



## Settings



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- Follow and invite friends >
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- 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 &gt;

Add account

Log Out





## About

Data Policy >

Terms of Use >

Open-source libraries >





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## Help

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## Account

- Personal information >
- Your activity >
- Saved >
- Close friends >
- Account status >
- Avatars >
- Language >
- Captions >
- Sensitive content control >
- Contacts syncing >
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- Branded content >
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## Ads

## Ad preferences

Ad topics &gt;

Data about your activity from partners &gt;

## General info

Ad interests &gt;

Ad activity &gt;

About ads &gt;





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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



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Follow and invite friends



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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





## Privacy

## Account privacy

Private account



## Interaction

Hidden words



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## Connections

Restricted accounts



Blocked accounts



Muted accounts



Accounts you follow



# Switch to public account?



Anyone will be able to see your photos and videos.



This won't change who can message, tag or @mention you



All pending follow requests will be approved unless you delete them.

[Switch to Public](#)



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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 >

Shopping >





## 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 >

Shopping >



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**



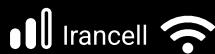
## Notification

### 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



Shopping





## 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.





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## 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



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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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## Fundraisers

### Your fundraisers

Off



On



johnappleseed donated to your fundraiser.

### Fundraisers by others

Off



On



johnappleseed started a fundraiser.





## Notification

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## From Instagram

## Reminders

Off



On



You have unseen notifications and other similar notifications

## Product announcements &amp; feedback

Off



On



Download Boomerang, Instagram's latest app.

## Support requests

Off



On



Your support request from July 10 has just been updated.

## Unrecognised logins

Off



On



An unrecognised Apple iPhone 11 has logged in from Foster City, CA, USA





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## Email and SMS

### Feedback emails

Off



On



Give feedback on Instagram

### Reminder emails

Off



On



See notifications that you may have missed.

### Product emails

Off



On



Get tips about Instagram's tools.

### News emails

Off



On



Learn about new Instagram features.

### Support emails

Off



On



Get Updates on reports and violations of our community Guidelines.





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## Notification

### Accounts you follow



Be notified when accounts that you follow add new products to their shops.

### Suggested for you



Be notified about products and shops you may like based on your activity on Instagram. If you've set up your Accounts Centre with Facebook, it will also be based on your activity on Facebook.





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Logins information



Add account

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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

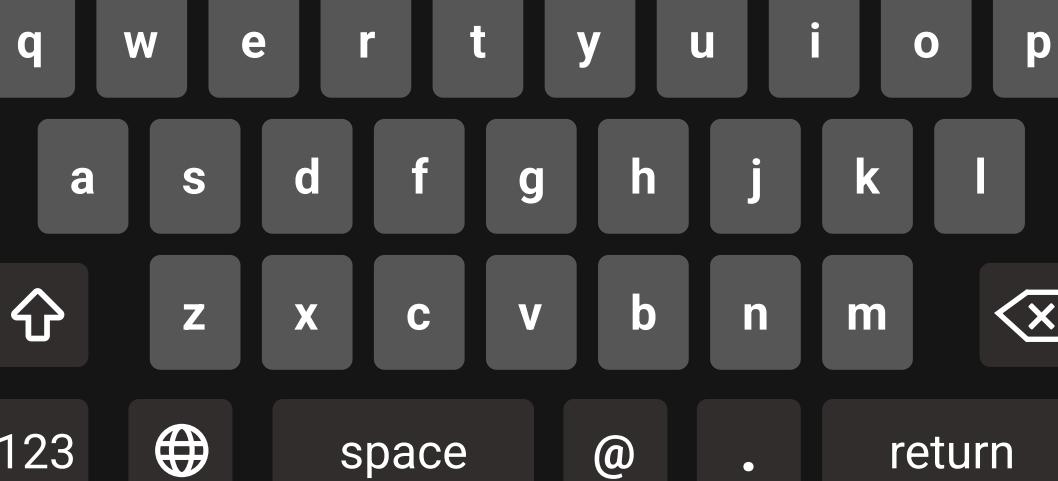
To:



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



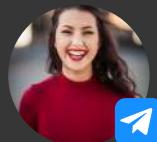
Sarah  
Anderson



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



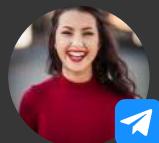
Sarah  
Anderson



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**

---



## Setting

---



Your activity

---



Archive

---



QR Code

---



Saved

---



Close friends

---



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[Add account](#)[Log Out](#)



## 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 ▾

...



