

facebook

Sign Up

Email or Phone

Password

Log In

Keep me logged in

[Forgot your password?](#)

## Safety Center

[Like](#) [Share](#) 1,114,234 people like this.

- Welcome
- Philosophy
- Community
- Tools** >
- Safety and You



## Let's Start Now

We provide tools that help you stay safe while using Facebook. You'll also find other safety resources here to help you whenever and however you use the internet.

### Tools

#### Update Your Account Information

We recommend that you periodically review your account information, including your email and password, and make adjustments as needed.

[Manage your Account Settings](#)

#### Protect Your Account

As always, we recommend that you change your password periodically to stay safe online. If you think your account has been compromised or if someone else has access to it, we recommend resetting your password. To reset your password:

- Click Account at the top of any Facebook page.
- In the dropdown menu that appears, select [Account Settings](#).
- Scroll down to Password, click the "change" link, and follow the instructions.

[Read more about creating a strong password.](#)

#### Control Who Sees Your Information

Use your privacy settings to control who gets to see your posts and timeline. You can also specify privacy for a specific message or post, and control how much information you share with applications (such as games and quizzes). To get to your privacy settings, click Account at the top of any page and select Privacy Settings in the dropdown menu that appears.

[Learn more about using applications safely.](#)

### Extras

Teens, Social Media, and Privacy, Pew Research Center  
[www.pewinternet.org](http://www.pewinternet.org)

"Bullying" Has Little Resonance with Teenagers, danah boyd  
[dmlcentral.net](http://dmlcentral.net)

Parents: Understand Your Kids & Social Media, Rosalind Wiseman  
[www.facebookstories.com](http://www.facebookstories.com)

Parenting in the Digital Age, The Family Online Safety Institute  
[www.fosi.org](http://www.fosi.org)

At Facebook, Defense is Offense, Elinor Mills  
[news.cnet.com](http://news.cnet.com)

Five Myths About Bullying, Susan Swearer  
[www.washingtonpost.com](http://www.washingtonpost.com)

Character Education for the Digital Age, Jason Ohler  
[www.ascd.org](http://www.ascd.org)

### Safety and You

[Parents](#)

[Teens](#)

[Teachers](#)

[The Law](#)