Tips for Using Facebook and Meta Accounts Safely

1. Use Strong, Unique Passwords

- Don’t reuse the same password on more than one website.
- Make it long, using a mix of letters, numbers, and symbols.
- Never share your password with anyone, even if they claim to be “Meta support.”

2. Use a Password Manager

- A password manager stores all your passwords safely in one place.
- It can create strong passwords automatically so you don’t have to remember them.
- You only need to remember one master password for the manager itself.
- Good options include 1Password, Bitwarden, or Dashlane.

3. Turn On Two-Factor Authentication (2FA)

- This adds a second step — like a text code or app confirmation — when you log in.
- Go to Settings → Security and Login → Two-Factor Authentication to turn it on.
- Even if someone steals your password, they still can’t get in without that second code.

4. Try Passkeys (Newer and Safer Login Option)

- Passkeys let you log in using your phone’s fingerprint, Face ID, or device PIN — no password needed.
- They’re stored securely on your device, not in the cloud.
- Meta now supports passkeys — turn them on in Facebook Settings → Password and Security → Passkeys.
- Passkeys protect you from phishing attacks because they only work on the real Facebook site.

5. Watch for Fake Messages

- Hackers send fake warnings that look like they’re from Facebook or Instagram. Never click links in these messages.
- Check official notices at facebook.com/security instead.

6. Review Your Security Settings Regularly

- In Facebook’s Settings → Security and Login, review:
- Devices you’re logged into

- Apps connected to your account
- Where you've used your password
- Log out of devices or apps you don't recognize.

7. Keep Everything Updated

- Always install the newest updates for your Facebook app, phone, and browser.
- Updates fix bugs and close security holes.

8. If You Think You've Been Hacked

- Go to facebook.com/hacked immediately.
- Change your password and review your recent logins.
- Turn on 2FA or passkeys right away to prevent future hacks.
