

THE ULTIMATE  
**INSTAGRAM GUIDE**

PRIVATISE, PROTECT  
OR DEACTIVATE

How to Safeguard yourself from  
past or future scammers.

CC  
CATCH THE  
CATFISH

@LoveSaid

LOVE  
SAID

FRAUD CENTER  
& THINK TANK

# HOW TO MAKE YOUR INSTAGRAM PROFILE PRIVATE

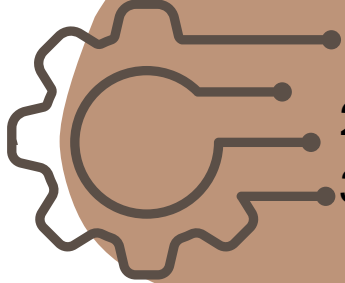
## PRIVACY

1. On your profile, tap the 3 lines at the top right of the screen.



## CHANGING THE SETTINGS

1. Tap 'Settings and Privacy' from the menu.
2. Scroll down to 'Account Privacy'.
3. Toggle the button to 'Private Account'.



## DO SOME CHECKS

Take a look through your followers, remove anyone that you don't know in person or that requested you out of the blue.



## WHO CAN SEE YOUR INFORMATION

Double check what can be seen from another account. Is any personal information visible in the bio of the profile?



# HOW TO TEMPORARILY DEACTIVATE YOUR ACCOUNT ON INSTAGRAM FROM THE APP FOR IPHONE USERS.

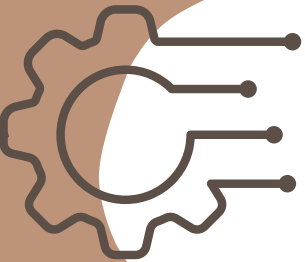
## LOG IN

1. Log in from the app for iPhone users or a computer/browser for Android users.
2. Click your profile picture in the bottom right corner.



## CHANGING THE SETTINGS

3. Tap profile.
4. Tap edit profile.



## DEACTIVATE

5. Scroll down and tap 'temporarily deactivate my account' in the bottom right.
6. Select the option as to 'why' and re-enter your password.



## FINISHED

7. Tap 'temporarily deactivate account'.
8. Tap 'yes'.

You can re-activate at any time by logging in.



# HOW TO TEMPORARILY DEACTIVATE YOUR ACCOUNT ON INSTAGRAM FOR ANDROID USERS OR FROM A BROWSER.

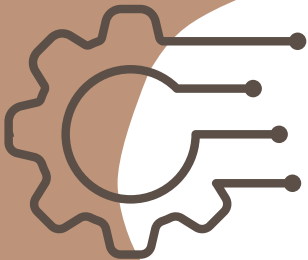
## LOG IN

1. Log in from computer/browser or for Android users.
2. Go to the Accounts Centre.



## CHANGING THE SETTINGS

3. Tap the 'settings gear' at the top.
4. Tap 'see more in Accounts Centre'.
5. Tap 'Personal details'.



## DEACTIVATE

6. Tap the account you'd like to temporarily deactivate.
7. Tap 'Deactivate account'.
8. Tap 'continue'.



## FINISHED

Your account is now deactivated for a while.

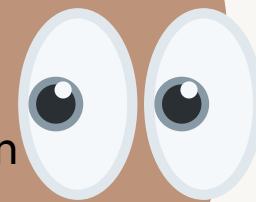
You can re-activate at any time by logging in.



# HOW TO CHANGE YOUR USER NAME ON INSTAGRAM

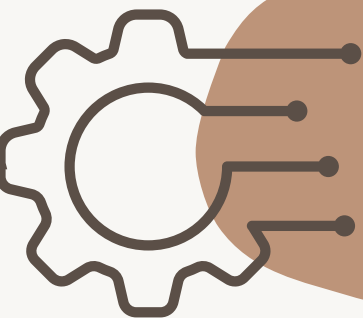
## LOG IN

1. Log in from a computer or mobile device.
2. Click the 'edit profile' button on your account.



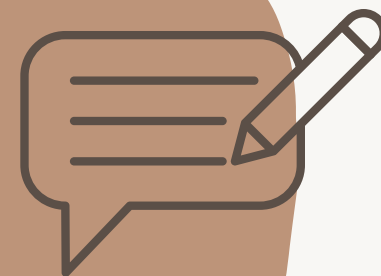
## CHANGING INFORMATION

1. Name
2. User Name
3. Bio
4. Links



## EDIT YOUR INFORMATION

1. Change Name
2. Change User Name
3. Check bio has no personal information
4. Check any links don't lead to personal information.



## REVIEW YOUR CHANGES

Double check your choices (profile pictures can also be changed here) and click 'Done' in the top right corner.



## FINISHED

Your profile should now be untraceable to past scammers. Be aware of any new requests.





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