

How to Protect Your Information on Facebook

1. Adjust Your Privacy Settings

- Go to Settings & Privacy > Privacy Checkup and follow prompts.
- Limit who can see your posts to 'Friends' or 'Only Me'.
- Hide your friends list, birthdate, and contact info from public view.

2. Control Who Can Find You

- Under Settings > Privacy:
- Set “Who can look you up using your phone number or email?” to “Friends” or “Only Me”.
- Turn off search engine linking to your profile.

3. Use Strong Login Protection

- Turn on two-factor authentication under Settings > Security and Login.
- Get alerts about unrecognized logins.
- Use a strong, unique password, and don't reuse passwords from other sites.

4. Be Careful What You Share

- Avoid posting:
 - - Your full birthdate
 - - Address or travel plans
 - - Financial information
- Don't overshare in public groups or comments.

5. Watch Out for Scams

- Don't click on suspicious links—even from friends.
- Beware of fake friend requests.
- Avoid quizzes or apps that ask for personal details.

6. Review Your Apps and Activity

- Go to Settings > Apps and Websites and remove any you don't use.
- Check your Activity Log to manage what you've shared and liked.

7. Limit Tagging and Facial Recognition

- Set up review options so you approve tags before they appear on your profile.
- Turn off facial recognition features under Settings > Face Recognition (if available).