



Instagram desktop

Smart card

THINGS TO REMEMBER

- **MAKE YOUR ACCOUNT PRIVATE** - Instagram accounts are accessible to the public; therefore, anyone can view your profile, photos, videos, and stories and comment on them. To allow only approved followers to be able to view your posts, set your account to private.
- **HIDE ACTIVITY STATUS** - Individuals you follow or have direct conversations with can by default see when you were last active on Instagram. Turn off the visibility of your status.
- **REMOVE FOLLOWERS** - Remove individuals or followers from your friends list if you no longer want them to see your new posts. This can work for both public and private accounts.
- **HIDE STORIES/RESTRICT DIRECT MESSAGING AND SHARING** - If you don't want to share photos or videos with all followers select specific individuals e.g. family.
- **BLOCK COMMENTS** - If you are annoyed by the constant inappropriate comments on your posts, you can stop this by blocking individuals from commenting.
- **REMOVE TAGS** - Remove or disable your tagging option in settings to prevent posts you are tagged in from automatically being added to your Instagram profile by default.

MANAGING YOUR INSTAGRAM ACCOUNT

Instagram

Search



Click on the profile icon
at the top of your screen.

Instagram

Search



cybheroutreach

Edit Profile



Click on Edit Profile.

68 posts 108 followers 36 following

CybHER

Founded by Dr. Ashley Podhradsky and Dr. Pam Rowland.

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PRIVACY SETTINGS

Edit Profile

Change Password

Apps and Websites

Email and SMS

Push Notifications

Manage Contacts

Privacy and Security

Login Activity

Emails from Instagram

Account Privacy



Private Account

When your account is private, only people you approve can see your photos and videos on Instagram. Your existing followers won't be affected.

Toggle on to keep your account private so that only people you approve can see your posts.

Activity Status



Show Activity Status

Allow accounts you follow and anyone you message to see when you were last active on Instagram apps. When this is turned off, you won't be able to see the activity status of other accounts.

Toggle off so others cannot see when you are active on Instagram.

Story Sharing



Allow Sharing

Let people share your story as messages

Toggle off to prevent others from sharing your story as a message.

Comments

[Edit Comment Settings](#)

Photos of You



Add Automatically



Add Manually

Choose how you want photos of you added to your profile. [Learn more](#) about Photos of You.

Set to Add Manually to review any photos or videos before they are added to your profile by other users.

Account Data

[View Account Data](#)

Two-Factor Authentication

[Edit Two-Factor Authentication Setting](#)

Data Download

[Request Download](#)

Privacy and Security Help

[Support](#)

Two-Factor Authentication

We'll ask for a security code when we need to confirm that it's you logging in.

Text Message

☒ Use Text Message

We'll send a code to ****.

Authentication App

☐ Use Authentication App

You'll get a code from your security app.

RECOMMENDED: toggle on to receive a code to ensure you are the one logging into your account. This prevents others from logging into your account without your knowledge.





APPS AND WEBSITES

Edit Profile

Change Password

Apps and Websites

Email and SMS

Push Notifications

Manage Contacts

Privacy and Security

Login Activity

Emails from Instagram

Apps and Websites

ACTIVE

EXPIRED

REMOVED

These are apps and websites you've used Instagram to log into and have recently used. They can request info you chose to share with them.

You have not authorized any applications to access your Instagram account.

Review which apps or websites have access to your Instagram account.

MANAGE CONTACTS

Edit Profile

Change Password

Apps and Websites

Email and SMS

Push Notifications

Manage Contacts

Privacy and Security

Login Activity

Emails from Instagram

Manage Contacts

The people listed here are contacts you've uploaded to Instagram. To remove your synced contacts, tap Delete All. If you delete your contacts from this page, new contacts you add to your phone will be uploaded. If you want to stop syncing, go to your device settings and turn off access to contacts.

Only you can see your contacts, but Instagram uses the info you've uploaded about your contacts to make friend suggestions for you and others and to provide a better experience for everyone.

0 Synced Contacts

Delete All

When you upload your contacts to Instagram, you'll see them here.

Delete All

Remove any contacts for people you don't know.

SmartPhone
**CONSUMER
PROTECTION**
OFFICE OF ATTORNEY GENERAL



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LOGIN ACTIVITY

Review logins for your account. Log out of any locations you do not recognize. Change your password to ensure no one else is logged into your account without your knowledge.

The screenshot shows the Instagram 'Login Activity' page. On the left is a sidebar with options: Edit Profile, Change Password, Apps and Websites, Email and SMS, Push Notifications, Manage Contacts, Privacy and Security, **Login Activity** (highlighted with a red box), and Emails from Instagram. The main content area is titled 'Login Activity' and 'Was This You?'. It features a map of Iowa with a location pin at West Des Moines, Iowa, dated July 27, from a Windows device. Below the map are two buttons: 'This Was Me' and 'This Wasn't Me'. Underneath the map is a section titled 'Where You're Logged in' showing a location in Volga, South Dakota, with the status 'Active now · This Windows'.

USEFUL LINKS

A Parent's Guide to Internet Safety

www.fbi.gov/stats-services/publications/parent-guide

Wired Kids

www.wiredkids.org

Microsoft Safety & Security

<https://support.microsoft.com/en-us/help/4091455/windows-protect-privacy-internet>

OnGuard Online

<https://www.consumer.ftc.gov/features/feature-0038-onguardonline>

Instagram Help

<https://help.instagram.com>



<https://consumer.sd.gov/>



1-800-300-1986

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