Guide to securing Twitter

If technology is being used against you, use this website to secure your tech. Learn about Tech Abuse.

Note that depending on your device/updates, the steps below may vary.

Caution
Remember, depending on whether or not you are living with the person who is harming you, you may choose to take different steps. Control and coercion make some of these steps impossible or not safe. Read these cautions before taking action.

Secure your tech

Step 1: Check account logins & sessions
Learn more about access logs.

1. Tap the menu (three lines in the upper left of the screen) and choose Settings and privacy.

2. Tap Account, then scroll down to tap Apps and sessions.
3. First tap **Sessions** to review active sessions. Review **Logged-in devices and apps**, and remove any unwanted access. **Caution:** A notification will be sent to the other devices that they were “logged out due to an error.” Some abusers may escalate their violence.
4. You can also review **Account access history**. You will need to confirm your password in the app (but not in the browser). You can't remove access here, but you can take a screenshot for evidence.

5. You can also review **Connected apps** and remove any unwanted apps.
Step 2: Verify your phone and email

1. Tap the menu and choose **Settings and privacy**.

2. Tap **Account**, then review the phone number and email to make sure they are the ones you want connected to your
You can also change whether people can find your Twitter account if they have your email or phone number by going back to Settings and privacy, then tapping Privacy and safety. Choose Discoverability and contacts to adjust these settings.

**Step 3: Change password**

1. Tap the menu and choose Settings and privacy.

2. Tap Account, then Password.
3. Set a new password. Learn more about creating strong passwords.

Step 4: Set up Two-Factor Authentication

1. Tap the menu and choose Settings and privacy.
2. Tap **Account**, then **Security**.
3. Choose **Two-Factor Authentication**. Choose text message, authentication app, or security key.

4. You can also set up **Password** reset protection by tapping that option and checking the box.
Step 5: Turn off location

1. Tap the menu and choose **Settings and privacy**.
2. Tap **Privacy and safety**, then scroll down to choose **Precise location**. Tap **Privacy and safety**, then scroll down to choose **Precise location**.

3. Turn this off by un-checking the box (keep it ‘Disabled’).

You can also remove locations from your history and past Tweets. Log in through a browser, use the menu to go to **Settings and privacy**, then click **Privacy and safety**. Click **Location information**. Click **see**
places you’ve been to clear your history, and Add location information to your Tweets to remove all location information attached to your Tweets.

Caution: No notification will be sent, however the abuser may notice that they can no longer see your location. Some abusers may escalate their violence.

Step 6: Block or mute people

1. Tap the menu and choose Settings and privacy.

2. Tap Privacy and safety, then scroll down to Safety.

3. Here you can review or add Blocked accounts, Muted accounts, or Muted words.
Step 7: Photo tagging

1. Tap the menu and choose **Settings and privacy**.

2. Tap **Privacy and safety**, then **Photo tagging**.
3. You can choose to let anyone tag you, only people you follow, or turn this off.

Step 8: Direct messages and notifications

1. Tap the menu and choose **Settings and privacy**.
2. Tap **Direct Messages**. Here you can choose whether anyone can send you a direct message request, and if you want to get a push notification about messages.

3. Next tap **Notifications**. Here you can adjust how you receive notifications, and what you are notified about. Some
notifications can help you to protect your account, while turning off some notifications may reduce the effects of harassment, depending on your situation.

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**Tech safety tool**
Secure your tech through our interactive tool. Click below to access videos in four languages.

[Let the Bot guide you](#)

**Supporting survivors**
Learn more about what you can do to support someone who is experiencing tech abuse.

[Supporting survivors](#)

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