



Instagram
desktop

Smart
card

LOGIN ACTIVITY

Edit Profile

Change Password

Apps and Websites

Email and SMS

Push Notifications

Manage Contacts

Privacy and Security

Login Activity

Emails from Instagram

Login Activity

Was This You?

This Was Me | This Wasn't Me

Where You're Logged in

Volga, South Dakota
Active now · This Windows

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.

MANAGING YOUR INSTAGRAM ACCOUNT

Instagram

Search

Home, Search, Post, Heart, Profile icons

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

Instagram

Search

Home, Search, Post, Heart, Profile icons

cybheroutreach

68 posts | 108 followers | 36 following

CybHER
Founded by Dr. Ashley Podhradsky and Dr. Pam Rowland.
Our mission is to increase diversity in the computer science field.
www.cybher.org

Edit Profile

Click on Edit Profile.

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
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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.





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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.

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

SmartProtect
**CONSUMER
PROTECTION**
OFFICE OF ATTORNEY GENERAL

