



Settings



Search

- Follow and invite friends >
- Notification >
- Privacy >
- Security >
- Ads >
- Account >
- Help >
- About >

Accounts Centre

Control settings for connected experiences across Instagram, the Facebook app and Messenger, including story and post sharing and logging in.

Logins

Logins information >

Add account

Log Out





About

Data Policy >

Terms of Use >

Open-source libraries >





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Help

Report a problem >

Help Centre >

Privacy and security help >

Support Requests >





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Account

- Personal information >
- Your activity >
- Saved >
- Close friends >
- Account status >
- Avatars >
- Language >
- Captions >
- Sensitive content control >
- Contacts syncing >
- Sharing to other apps >
- Data usage >
- Original photos >
- Request verification >
- Review activity >
- Branded content >
- [Switch to Professional account >](#)
- Add new professional account





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Ads

Ad preferences

Ad topics >

Data about your activity from partners >

General info

Ad interests >

Ad activity >

About ads >





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Security

Login security

- Password >
- Login activity >
- Saved login information >
- Two-factor authentication >
- Emails from Instagram >
- Security checkup >

Data and history

- Apps and websites >





Settings



Search



Follow and invite friends



Notification



Privacy



Security



Ads



Account



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Privacy

Account privacy

Private account



Interaction

Hidden words



Limits

Off



Comments



Posts



Mentions

Everyone



Story



Guides



Activity status



Messages



Connections

Restricted accounts



Blocked accounts



Muted accounts



Accounts you follow





Settings



Search



Follow and invite friends



Notification



Privacy



Security



Ads



Account



Help



About



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Notification

Push notifications

Pause all



Posts, stories and comments >

Following and followers >

Direct messages and calls >

Live and video >

Fundraisers >

From Instagram >

Other notification types

Email and SMS >

Shoping >





Notification

Push notifications

Pause all



Posts, stories and comments >

Following and followers >

Direct messages and calls >

Live and video >

Fundraisers >

From Instagram >

Other notification types

Email and SMS >

Shoping >



You won't receive push notifications, but you'll be able to see new notifications when you open Instagram

15 minutes

1 hour

2 hour

4 hour

8 hour

Cancel



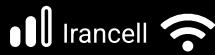
Notification

Push notifications

Pause all



Posts, stories and comments



23:10

23%

Direct messages and calls



Live and video



Fundraisers



From Instagram



Other notification types

Email and SMS



Shoping





Posts, stories and comments

Likes

Off



From people I follow



From everyone



johnappleseed liked your photo

likes and comments on photos of you

Off



From people I follow



From everyone



johnappleseed commented on a post that you're tagged in.

Photos of you

Off



From people I follow



From everyone



johnappleseed tagged you in a photo.

Comments

Off



From people I follow



From everyone



johnappleseed commented: "Nice shot!"

Comments likes and pins

Off



From people I follow



From everyone



See johnappleseed's first story on Instagram and other similar notification.





Notification

Push notifications

Pause all



Posts, stories and comments >

Following and followers >

Direct messages and calls >

Live and video >

Fundraisers >

From Instagram >

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Email and SMS >

Shoping >





Following and followers

Followers requests

Off



On



John Appleseed (@johnappleseed) has requested to follow you.

Accepted follow request

Off



On



John Appleseed (@johnappleseed) accepted your follow request.

Account suggestions

Off



On



johnappleseed, who you might know, is on Instagram, and other similar notifications.

Mentions in bio

Off



From people i follow



From everyone



johnappleseed mentioned you in their bio.





Notification

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Direct messages and calls

Messages requests

Off



On



johnappleseed wants to send you a message.

Messages

Off



On



johnappleseed sent you a message.

Group requests

Off



On



johnappleseed wants to add janeappleseed to your group.

Video chats

Off



From people I follow



From everyone



Incoming video chat from johnappleseed.

Rooms

Off



From people I follow



From everyone



johnappleseed's room starts in 10 minutes.





Notification

Push notifications

Pause all



Posts, stories and comments >

Following and followers >

Direct messages and calls >

Live and video >

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Live and video

Live videos

Off



On



johnappleseed started a live video. Watch it before it ends!

Video uploads

Off



On



Your video is ready to watch.

Video view counts

Off



On



Your Video has more than 100K views.





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Follow and invite friends



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Follow and invite



Invite friends via WhatsApp



Invite friends via SMS



Invite friends Via...



Follow contacts





Follow and invite

- Invite friends via WhatsApp
- Invite friends via SMS
- Invite friends Via...
- Follow contacts >



Follow and invite

 Invite friends via WhatsApp

 Invite friends via SMS

 Invite friends Via...

