# A Guide to Staying Safe on Facebook

NNEDV

Social media is creating a world that is more open and connected, enabling people to share the most important parts of their lives with families, friends and communities. The **National Network to End Domestic Violence (NNEDV)** and **Facebook** have teamed up to offer tips to help you maintain safety and control over your information.
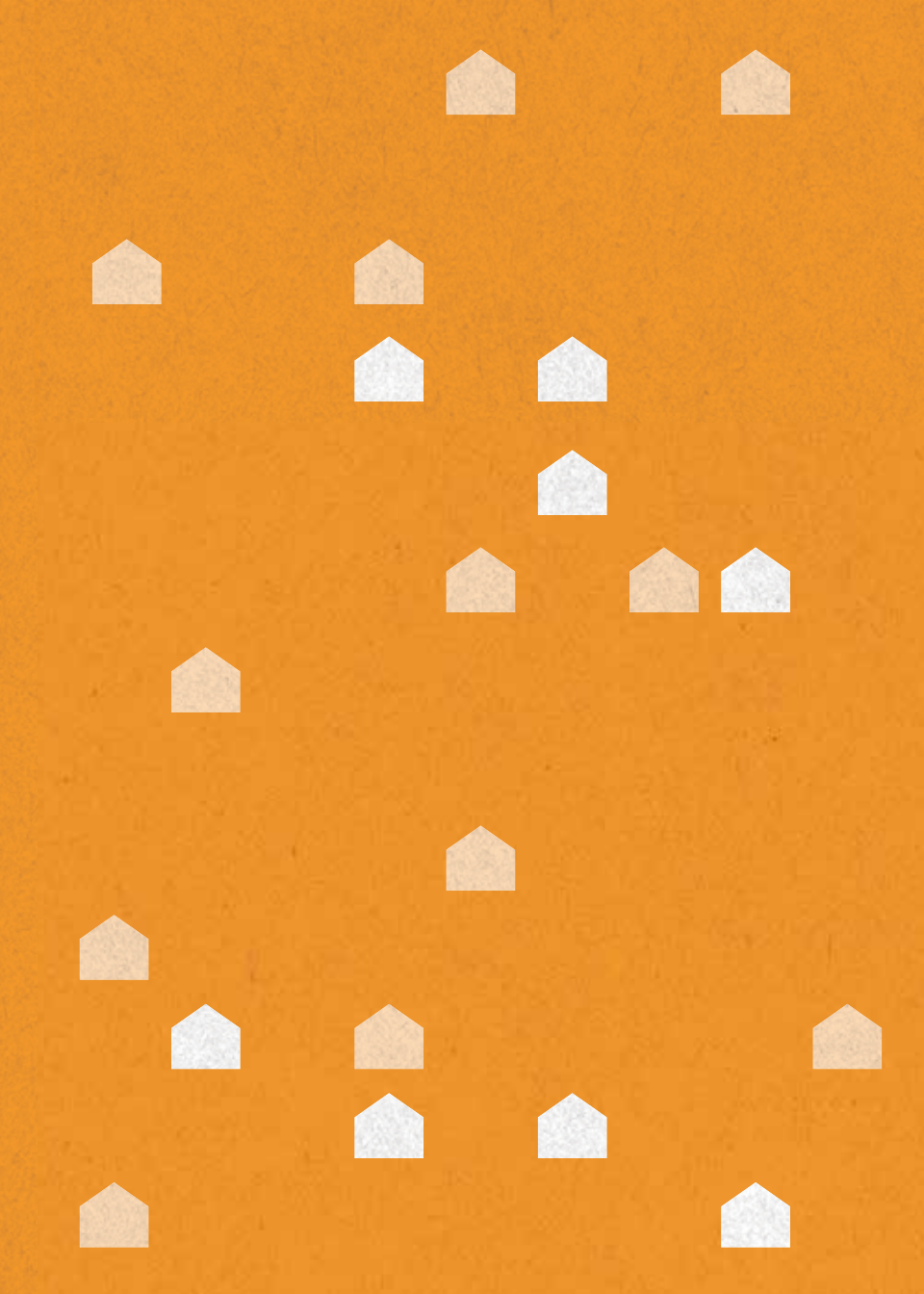
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# The first line of defense: select strong account security settings and notifications

**PROTECT YOUR PASSWORD:** Passwords should be easy for you to remember but hard for someone else to figure out. For extra security, your Facebook password should be different than the passwords you use to log into other accounts, like your email or bank account. You should also avoid words that are in the dictionary or simple words or phrases that password-cracking software can easily guess. For additional tips, visit **fb.me/Passwords** and test sample passwords at **www.howsecureismypassword.net**

**ENABLE LOGIN NOTIFICATIONS:** Facebook will send you a notification if someone tries logging into your account from a new device or browser. To learn more, visit **fb.me/LoginNotifications**

**ACTIVATE LOGIN APPROVALS:** You'll be asked to enter a special security code each time you try to access your Facebook account from a new computer, phone or browser. To learn how to turn on Login Approvals, visit **fb.me/LoginApprovals**

**SET UP TRUSTED CONTACTS:** Trusted contacts are friends you can reach out to if you ever need help getting into your Facebook account. Once set up, if you're unable to access your account, your trusted contacts can access special, one-time security codes from Facebook via a URL. You can then call your friends to get the security codes and use those codes to access your account. To set up your trusted contacts, visit **fb.me/TrustedContacts**

**CHECK WHERE YOU'RE LOGGED IN:** The Where You're Logged In section of your Security Settings shows you a list of browsers and devices that have been used to log in to your account recently. You'll also see the option to End Activity and log yourself out on that computer, phone or tablet. To review your active sessions and log out from unused browsers and apps, visit **fb.me/ActiveSessions**

**CUSTOMIZE YOUR NOTIFICATIONS:** You can adjust what Facebook activity you're notified about and how you're notified. For additional details, visit **fb.me/Notifications**

**Security Checkup**

**Take a moment and use Security Checkup to review and add more security to your account. Security Checkup will help you:**

- Log out of Facebook from unused browsers and apps.

