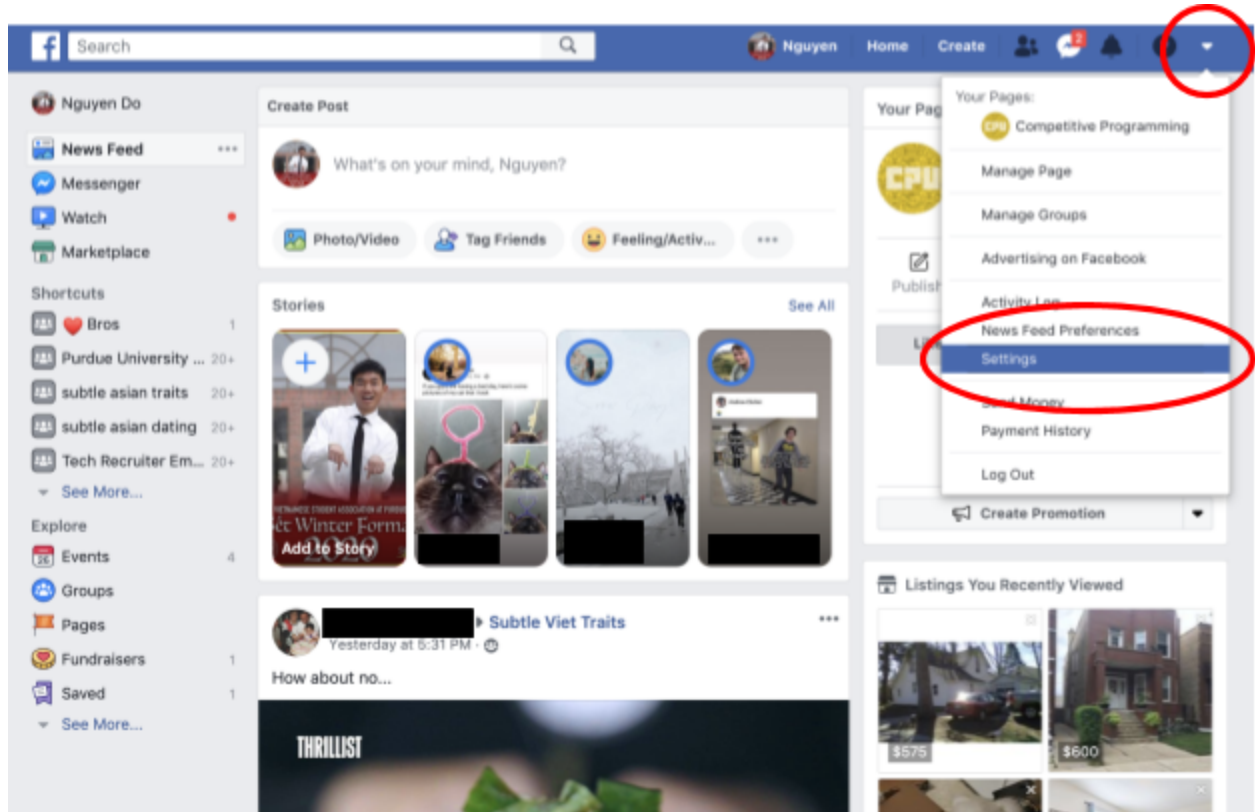
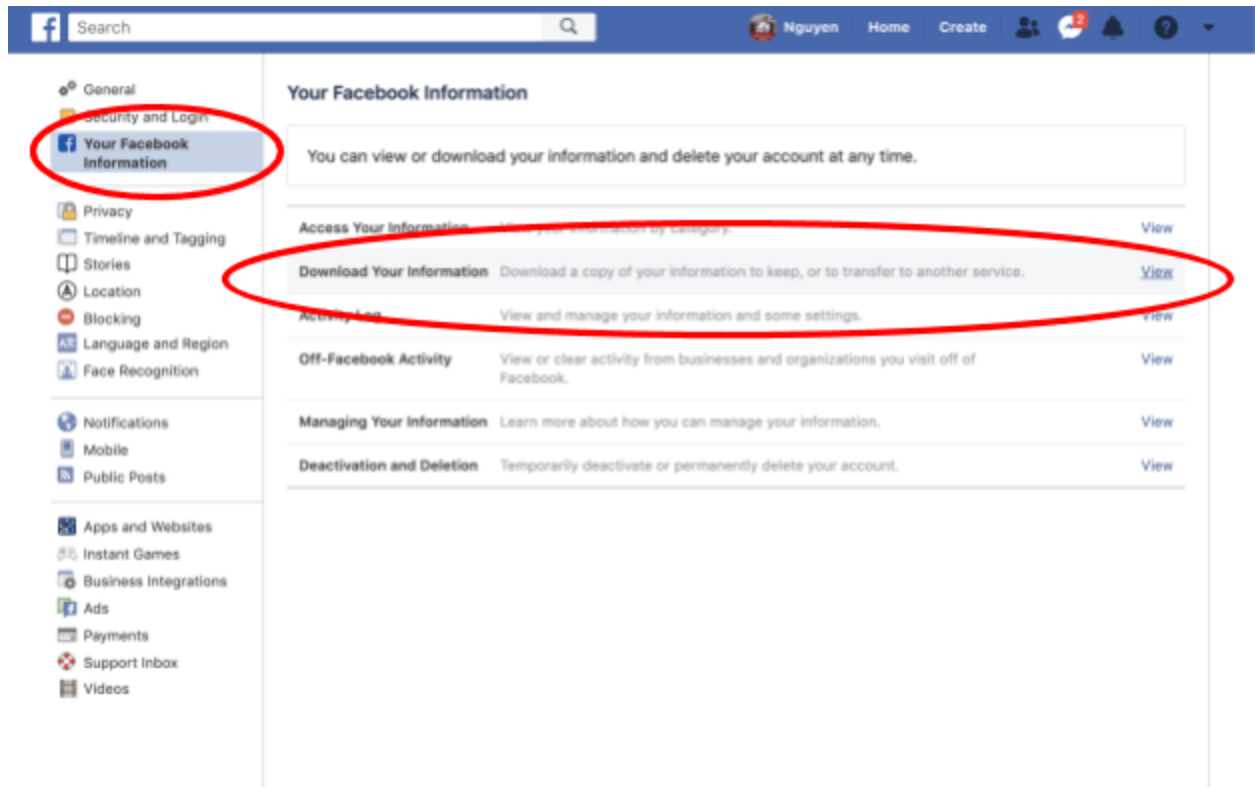


