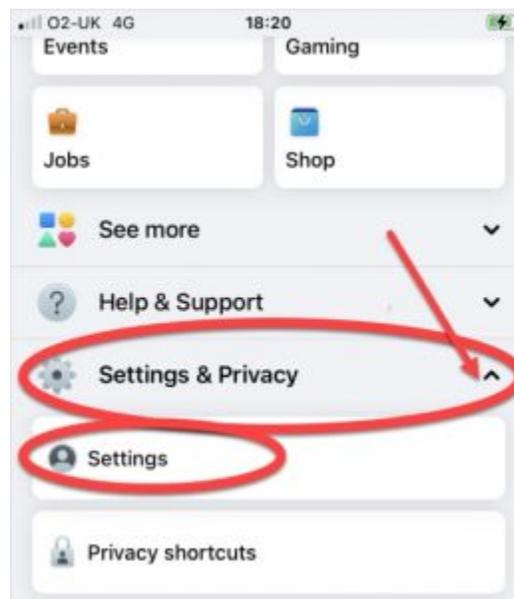
- From a browser, open the menu (in the upper left on Android or in the upper right on iPhone) and click on **Settings & Privacy**.

*NOTE: At any time, you can use the **Help Centre** to contact Facebook, report a problem, or use the **Security Checkup** and*

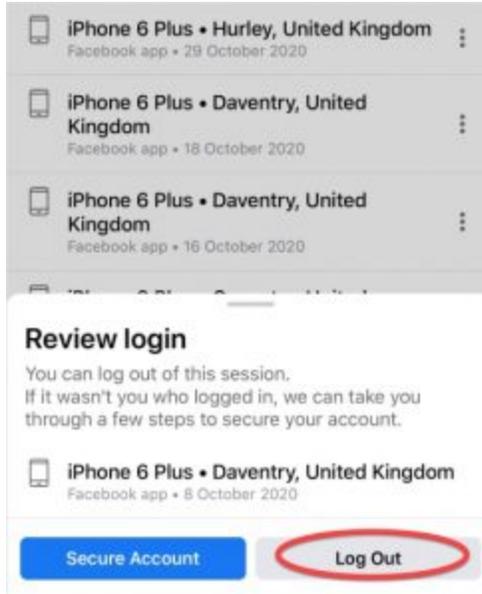
Privacy Checkup Tools. You can also use the following steps to review key safety and privacy settings.

Step 2: Check who can access your account

1. From **Settings & Privacy**, tap settings, then tap Security & login.



2. Tap **where you're logged in**. If there are logins or devices you don't want to have access to your account, remove those. **Caution:** a notification will be sent to those devices. Some abusers may escalate their violence.

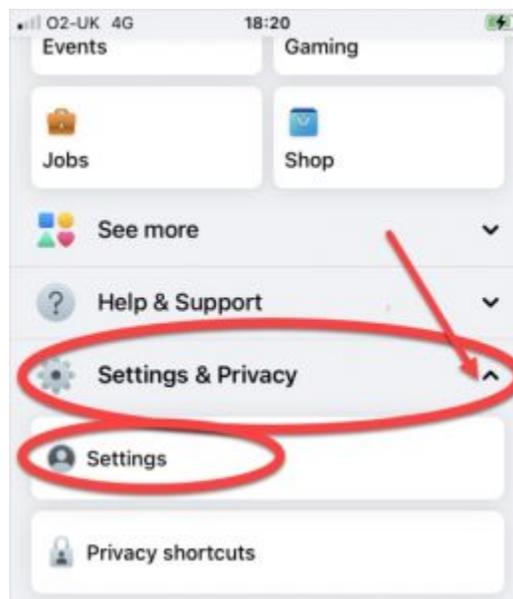


3. Tap **Authorized logins**. Remove any devices that you don't want to be able to access your account without a password. **Caution:** a notification will be sent to those devices. Some abusers may escalate their violence.
4. Tap **Setting up extra security**. Choose how you want to get notifications if someone logs in from another device / browser. Remove any unwanted email addresses.
5. Tap **3 to 5 friends to contact if you get logged out**. Review who is listed. Remove anyone you don't want to have this access.



Step 3: Check contact information

1. From **Settings & privacy**, tap **Settings**.

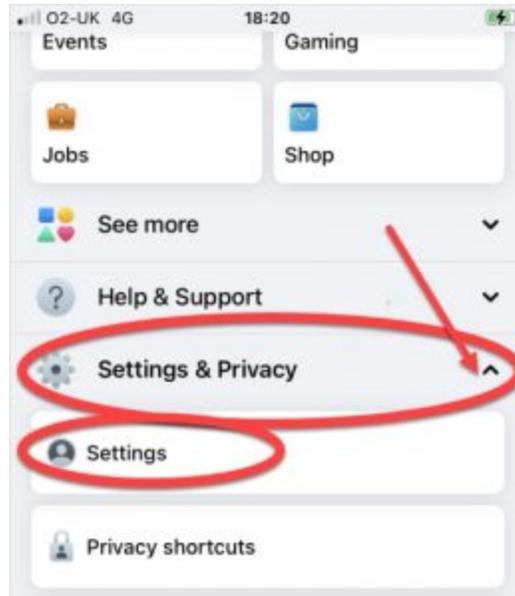


2. Check your **Name** and **Contact email and phone**. If the email is not your own, or someone else has access to it, change it to a more secure email.
3. Tap **Memorialization settings** to see if someone set themselves up as a “legacy contact” who could control some parts of your profile if Facebook approves a memorialization request (meant to be used if you’ve passed away).



