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# Checklist for Facebook and Twitter

**Do you use Facebook or Twitter? Are you also using them in a secure fashion? Our updated checklists will help you to use these media safely.**

It's not always easy to keep track of all the various settings Facebook and Twitter offer and to select the best settings for your purposes. Our checklists are meant to help you protect your data in the best possible way.

The Facebook check-list can be found [here \(https://www.ebas.ch/en/facebook-settings/\)](https://www.ebas.ch/en/facebook-settings/).

The Twitter check-list can be found [here \(https://www.ebas.ch/en/twitter-settings/\)](https://www.ebas.ch/en/twitter-settings/).