

Scams & online safety | Medium | 2 min read

Securing your Facebook and Instagram accounts

Facebook and Instagram are the platforms where we see the most hacked accounts. A few settings take about ten minutes and make it much harder for someone to break in.

Why accounts get taken

Often someone is tricked into giving away a password or a code, or used the same password as on another site that was leaked. Once in, a criminal may message your friends asking for money.

Step 1: A strong, unique password

Choose a password you do not use anywhere else. Three random words is a good approach.

Step 2: Turn on two-step sign-in

On Facebook:

1. Tap your profile picture, then **Settings & privacy**, then **Settings**.
2. Choose **Accounts Centre**, then **Password and security**.
3. Tap **Two-factor authentication** and choose your account.
4. Pick an **authentication app** or **text message** and follow the steps.

On Instagram: go to your profile, tap the menu, then **Accounts Centre**, then **Password and security** and **Two-factor authentication**.

Step 3: Check your sign-ins

In **Password and security**, look at **Where you are logged in**. Log out of any device you do not recognise.

Step 4: Privacy settings

- Set your posts to **Friends** rather than Public if you prefer.
- Check who can see your friends list and phone number.
- Be careful what you share, such as holiday dates, your address or children's school.

Watch for tricks

- Friend requests from people you are already friends with, because that may be a copy account.
- Messages with a link saying "is this you in this video?"
- Emails claiming your page will be deleted unless you click.

Never share a code sent to your phone, even with a friend.

Report fake accounts

Use the three dots on a profile, choose **Report**, and follow the steps.

When to get more help

If you would like us to sit with you and check your settings, or your account has already been hacked, get in touch. Our guide on recovering a hacked social media account may help too.

Still stuck? Email admin@visiontech336.com and tell us what you can see on the screen. Menus and button names can differ slightly between versions and makes. If something does not match, stop and ask rather than guess. Please never send passwords or card details.