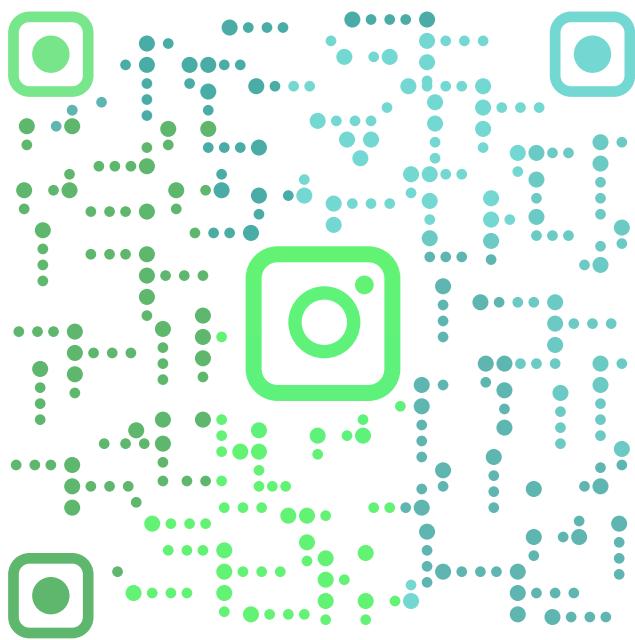
11  
Dec



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



COLOUR



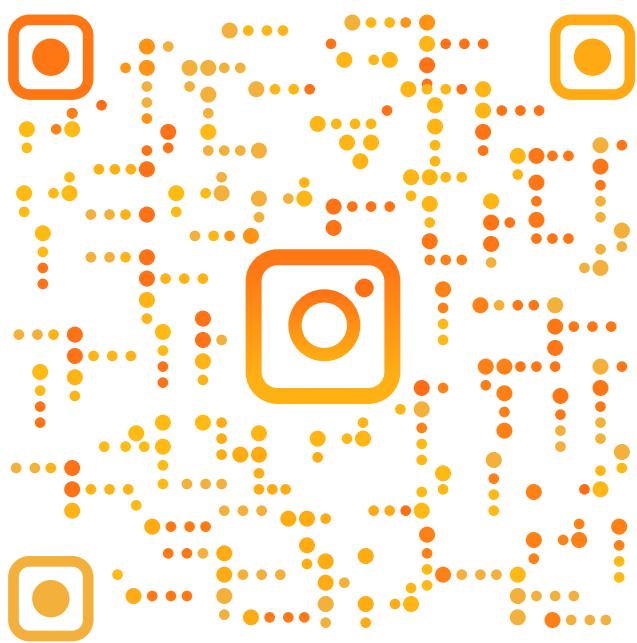
Lara\_Mk00



Scan QR Code



COLOUR



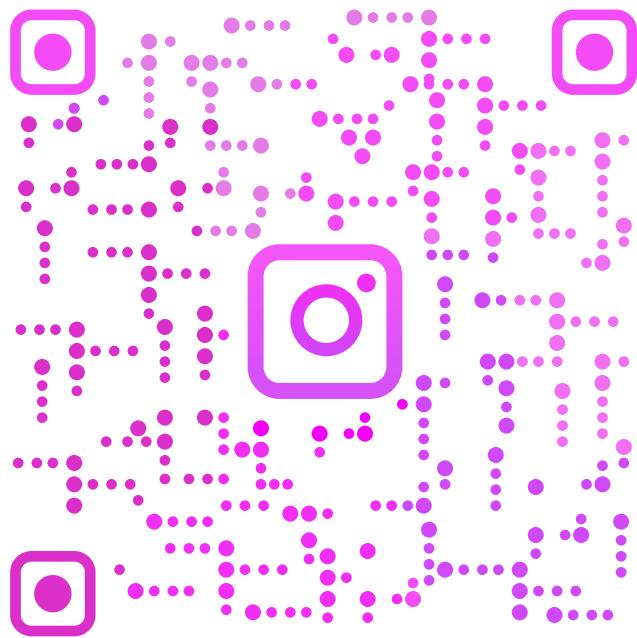
Lara\_Mk00



Scan QR Code



COLOUR