 Follow contacts 

"Instagram" wants to open

"WA Business"

Cancel

Open





Welcome to WhatsApp Business

A Simple, secure and reliable way for
businesses to connect with their customers

Tap “Agree & Continue” to accept the WhatsApp Business
[Terms of Service](#)

Agree & Continue

Not a business? Try [WhatsApp Messenger](#)



Follow and invite



Invite friends via WhatsApp



Invite friends via SMS



Invite friends Via...



Follow contacts



New Message

Cancel

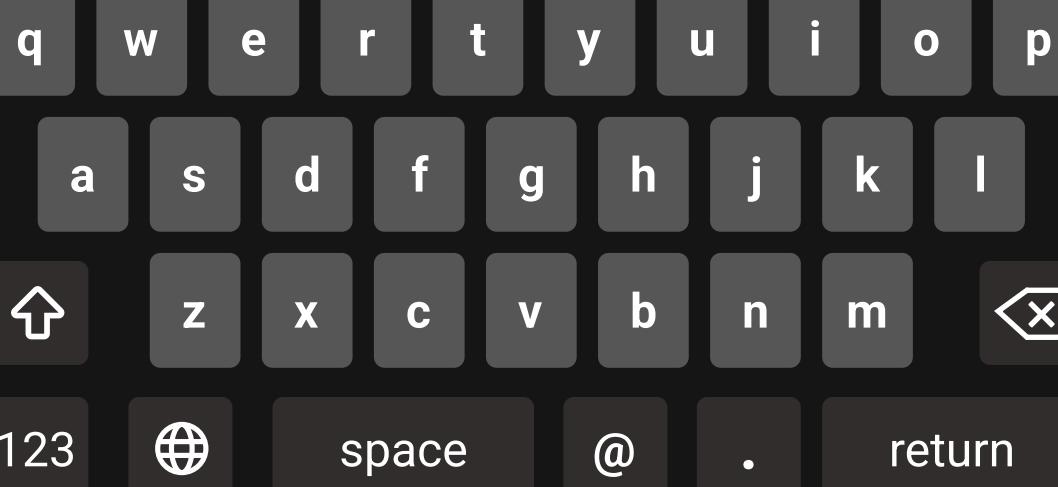
To:



I'm on Instagram as Lara_MK00. Install the app to follow

my photos and videos. <https://www.instagram.com/invites/>
contacts/?

i=1kd9tuce3iw8o&utm_content=h7cp5g4





Follow and invite

Invite friends via WhatsApp

Invite friends via SMS

Invite friends Via...

Follow contacts



AI

I'm on Instagram as Lara_MK00. Install the app to follow my photos and and videos. <https://...>



cameron
Vallas



Sarah
Anderson



Pani



MOM



Honey



Maria
swanpo



AirDrop



Messages



Telegram



Linkedin



Note



Pinteres

Copy

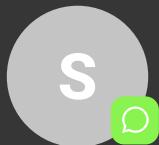


AI

I'm on Instagram as Lara_MK00. Install the app to follow my photos and videos. <https://...>



cameron
Vallas



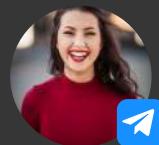
Sarah
Anderson



Pani



MOM



Honey



Maria
swanpo



AirDrop



Messages



Telegram



Linkedin



Note



Pinteres

Copy



Save to Files



Save to Pinterest



Edit Actions...



Follow and invite



Invite friends via WhatsApp



Invite friends via SMS



Invite friends Via...



Follow contacts



Allow Instagram to access your contacts?

We'll use your contacts to help you find people you know and help them find you. Your contacts will be periodically synced and stored on our servers. You can turn off syncing at any time in settings.

[Learn more](#)

[Continue](#)



Close Friends

We don't send notifications when you edit your close friends list. [How it works.](#)



Search



BELLZAHOME
bellzahome



negarnoshahi



TNAAAAA



SOGAND ✅
isogand



REZA
rezaia



SAMIN000
samin



SAM



ANIL
anil.magazine



Khaby Lame ✅
khaby00



Aala Albo
alaboworld



Kendall ✅
kendalljenner



Golden Retrievers
goldiecute



Pure Puppies
purepuppies



Done

Accounts



Lara_MK00



DEUTSCH_LEARNING

Log out

Add Account

Log in to Existing Account

Create New Account



Stories archive ▾

• • •



December 2021

Sat	Sun	Mon	Tue	Wed	Thu	Fri
				1	2	3
4	5	6	7	8	9	10
 11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2022

Sat	Sun	Mon	Tue	Wed	Thu	Fri
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2022

Sat	Sun	Mon	Tue	Wed	Thu	Fri
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Setting



Your activity



Archive



QR Code



Saved



Close friends



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Your activity

One place to manage your activity

We've added more tools for you to review and manage your photos, videos, account and activity on Instagram.

