

Don't Forget Instagram & Other Apps

- If your Facebook and Instagram are linked, you're covered
- If not, repeat the same steps at accountscenter.instagram.com
- **Disable your phone's advertising identifier:**
 - iOS: Settings → Privacy & Security → Tracking → Disable "Allow Apps to Request to Track"
 - Android: Settings → Privacy → Ads → Delete advertising ID

Meta Privacy Problem

- Recent Violations:
 - **€200M fine (2025):** Forcing users to pay or consent to tracking
 - **€405M fine (2022):** Mishandling children's data, exposing contact info publicly
 - **200 French media outlets suing:** Collecting user data without consent
- What They're Doing:
 - Training AI models on your posts and photos
 - Collecting data from websites you visit (off-platform tracking)
 - Sharing your info with marketing companies
 - Creating behavioral profiles for advertising

⚠ You've already adjusted settings—but stay vigilant. Review permissions quarterly.