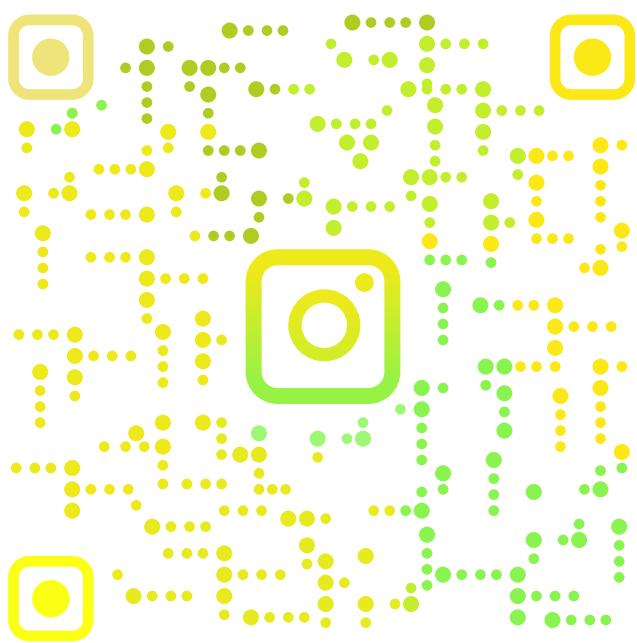
Lara\_Mk00



Scan QR Code



COLOUR



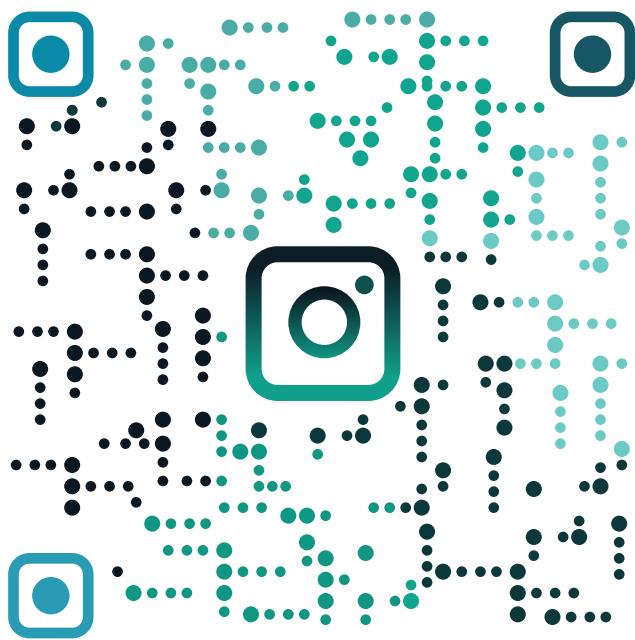
Lara\_Mk00



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



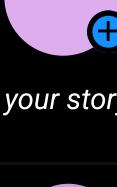
Live



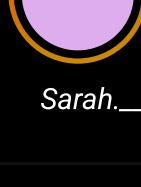
Guide