Time Spent

See how much time you usually spend on Instagram each day.



Photos and Videos

View, archive or delete photos and videos you've shared.



Interactions

Review and delete likes, comments and your other interaction.



Account History

Review changes that you've made to your account since you created it.



Recent Searches

Review things you've made to your searched for on Instagram and clear your search history.



Links You've Visited

See which links you've visited recently.



Archived

View and manage content that you've archived.



Recently Deleted

View and manage content that you've recently deleted.



Download Your Information

Download a copy of the information you've shared with Instagram.





Stories archive ▾

...



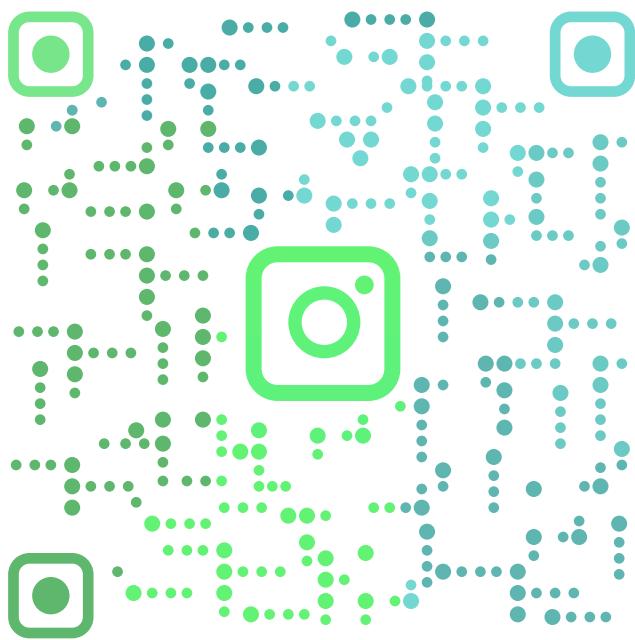
11
Dec



Only you can see your memories and archived stories unless you choose to share them.



