How to Make Your Facebook Profile Safer

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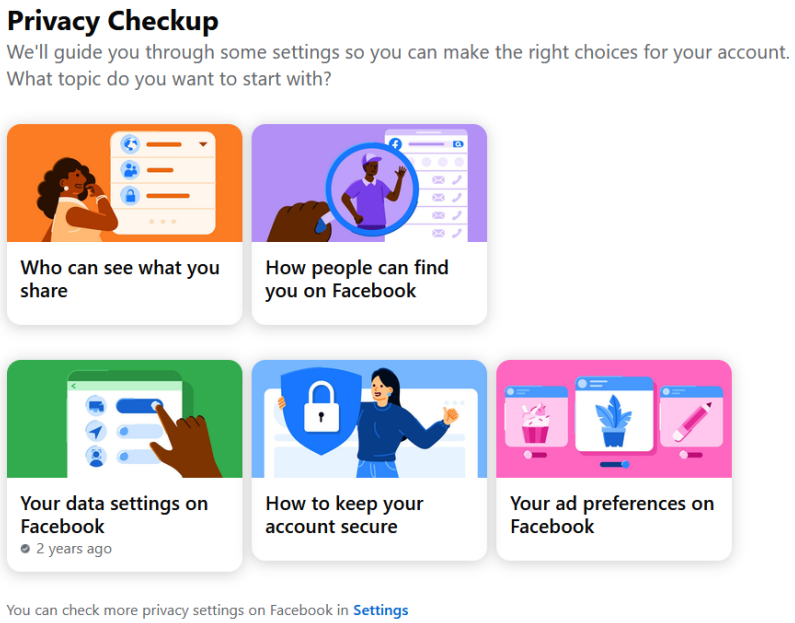
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1. CHECK WHO CAN SEE YOUR POSTS

Facebook lets you choose who can see what you post.

Try it

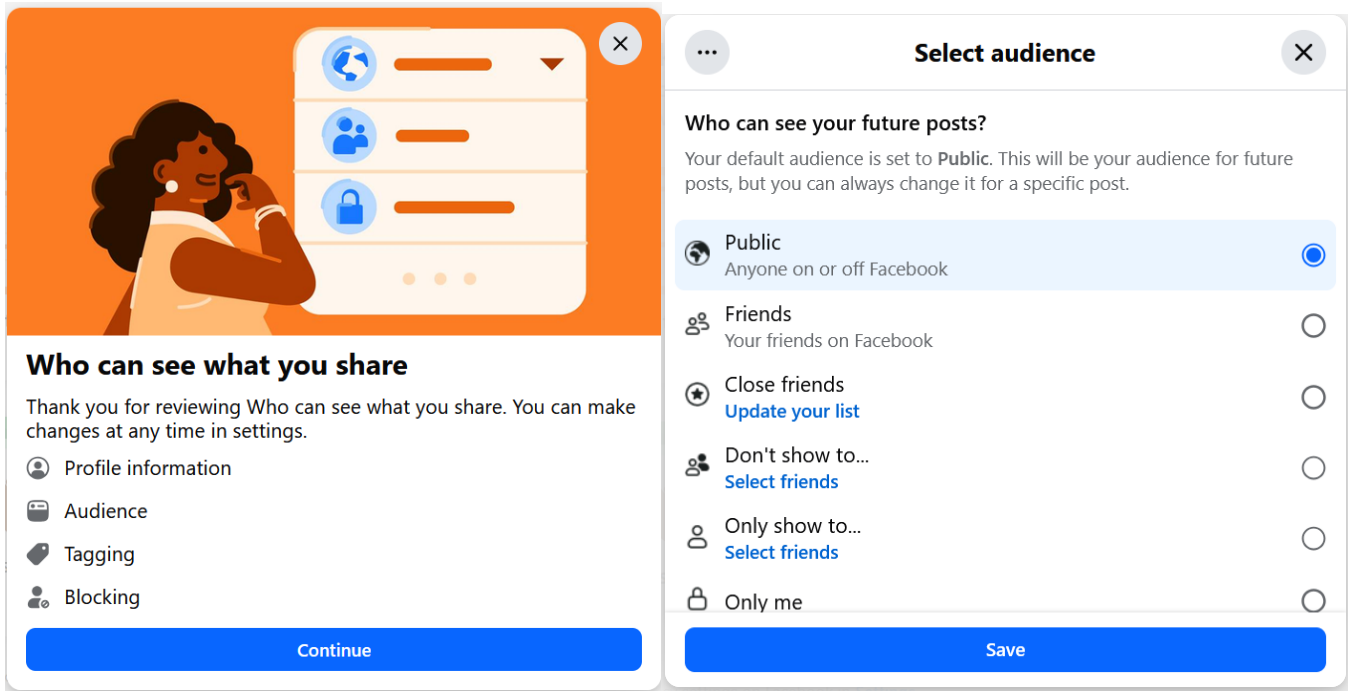
1. Open Facebook.
2. Open **Settings & privacy**.
3. Select **Privacy Checkup**.