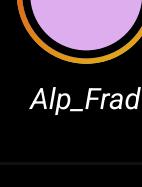
# Instagram



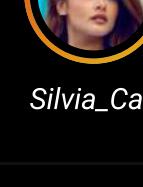
your story



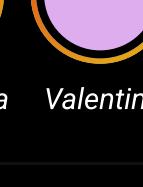
Sarah.\_



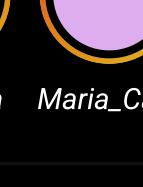
Alp\_Frad



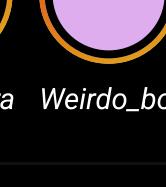
Silvia\_Cara



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

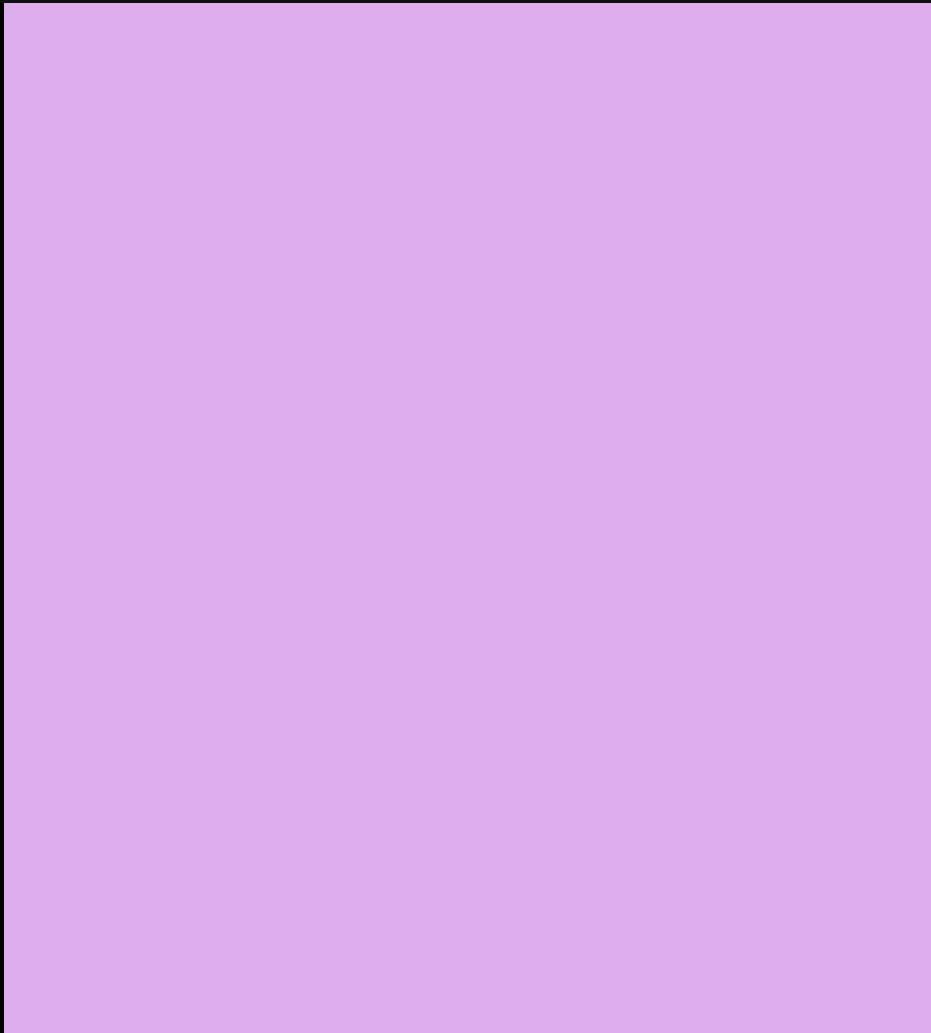


 Search



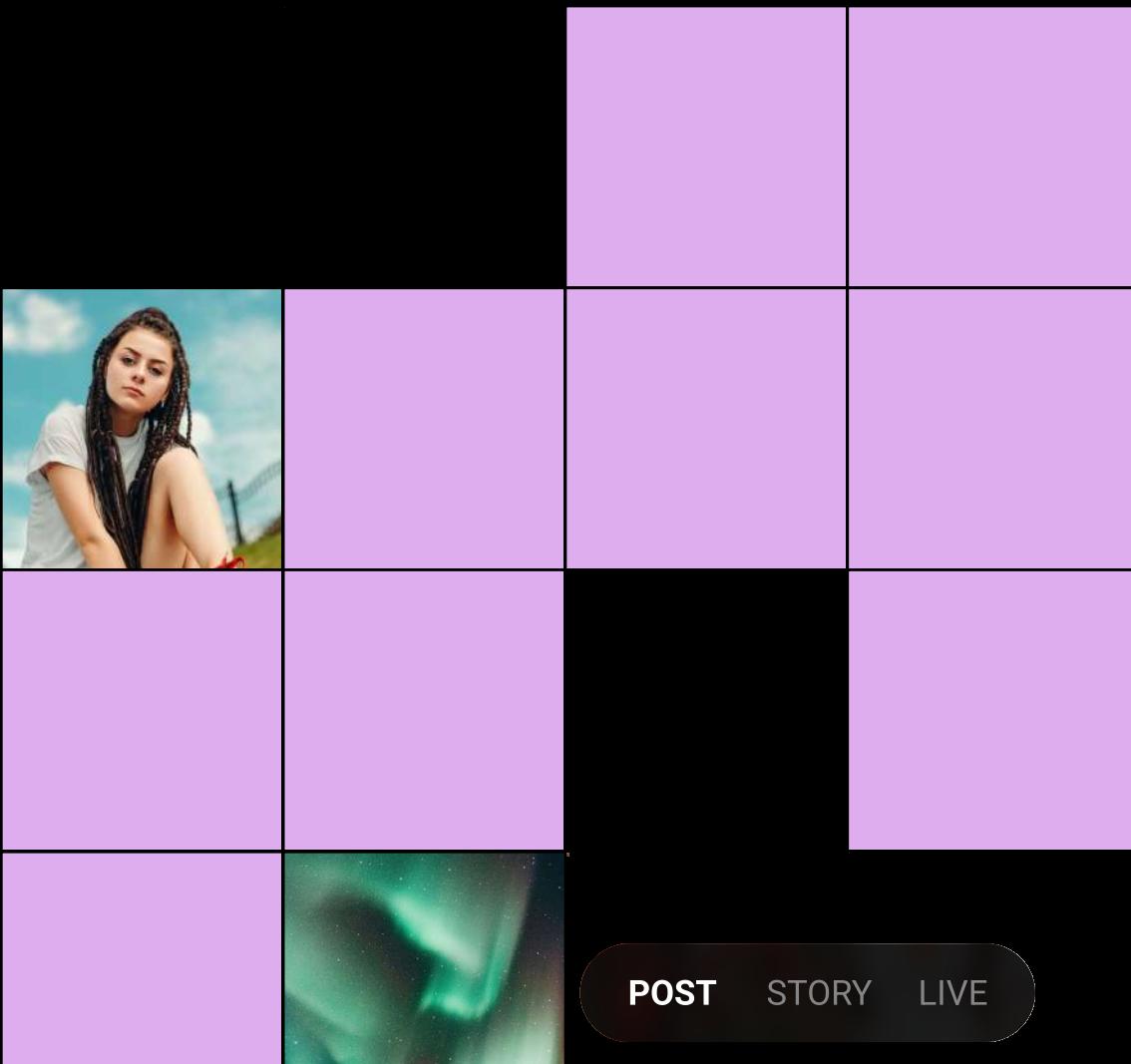
New post

Next



Recents ▾

Select Multiple



POST STORY LIVE

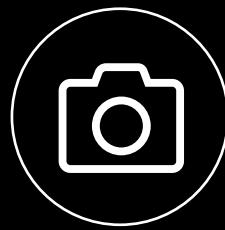
Lara\_MK00

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](#)