

Guide to securing your WhatsApp 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. Read these cautions before taking action.

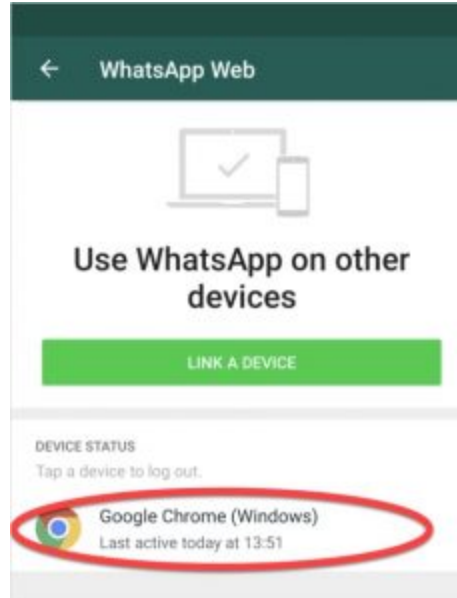
[Secure your tech](#)

Step 1: Check WhatsApp web

1. Open **WhatsApp** and choose **WhatsApp Web** from the menu (upper right corner on Android or bottom right on iPhone).

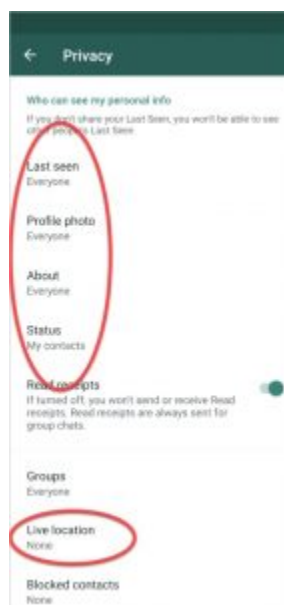


2. Review the list of devices that can access your account. Tap on any device to log out. **Caution:** if you want to show that someone had access to your account, take a screenshot first.

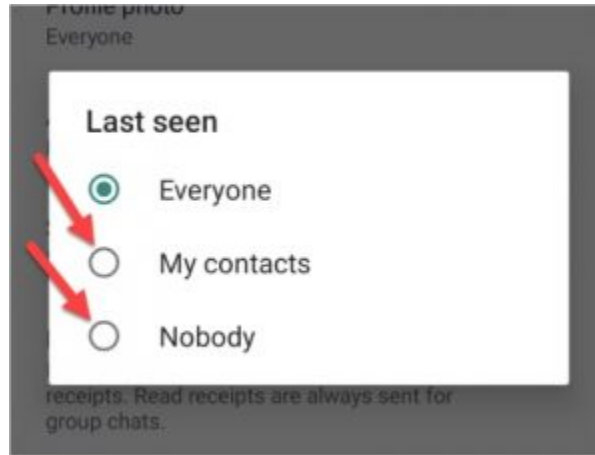


Step 2: Review privacy settings

1. From the menu, choose **Settings** > **Account** > **Privacy**.
2. Review **Last seen** (when you were last online), **Profile photo**, and **About**. Limit to **My contacts** or **Nobody**.



3. Review **Status**, and adjust from **My contacts** to create exceptions or “**Only share with...**”



4. Review **Live location**. Adjust this to **None**.

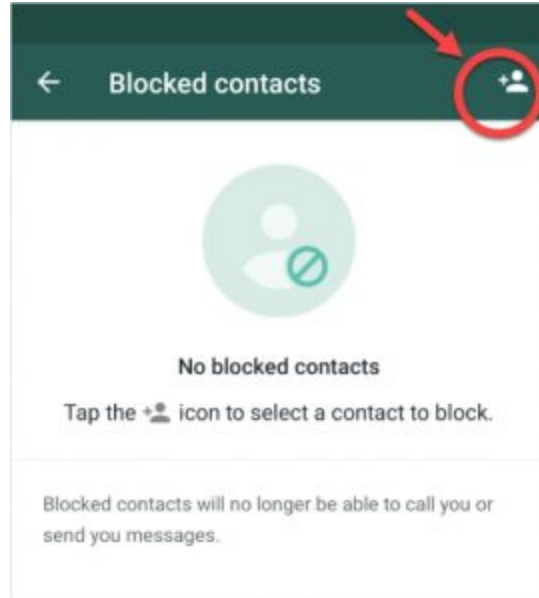
Step 3: Set Up Two-Factor Authentication

1. From the menu, choose **Settings > Account > Two-Step Verification**.
2. Enable this feature by selecting a PIN. You can also add an email address as a backup.

NOTE: If two-step was already set up, be sure to check the email address to make sure it is yours.

Step 4: Block someone

1. From the menu, choose **Settings > Account > Privacy**.
2. Choose **Blocked contacts**. Add or review contacts to block.



Step 5: Optional – change number

You would only take this step if you want to move your account to a different phone number.

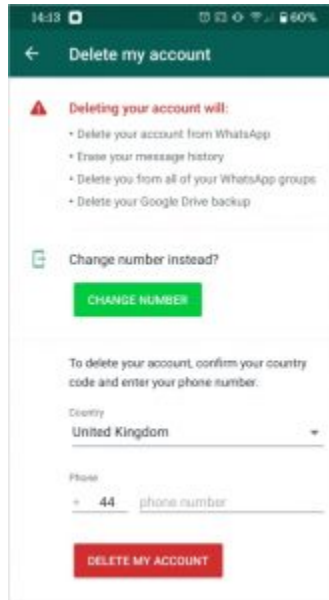
1. From the menu, choose **Settings** > **Account** > **Change number**.
2. Follow the steps to move your account.

Step 6: Optional – delete my account

You would only take this step if you want to delete your account and all information.

Caution: if you want to document abuse or any information from your account, you should make a record through screenshots or by backing up the information first.

1. From the menu, choose **Settings > Account > Delete my account**.



2. Enter your number and tap the red **Delete my account** button.
3. If you don't have access to your phone or account, contact **WhatsApp support**.

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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[Check out our Glossary](#)