Guide to securing your Instagram account

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: Review login activity

1. Tap your profile picture or the outline of a person, then Settings (at the bottom on Android or at the upper left on iPhone)
2. Tap **Security**, then **Login activity**.

3. Review the list of devices logged into your account. Remove any unwanted or unused logins.

   **Caution:** The person who uses that device will not receive a notification, but may notice that they can no longer access the account.
Step 2: Review your contact information

1. Tap your profile picture or the outline of a person, then Settings.
2. Tap Account.
3. Review the phone number and email address for your account. Remove any unwanted numbers or emails, and update to a number and email that is secure. You may need to create a new email.

**Caution:** the person who uses that device will not receive a notification, but may notice that they can no longer access the account.
Step 3: Change your password

1. Tap your profile picture or the outline of a person, then Settings.
2. Tap Security, then Password.
3. Set a new, strong password that is at least 12 characters long. Make sure it isn’t something others would guess easily. Random words and phrases are best.

Step 4: Set-up two-factor authentication

1. Tap your profile picture or the outline of a person, then Settings.
2. Tap Security, then Two-factor authentication.

1. Choose to receive a text message or use an authentication app.
2. You can also save the recovery codes somewhere safe that the abuser doesn’t have access to.
Step 5: Turn off location services

1. This setting is not in the app. Instead, open the Settings for your phone.
2. Find the list of apps and select Instagram.
3. You can turn location on or off.

Step 6: Block or remove people

1. Tap your profile picture or the outline of a person, then Settings > Privacy.

2. Hide story from specific people by opening settings, then tapping privacy. Next, tap Story, then Hide story from. Here you can choose specific people.
3. Block comments from specific people by next, tap **Comments**, then **Block comments** from. Here you can choose specific people.

4. **Remove followers** by tapping your profile picture or the outline of a person, then **Followers**. Review your followers and remove any unwanted people. They will not be notified.
Step 7: Check privacy settings

1. Tap your profile picture or the outline of a person, then Settings > Privacy.
2. Tap Activity status to stop showing followers from seeing when you were last active.
3. Tap Tags to change your settings to manually approve tags.
4. Tap Story to adjust whether your stories are saved to the gallery or the archive.

Step 8: Check linked apps and accounts

1. Tap your profile picture or the outline of a person, then Settings.
2. Review Apps by tapping Security, then Apps and websites. Review and remove any unwanted apps.

Check for linked accounts. Some people who use Instagram have access to the Accounts Centre to manage linked accounts across Facebook and Instagram.
3. If you see accounts centre in **Settings**, tap it, then **Accounts & Profiles**. Review the linked accounts and remove any unwanted or unused accounts.