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Click on each image to open the settings



You may see options such as:

- **Public** — anyone can see the post.
- **Friends** — your Facebook friends can see it.
- **Only me** — only you can see it.

Beginner tip: For personal posts, **Friends** is often a safer choice than **Public**, but choose the audience that is appropriate for you.

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Ask yourself: Would I be comfortable with a stranger seeing this post?

2. CHECK WHO CAN CONTACT YOU

Facebook allows you to control how people can interact with you.

Look in **Settings → Audience and visibility** and review options related to:

- Friend requests
- Messages
- Comments
- Followers

Think carefully about whether you want people you don't know to be able to contact you.

Ask yourself: Do I need strangers to be able to contact me?

3. CHECK WHO CAN TAG YOU

Other people can tag you in Facebook posts and photos.

A tag can make content appear on your profile or make it easier for others to find you.

Try it

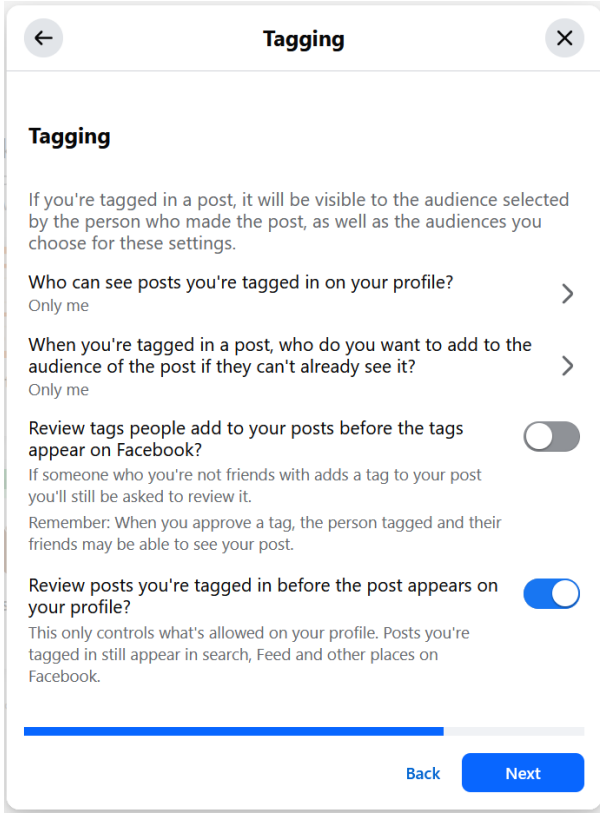
Go to: **Settings → Audience and visibility → Profile and tagging**

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Review settings such as:

- Who can post on your profile?
- Who can see posts you're tagged in?
- Who can tag you?
- Do you want to review tags before they appear?



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RECOMMENDED HABIT

Turn on **tag review** if it is available to you. This gives you more control over what appears on your profile.

4. CHECK YOUR LOCATION SETTINGS

Location information can reveal where you are or where you regularly spend time.

Facebook and your phone may have separate location settings.

CHECK FACEBOOK

Look through Facebook's settings for location-related options.

CHECK YOUR PHONE

Open your phone's:

Settings → Privacy / Location → Facebook

Review whether Facebook has access to your location and whether that access is necessary.

BE CAREFUL WITH POSTS SUCH AS:

“I'm at [exact location] right now!”

or

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"I'm away on holiday until next Monday."

Sharing your exact location or travel plans publicly can reveal useful information about your routine or whether your home may be empty.

REMEMBER

Think before sharing your location publicly.

5. CHECK WHETHER YOUR PROFILE IS PUBLIC

A public Facebook presence can make information about you visible to people you don't know.

Review: Settings → Audience and visibility

Check:

- Who can see your future posts?
- Who can see your friends list?
- Who can look you up?
- Who can see information on your profile?

IMPORTANT

You don't have to make everything public.

Think about which information you really want strangers to see.

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6. REVIEW YOUR PROFILE INFORMATION

Go to your Facebook profile and look at the information you have made available.

Check information such as:

- Phone number
- Email address
- Birthday
- Current city
- Workplace
- School
- Relationship information

Ask: **Does everyone really need to know this?**

Remove or limit information that you don't need to share publicly.

