Lock Down Your Facebook Account

by Mike Sullivan | Cove Apple Club | September, 2016

Facebook provides many free tools available to insure that you, and only you, have control of your Facebook account. Use this quick security checkup to lock down your Facebook account and protect yourself from identity theft, scammers, bogus postings and more.

On your Mac or PC:

1. Go to www.facebook.com/settings and login to your account if prompted.

2. In the left-hand menu sidebar, click Security

    1. In Security:

        1. In Login Alerts:

            1. Enable Notifications for logins

            2. Enable Email of login notifications

        2. In Login Approvals:

            1. Enable "Require a login code to access my account from unknown browsers," then follow the instructions to set up these login approval mechanisms:

                1. Text message to your cell phone number

                2. Code Generator from the Facebook mobile app

                3. Get Codes — this will generate a set of 10 disposable one-time-use login codes. Make a "Secure Note" in 1Password with these codes, and keep them safe in case of an account access issue.

        3. In Code Generator:

            1. Enable Code Generator.

            2. On your iPhone, download and install the free "Google Authenticator" app from Google, in the App Store.

            3. Then follow the instructions in the Code Generator section of Security Settings to create a new Code Generator entry in Google Authenticator for Facebook. Scan the barcode on the screen to create and confirm a new Code Generator entry.

        4. In Recognized Devices

            1. View the list of devices that currently have login approval for your Facebook account.

            2. Delete any devices you no longer use or own, or which you don't recognize.

3. In the left-hand sidebar menu, click Apps

    1. In Apps:

        1. In Apps, Websites & Plugins:

            1. If Apps, Websites and Plugins is NOT set to Disabled, click Edit

2. Review the list of apps, websites and plugins now allowed to connect to your Facebook account. Delete any you aren't 100% certain are legitimate. To be completely safe, delete them all by clicking Turn Platform Off.

On the Facebook app on iOS (iPhone or iPad):

1. Open the Facebook app and login if prompted.

2. At the bottom right of the screen, tap the "hamburger" icon on the menubar to open the menu

3. Scroll to the bottom of the screen, then tap Settings

4. In Settings:

    4.1. Tap Security, then follow steps 2.1 through 4.2 above for Mac

    4.2. Tap the left-arrow icon at the top menubar to return to the Settings menu

    4.3. Tap Apps, then follow steps 3 above for Mac

    4.4. Tap the left-arrow icon at the top menubar to return to the Settings menu

    4.5. Tap the Newsfeed icon at the bottom left of the screen to return to your newsfeed

For more information on Facebook security best practices:

On your Mac or PC: go to facebook.com/help, then read the articles "About Your Privacy," "Managing Your Account / Login and Password," "Managing Your Account / Keeping Your Account Secure," and more.

On your iPhone or iPad: open the Facebook app, then at the bottom right of the screen, tap the "hamburger" icon on the menubar to open the menu. Scroll to the bottom of the screen, then tap Help and Support, then Help Center. Read the articles mentioned above for Mac.

About Passwords

Use a strong, long, unique, unguessable, password that EVEN YOU DO NOT KNOW for all of your logins. The easiest way to do this is to let the supercomputer (your Mac or iPhone/iPad) handle all the hard work by employing a robust password manager app.

For many years, we have recommended and use 1Password. 1Password keeps your data safe, encrypted, backed-up and available everywhere, and you only need to remember one password to use it all.

For more information and to download the apps for Mac, PC, iOS or Android, go to 1password.com.