COLOUR



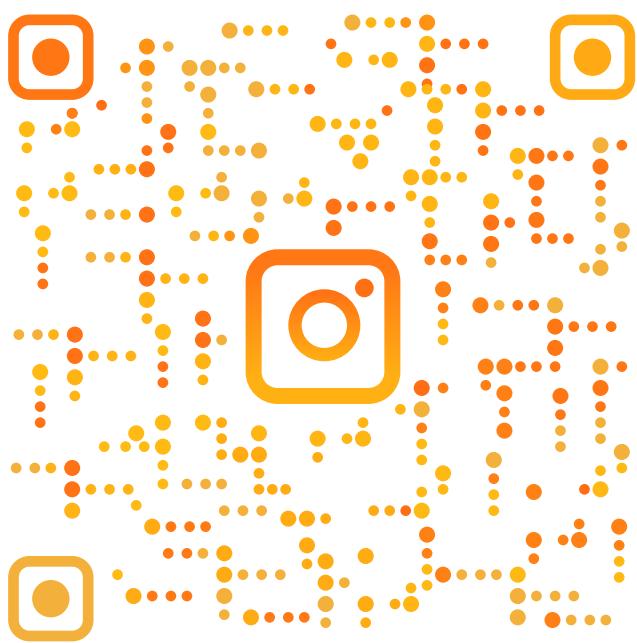
Lara_Mk00



Scan QR Code



COLOUR



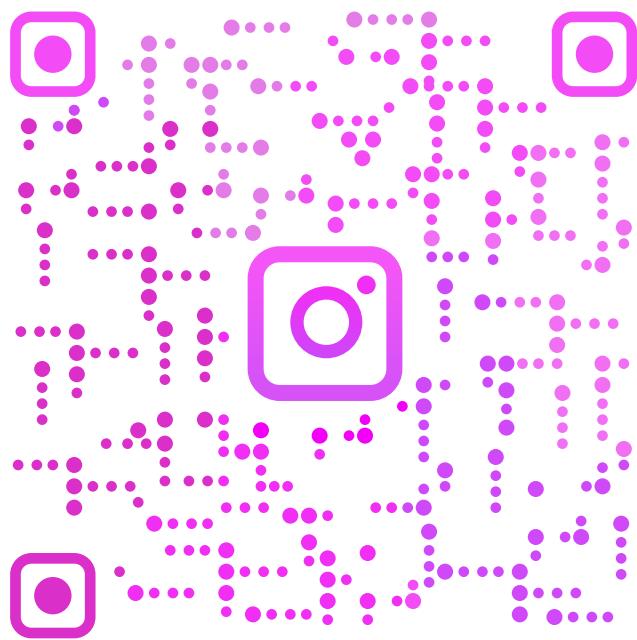
Lara_Mk00



Scan QR Code



COLOUR



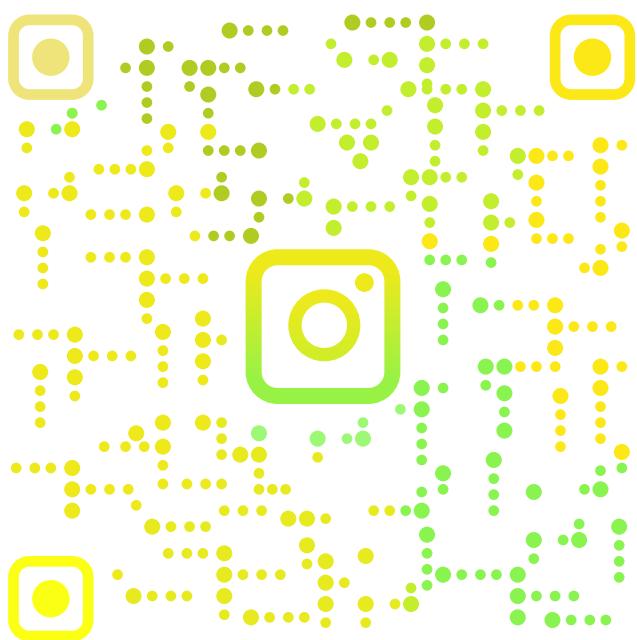
Lara_Mk00



Scan QR Code



COLOUR



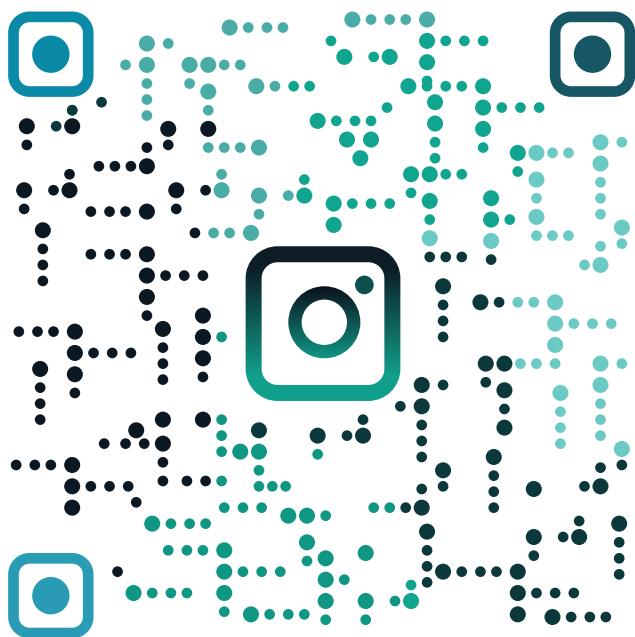
Lara_Mk00



Scan QR Code



COLOUR



Lara_Mk00



Scan QR Code



Share



Link



Report

Why you're seeing this post

Hide

Unfollow

Create



Post



Story



Story highlight



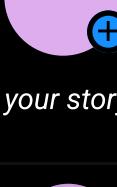
Live



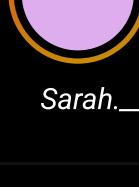
Guide



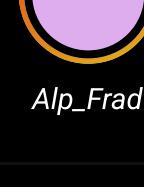
Instagram



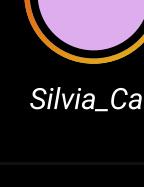
your story



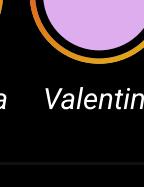
Sarah._



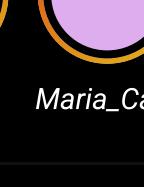
Alp_Frad



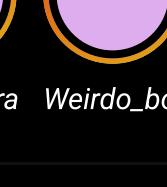
Silvia_Cara



Valentina



Maria_Cara



Weirdo_boy



Cute Dogs

...



•••



1,482 likes

Cute Dogs Which one is your favorite?

View all 195 comments

2 hours ago . [See Translation](#)

2,621 likes

Beautiful_Places Duomo di Milano

View all 481 comments



Add a comment...