GOOD HABIT

Only share the personal information that is necessary and appropriate for your audience.

7. TURN ON TWO-FACTOR AUTHENTICATION

A password is important, but adding another security step makes your account more secure.

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Facebook offers **two-factor authentication (2FA)**.

Try it

Go to:

Settings & privacy → Settings → Accounts Center → Password and security

Look for:

Two-factor authentication

Follow Facebook's instructions to set it up. Depending on your account, you may be able to use methods such as:

- An authentication app
- Text messages
- Other supported security methods

IMPORTANT

Never give your security codes to another person.

If someone asks you for a Facebook login code, **do not share it**.

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8. LEARN HOW TO BLOCK SOMEONE

If someone is bothering you or you do not want them to interact with you, you can use Facebook's blocking tools.

Try it

Open the person's profile and look for the options menu.

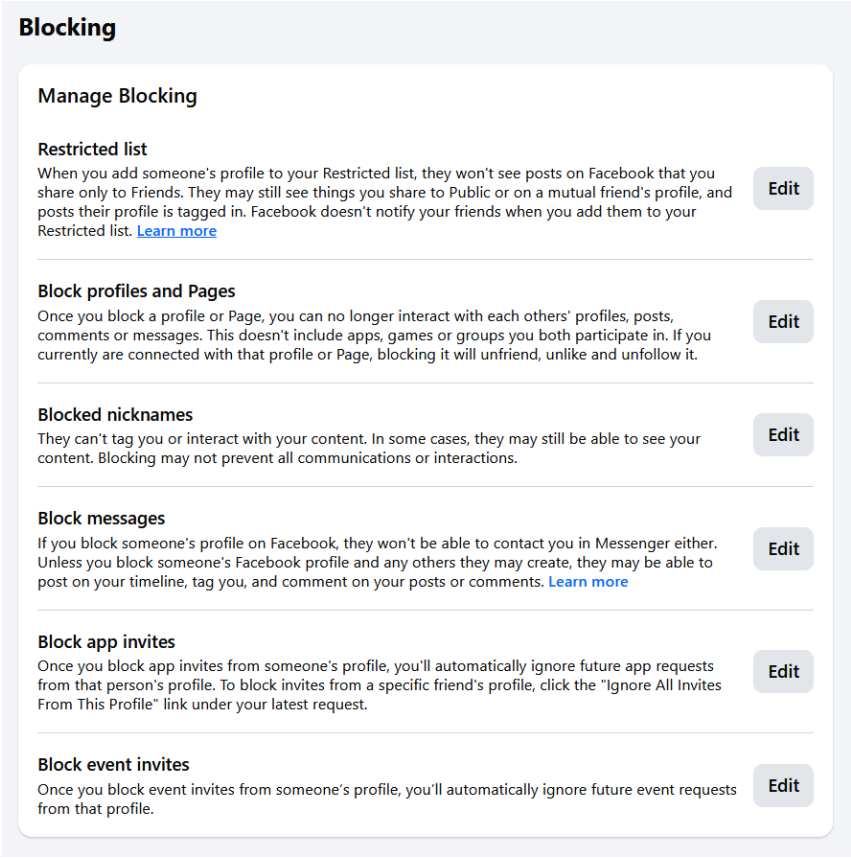
Select:

Block

Follow the instructions shown by Facebook.

Blocking can help prevent unwanted interaction with that account.

You can also manage all aspects of blocking at the Privacy Checkup



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YOUR FACEBOOK SAFETY CHECKLIST

Use this checklist to review your own Facebook account.

☐ I know who can see my future posts.

☐ I have checked who can send me friend requests.

☐ I have checked who can contact/message me.

☐ I have reviewed my tagging settings.

☐ I have considered turning on tag review.

☐ I have checked my location settings.

☐ I have reviewed my public profile information.

☐ I have checked who can see my friends list.

☐ I have enabled two-factor authentication.

☐ I know how to block someone.

☐ I know how to report inappropriate content.

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REMEMBER

CHECK → LIMIT → PROTECT

CHECK
Review your Facebook privacy and security settings regularly.

LIMIT
Only share personal information with the people who need to see it.

PROTECT
Use strong security settings and two-factor authentication.

THINK BEFORE YOU POST.

CHECK BEFORE YOU SHARE.

PROTECT YOUR DIGITAL PRESENCE.

Important Note: Facebook's menus and privacy options can change over time. The exact names or location of settings may be different depending on your device, account, or the current version of Facebook.

When in doubt, look for **Settings & privacy**, **Audience and visibility**, **Profile and tagging**, and **Password and security**.

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