- Get login alerts that notify you if someone tries logging into your account from a new computer or phone.

- Learn how to protect your password.

  **fb.me/securitycheckup**

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# The second line of defense: take control of your privacy settings

**SELECT YOUR AUDIENCE:** Whenever you update your status, share photos, or post any information, you can select who sees what you share through the audience selector tool. This tool allows you to determine who sees what you share. The Custom option can be used to be as specific as you want for who can and cannot see something. Remember, when you post to another person's Timeline, that person controls what audience can view the post. Additionally, anyone who gets tagged in a post may see it, along with their friends. To learn more about selecting audiences, visit **fb.me/AudienceSelector**

**REVIEW AND APPROVE:** There are two options within the Timeline and Tagging Settings for reviewing content that is tagged. The first allows you to approve or dismiss posts that you are tagged in before they appear on your Timeline. This automatically applies to posts where you are tagged by someone you are not friends with, but you can choose to review all tags by turning on the timeline review. The second option allows you to approve or dismiss tags that people add to your posts. When you turn this on, a tag that someone adds to your post will not appear until you approve it. To learn how to enable tag reviews, visit **fb.me/TagReview**

**CONTROL LINKS TO SEARCH ENGINES:**
If you don't want search engines to link to your profile, you can adjust your Privacy Settings. However, some information from your profile can still appear in search engine results because it is information you shared to a Public audience or posts and comments you shared on Pages, Public groups, or the Community Forum section of the Help Center. To learn more, visit **fb.me/SearchEngines**

**MANAGE LOCATION PRIVACY:** Your location can be shared in various ways: with apps, by checking-in, via private messages, or by someone else tagging you. It's important to carefully consider when you share your location and with whom and to take measures to protect your location when possible. To learn more about location privacy on Facebook, visit **fb.me/LocationPrivacy**

**USE THE VIEW AS FEATURE:** You can see what your profile looks like to other people by using the View As tool. To learn more, visit **fb.me/ViewAs**

# Privacy Checkup

**Take a moment and use Privacy Checkup to review and adjust your privacy settings so you know who's seeing what you share. Privacy Checkup will help you review and adjust who sees your posts, your settings for apps you've logged into with Facebook and who can see info from your profile like your phone number and email address.**

**fb.me/PrivacyCheckup**

**When it comes to your privacy, you're in charge. Learn more about Facebook privacy at**

**fb.me/Privacy**

# The third line of defense: define your trusted community

**FRIEND PEOPLE YOU KNOW AND TRUST:**
Facebook is a place for connecting with people you know personally, like your friends, family, classmates, and coworkers. Facebook is based on authentic identities, where people represent who they are in the real world. This helps you know with whom you are connecting. Unfortunately, some individuals use tactics such as impersonating a friend to gain access to personal information. If you receive a friend request from someone you are already friends with, ask if they sent the new request before accepting it. If they didn't create it, report the impersonating profile to Facebook. If you want to meet new people through Facebook, try connecting with Pages and groups that interest you. You can also choose to limit who can see your friend list if you are worried about your friends and family being contacted by someone. To learn more about adding friends and friend requests, visit **fb.me/FriendRequests**

Also remember to talk about privacy and safety with your children, friends and family and why they should only accept friend requests from people they know.

**UNFRIENDING:** To unfriend someone, go to that person's profile, hover over the Friends button at

the top of their profile and select Unfriend. If you choose to unfriend someone, Facebook will not notify the person but you'll be removed from that person's friends list. If you want to be friends with this person again, you'll need to send a new friend request. To learn more about removing friends, visit **fb.me/Unfriending**

**BLOCKING:** Blocking a person automatically unfriends them, and also blocks them so they can no longer see things you post on your profile, tag you, invite you to events or groups, start a conversation with you, or add you as a friend. Blocking is reciprocal, so you also won't be able to do things like start a conversation with them or add them as a friend. When you block some-one, we do not notify them that you have blocked them. To learn more, visit **fb.me/Blocking**

**REPORTING:** Any type of content can be reported to Facebook. Facebook's Community Standards explain what type of content and sharing is allowed on Facebook. When something gets reported to Facebook, a global team reviews it and removes anything that violates these terms. To learn how to report and what happens when you click report, click here **fb.me/Reporting**

# Get help offline

If someone is harassing you, threatening you, or making you feel unsafe, you can talk to a local domestic violence victim advocate or law enforcement about your options. Share the following link with officers you are working with to learn about Facebook's guidelines for how law enforcement can contact them for information needed in an investigation.

**fb.me/LawEnforcement**

TechSafety.org
Facebook.com/help