2 hours ago . [See Translation](#)

 Search



New post

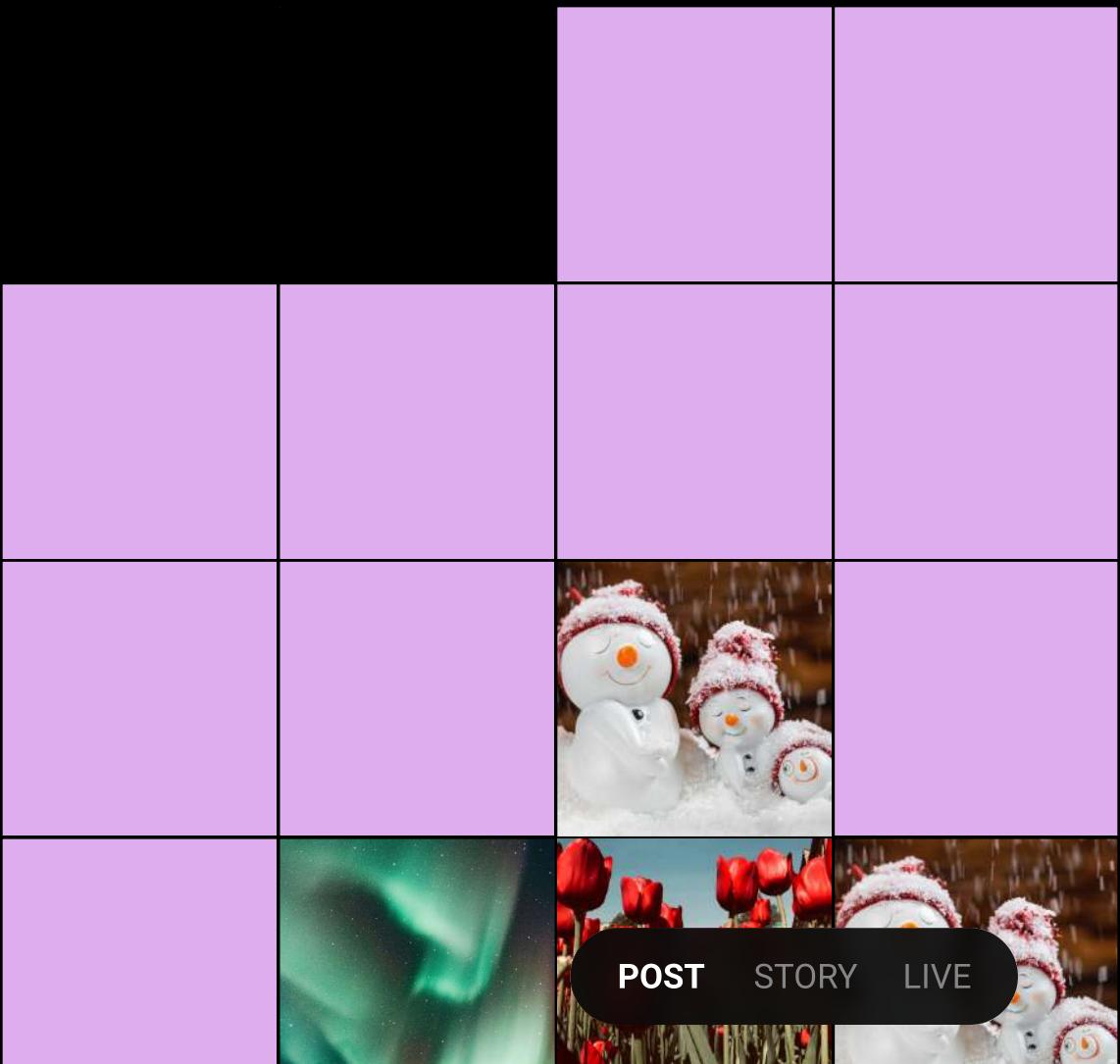
Next



Recents ▾



Select Multiple



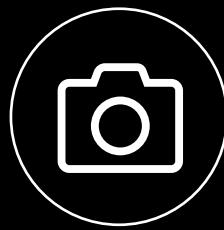
Lara_MK00

0
Posts92
Follower249
Following[Edit Profile](#)[Discover people](#)[See All](#)**Cristina spielburg**

Suggested for you

[Follow](#)**Tony_Levy563**Followed by
Sevda_Swift[Follow](#)**Johnisreading**

Suggested for you

[Follow](#)**No Post Yet**

[Cancel](#)**Lara_MK00**[Done](#)[Change profile photo](#)**Name**

Name

Username

Lara_MK00

Pronouns

Pronouns

Website

Website

Bio

Bio

[Switch to Professional account](#)[Personal information settings](#)