A guide to staying safe on Facebook
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.
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 howsecureismypassword.net

Get alerts about unauthorized logins
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

Use two-factor authentication
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
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
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. 

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
Choose 3 to 5 friends to contact if you get locked out

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 someone, we do not notify them that you have blocked them. To learn more, visit fb.me/Blocking

For some people, refusing to be friends with someone or even blocking them may not be possible and could escalate dangerous and controlling behavior by the abuser. Instead consider measures like creating audience lists to limit the posts visible to them or stop receiving communication from them by using the ignore messages option which will mute all message notifications from the specific person and move all further messages into the “filtered” messages folder.

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