

# Instagram Settings

**Instagram offers a multitude of configuration options. It is not always easy to keep track of all the various settings offered and to select the best settings for your purposes. Our checklist is meant to assist you to protect your account and all your published information in the best possible way.**

We have tried to draw up as universally applicable a set of instructions for private users as possible. Nevertheless, the individual configuration options and settings may differ in specific cases. This checklist refers to the Instagram settings available as of **9th December 2022** as displayed in a desktop computer browser.

As a rule, the settings described here are automatically adopted in the Instagram app. Depending on your smartphone and operating system though, there may be some additional settings in the app which are not discussed here.

To show the account settings in Instagram, click the three bar symbol at the bottom left and then select entry “settings” from the menu.

## Edit profile

Category	Our recommendation
Name	Depending on your requirements
Username	Depending on your requirements
Website	Depending on your requirements
Bio	Depending on your requirements
Email	Use a free address without any indication of your identity (e.g. ferrari397@gmail.com).
Phone number	Optionally, you can register a mobile number, which will then be required for log-in confirmations as necessary.
Gender	Prefer not to say
Similar account suggestions	Depending on your requirements

## Change password

Manage your passwords outside of Instagram, for instance using a password manager.

## Apps and websites

Here you can view all apps and websites which you have linked to your Instagram account.

## Email notifications

Depending on your requirements

## Push notifications

Depending on your requirements

## Manage contacts

Here you can view your contacts you have added to Instagram.

Only you can see your contacts. However, Instagram uses all information uploaded to your contacts to provide friendship suggestions to you and other people, and to provide all users with a better experience.

## Privacy and security

Category	Our recommendation
Account privacy	Activate
Activity status	Don't activate
Story sharing	Don't activate
Comments	Depending on your requirements
Photos of you	Depending on your requirements
Data permissions	Don't activate «Optional cookies»
Two-Factor Authentication	Activate «Text message» or «Authentication app»
Data Download	Depending on your requirements
Privacy and security help	Depending on your requirements
Mentions	People you follow
Posts	Activate «Hide like and view counts» Activate «People you follow»
Message Controls	Depending on your requirements
Hidden Words	Depending on your requirements

## Ads

Here you can view your ad activities.

## Supervision

Depending on your requirements

## Login activity

Here you can view your log-in activities.

## **Emails from Instagram**

Here you can view all e-mails (security/others) which have been sent by Instagram over the past fortnight .You can use this list to establish which e-mails are genuine and which ones are fake.

## **Help**

Here you can get some help.