

Cheat sheet

	Goal	Recommendation
1	Secure your Facebook profile against social engineering	<ul style="list-style-type: none"> Access your Facebook privacy settings on the mobile app and follow these recommended best practices.
2	Limit who can see your profile data (such as your email, phone number, birthday, etc.).	<ul style="list-style-type: none"> Choose Only me.
	Limit who can see your posts and stories.	<ul style="list-style-type: none"> Limit sharing to existing connections you know and have met in real life. Default to Friends except acquaintances Limit past posts as well.
	Block unknown profiles.	<ul style="list-style-type: none"> Remove or Block anyone you do not know in real life.
3	Limit how people can find you on Facebook.	<ul style="list-style-type: none"> Do not use a real photo of you in your profile picture. If you have multiple social media accounts on different platforms (Instagram, X, LinkedIn, etc.), do not reuse the same profile picture, even if it is not a real photo of you.
	Adjust who can send you friend requests.	<ul style="list-style-type: none"> Choose Friends of friends. This does not mean these requests should be trusted-- be suspicious of all requests.
	Forbid Facebook to recommend your profile to others.	<ul style="list-style-type: none"> Choose No one.
	Prevent search engines from listing your Facebook profile in search results.	<ul style="list-style-type: none"> Toggle Off search engine visibility.
4	Secure your Facebook login credentials.	<ul style="list-style-type: none"> Toggle On notifications to receive alerts about suspicious activity.
	Ensure password safety.	<ul style="list-style-type: none"> Make sure you are using a unique password that is at least 16 characters long and includes at least 1 symbol, 1 capital letter, and 1 number.
	Add an extra security layer to prevent account takeover.	<ul style="list-style-type: none"> Turn On multi-factor authentication (MFA).
5	Limit how much information Facebook shares with third parties.	<ul style="list-style-type: none"> Remove any apps or websites that use Facebook to sign in.
	Ensure the privacy of your geographical location.	<ul style="list-style-type: none"> Disable location sharing to the Facebook app on your mobile device.
6	Limit the way Facebook and its partners target you with ads.	<ul style="list-style-type: none"> Toggle all options Off.
	Limit the visibility of your interactions with social ads.	<ul style="list-style-type: none"> Choose Only me.