Downloading Your Personal Facebook Data Dump

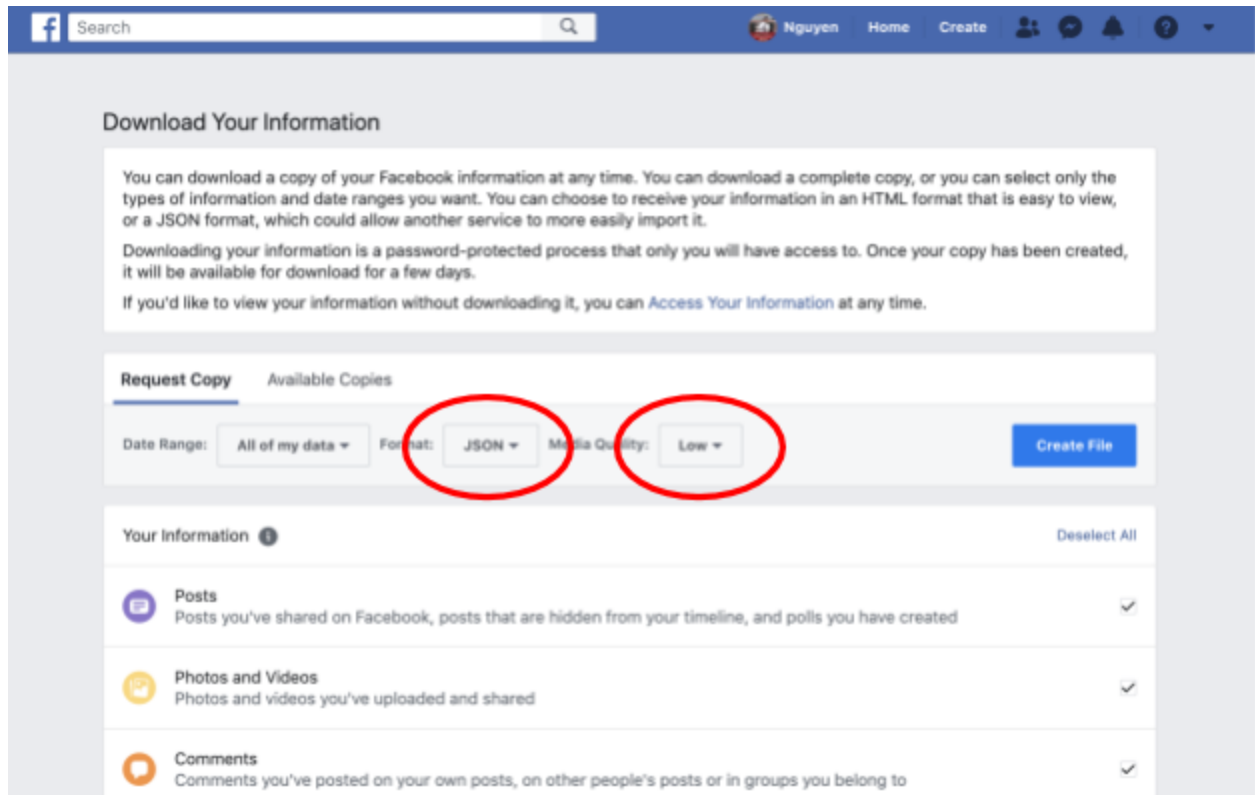
1. Go to facebook.com, click the dropdown arrow in the top right corner, and click on “Settings”



