

Take Control: Meta/Facebook Settings

Meta Privacy Settings

Stop ad targeting based on external data:

- Go to Ad Preferences → Manage Info
- Select "Activity information from ad partners"
- Choose "No, don't make my ads more relevant"

Disconnect your activity:

- Go to Your Information and Permissions
- Select "Your activity off Meta technologies"
- Choose "Disconnect future activity"

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