Step 4: Change your password

1. From **Settings & privacy**, tap **Settings**, then tap **Security & login**.



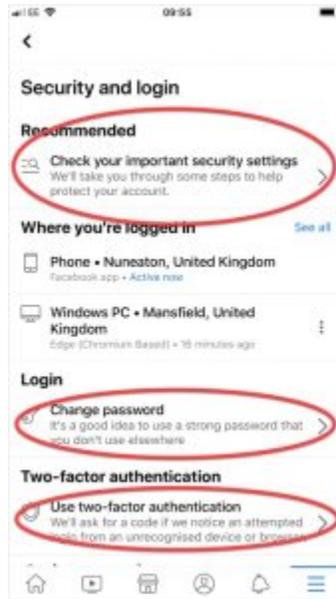
2. You can **check your important security settings** (recommended), or you can follow the next steps.
3. Tap **Login**, then tap **Change password**. Set a new password. Learn more about creating strong passwords.
Caution: a notification will be sent to those emails and phone numbers. Some abusers may escalate their violence.

Step 5: Set up two-factor authentication

[Learn more about two-factor authentication](#)

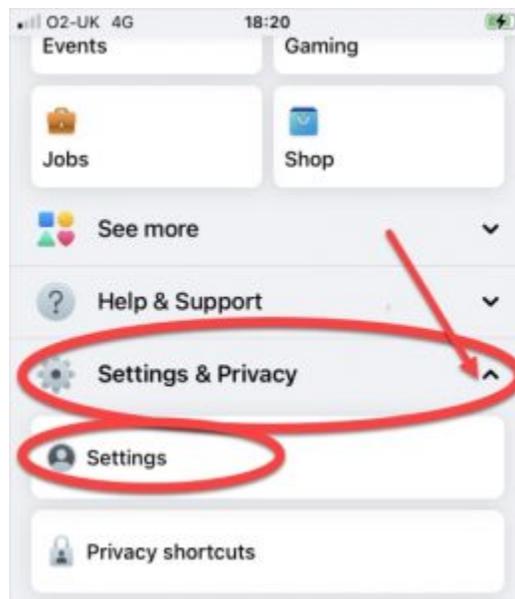
1. From **Settings & privacy**, tap **Settings**, then tap **Two-Factor Authentication**
2. Tap **Use two-factor authentication**.

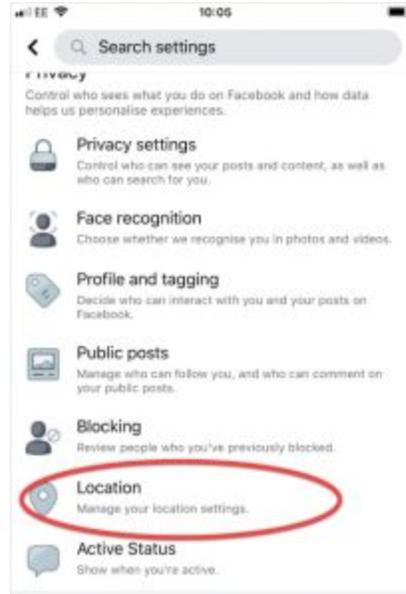
3. Choose text message (SMS) or another option like Authentication App or a security fob (less common).



Step 6: Turn off location for your mobile devices

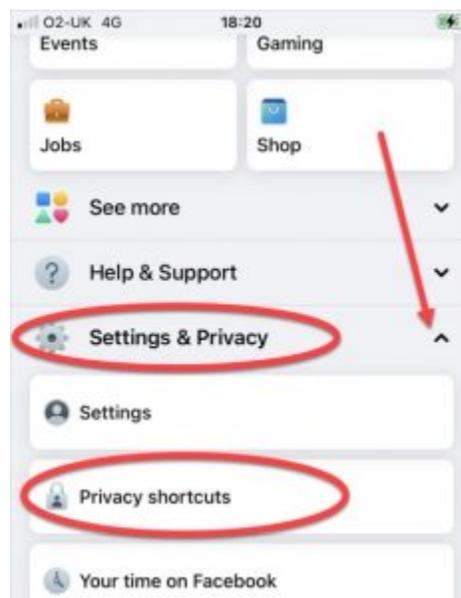
1. From **Settings & privacy**, tap **Settings**, then tap **Location**.





