

Cheat sheet

| | Goal | Recommendation |
|---|---|--|
| 1 | Secure your Instagram profile against social engineering. | <ul style="list-style-type: none"> Access your Instagram privacy settings on the mobile app and follow these recommended best practices. |
| 2 | Limit who can see your posts, stories, and followers list. | <ul style="list-style-type: none"> Make sure your account is Private. You can check this in Settings – Account Privacy Only allow existing connections you know and have met in real life to follow you. |
| | 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 Instagram. | <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. |
| | Reduce your profile's visibility. | <ul style="list-style-type: none"> Avoid engaging with public content or using popular hashtags that might make your profile more visible. |
| 4 | Secure your Instagram login credentials. | <ul style="list-style-type: none"> Enable Security Alerts 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 | Ensure the privacy of your geographical location. | <ul style="list-style-type: none"> Disable location sharing to the Instagram app on your mobile device. |
| 6 | Limit the way Instagram and its partners target you with ads. | <ul style="list-style-type: none"> Deny Instagram from targeting your ads based on personal activity. This option can be found in Ad Preferences |
| | Limit the visibility of your interactions with social ads. | <ul style="list-style-type: none"> Choose Only me. |