



## LESSON 3

# Social Media Safety

Quick reference — print this page and keep it nearby.

## STAYING SAFE ON FACEBOOK AND INSTAGRAM

- 1 Fix the four settings that matter**  
Who can see your posts (set to Friends, or private on Instagram), who can friend-request you, what shows on your profile, and whether search engines can find you.
- 2 Spot the impersonator friend request**  
A new account copies a friend you already have. Before accepting: find their real profile, check the new account's friends and photos, and message your friend another way.
- 3 When a real friend's account is hacked**  
The message asks for money, a link click, a prize, or crypto. Real friends don't do this in a Facebook message — confirm on another channel.
- 4 Skip the nostalgia quizzes**  
"Your first pet," "the street you grew up on," "mother's maiden name" — those are the answers to your security questions, not a fun quiz.

### IF YOU TAKE ONE THING FROM THIS LESSON

Change your default Facebook post audience from "Public" to "Friends." It takes about thirty seconds and cuts your scammer exposure by more than half.

**TRY THIS TODAY** Look at your last five friend requests. If you can't picture the person's face in real life, decline.