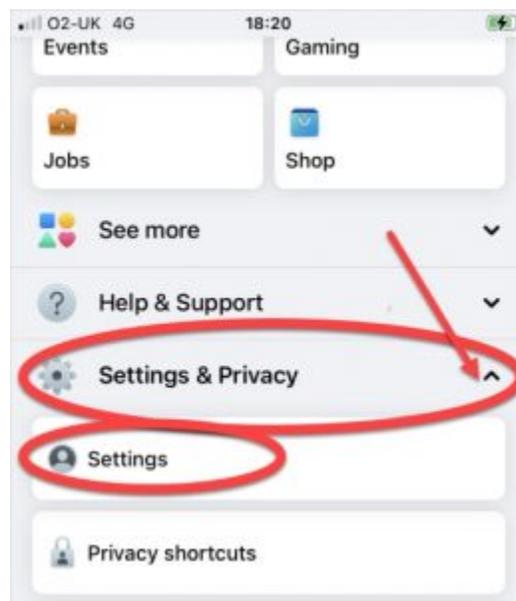
2. You can turn location on or off.

3. You can also review your location history, and delete a single day or all of your history. **Caution:** if someone else is reviewing your history, it might seem suspicious if it has all been deleted. Some abusers may escalate their violence.

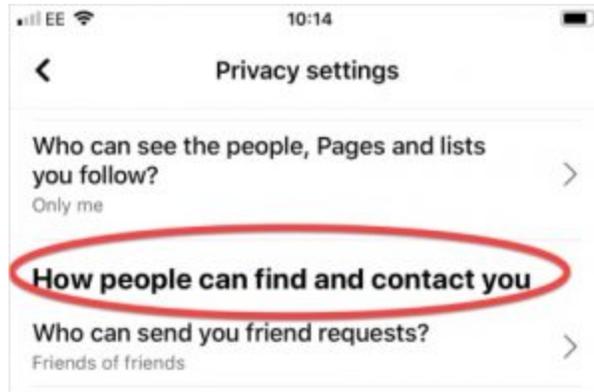


Step 7: Review your privacy settings

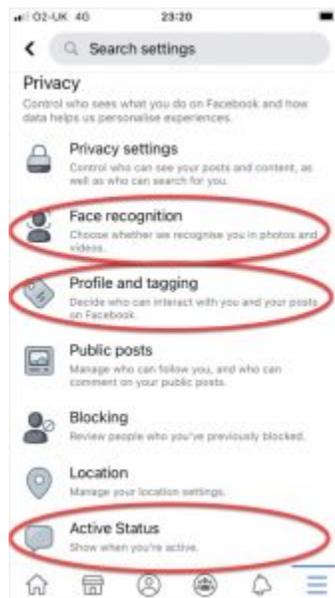
1. From **Settings & privacy**, use the **Privacy Checkup tool**, or follow the next steps.
2. Tap **Settings**, then tap **Privacy settings**.



Review **your activity** and **how people find and contact you**. We suggest limiting everything to “Friends” or even “Only me.”



3. Tap **Profile and tagging**. We suggest limiting everything to “Friends” or “Only me”.
4. Tap **Face recognition**. We suggest you do not allow Facebook to recognise you in photos and videos.
5. Tap **Active status**. You can adjust whether other people can see you’re active on Facebook by turning active status on / off.



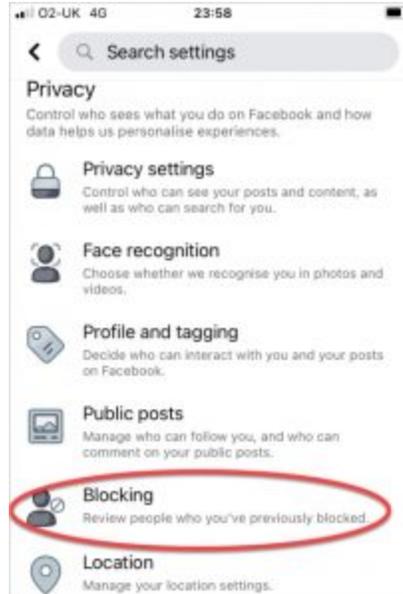
6. Back in **Settings**, tap **Apps and websites** in the **Security**.
For privacy, we suggest not using this feature.

Step 8: Use optional Facebook tools

1. **Reporting.** You can report a post or a comment from the three dots next to the specific post or comment.



2. **Blocking.** Go to Settings & Privacy, tap Settings, then tap Blocking in the privacy section. Here you can add someone to a restricted list (you remain friends, but they don't see your posts if the privacy is set to "Friends" and they aren't notified), block a user, or block messages from a user.



3. **View or download your Facebook information.** Go to **Settings & Privacy**, tap **Settings**, then scroll down to tap **your Facebook information**. Here you can review your information, download a copy of your information (for example, for evidence), or deactivate or delete your account.



Tech safety tool

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

[Let the Bot guide you](#)

Supporting survivors

Learn more about what you can do to support someone who is experiencing tech abuse.

[Supporting survivors](#)

Want to become more tech savvy?

Visit our Glossary to find out more about how common technology works

[Check out our Glossary](#)