

Stafety Tip of the week

01/05/2020

Deleting your social media accounts

Facebook

- 1) Log into Facebook (www.facebook.com)
- 2) Click the small upside-down triangle in the right corner
- 3) Click "Settings"
- 4) Click "Manage Account"
- 5) Click "Deactivate your account" or "Request account deletion"

Once you complete the final step it is important to remember that at this point you have only submitted a request to delete the account. Facebook delays the deletion process for 30 days after you submit your request and will cancel your request if you log into your account during that time period. Therefore, to permanently delete your account it's crucial that you don't visit Facebook during this waiting period. After 90 days all data related to you should have been removed from Facebook's servers.

To avoid losing all your photos you can also either manually save them all down onto your phone or laptop, or download your account.

To manually save a photo on your mobile, hold down on the photo until a list of options pop up. Here, there should be an option that says, 'save the photo'. This will save the photo into your mobile camera roll. If you are doing this on your laptop, click on the photo and then go to the bottom of the picture where there should be an 'options' button. If you click on options, you should then see another button to 'download' the photo. This saves the photo onto your hard drive.

To download your account, go into Settings > General Account Settings > Download a copy of your Facebook data and then click 'Start My Archive.' When your download is ready, Facebook will send you an email with a link to download. For added security, this link will expire after a few days.



Stafety Tip of the week

01/05/2020

Deleting your social media accounts

Twitter

- 1) Log into Twitter (www.twitter.com)
- 2) Click your profile photo to open account settings
- 3) Click “Settings and privacy”
- 4) At the bottom, click “Deactivate your account”
- 5) Confirm deactivation
- 6) After a 30-day waiting period, during which you can log in and cancel the process, your account will be permanently deleted

This will deactivate your account

You're about to start the process of deactivating your Twitter account. Your display name, @username, and public profile will no longer be viewable on Twitter.com, Twitter for iOS, or Twitter for Android.

What else you should know

- You can restore your Twitter account if it was accidentally or wrongfully deactivated for up to 30 days after deactivation.
- Some account information may still be available in search engines, such as Google or Bing. [Learn more](#)
- If you just want to change your @username, you don't need to deactivate your account — edit it in your [settings](#).
- To use your current @username or email address with a different Twitter account, [change them](#) before you deactivate this account.
- If you want to download [your Twitter data](#), you'll need to complete both the request and download process before deactivating your account. Links to download your data cannot be sent to deactivated accounts.

Deactivate

After you deactivate the account you should be aware that it's possible people will still be able to find your account and see things you've tweeted, as your profile and content may take some time to exit the internet. According to the company's Privacy Policy, this process can take a few weeks.

Again, as with Facebook, if you want to download your Twitter data, you can do so by filling out the request form and going through the download process, before deleting the account. To download your archive, click your profile icon, go to Settings, then click on 'Request your archive.' Twitter will then send you an email with a download link that will give you a .zip file.



Stafety Tip of the week

01/05/2020

Deleting your social media accounts

Instagram

When it comes to deleting an Instagram account, the platform does not allow you to delete your account from the Instagram app, instead requiring that you login to (www.instagram.com) from a web browser on your desktop or mobile device.

- 1) Go to Instagram's Delete Your Account page
- 2) Select your reason for deleting Instagram permanently from the drop-down menu
- 3) Re-enter your password and click 'Permanently delete my account'

Alternatively, you can enter this link into your search bar

<https://instagram.com/accounts/remove/request/permanent/>

YOUR ACCOUNT

- Edit Profile >
- Change Password >
- Manage Applications >
- Email Preferences >
- Log Out

Delete Your Account

Hi

We're sorry to hear you'd like to delete your account.

If you're just looking to take a break, you can always temporarily disable your Instagram account instead

Keeping Your Data Safe

Nothing is more important to us than the safety and security of the Instagram community. People put their trust in us by sharing moments of their lives on Instagram. So we will never make any compromises when it comes to safeguarding your data.

Why are you deleting your account?

- ✓ ---
- Privacy concerns
- Concerned about my data
- Too many ads
- Want to remove something
- Created a second account
- Trouble getting started
- Too busy/too distracting
- Can't find people to follow
- Something else

Once you've deleted your account, you can't sign up with that same username if you decide to create another Instagram account later on.