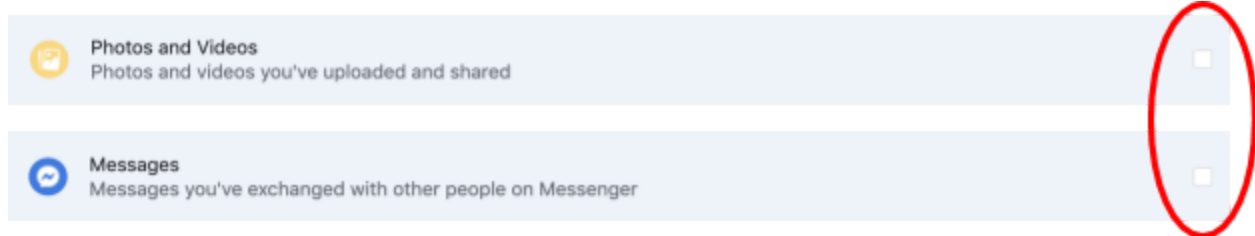
2. On the left bar, click “Your Facebook Information” and select “Download Your Information”



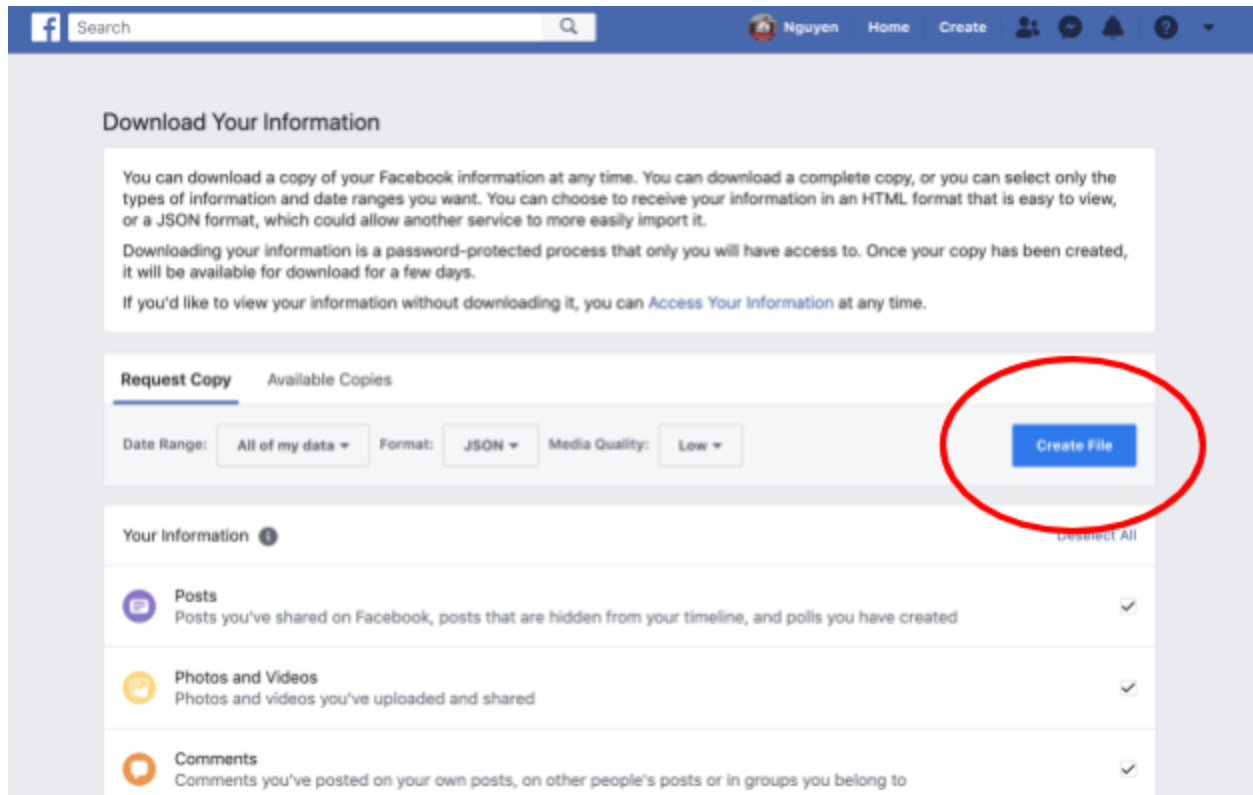
3. Change the format and media quality settings to “JSON” and “Low” respectively



4. Deselect the following categories: “Photos and Videos”, and “Messages”



5. Click “Create File”



The screenshot shows the Facebook 'Download Your Information' interface. At the top, there's a search bar and navigation links. Below, a section titled 'Download Your Information' explains the process. A 'Request Copy' section contains dropdowns for 'Date Range' (set to 'All of my data'), 'Format' (set to 'JSON'), and 'Media Quality' (set to 'Low'). To the right of these is a blue 'Create File' button, which is circled in red. Below this is a 'Your Information' section with a list of data types: 'Posts', 'Photos and Videos', and 'Comments', each with a checkbox and a description. A 'Deselect All' link is visible at the top right of this section.

Download Your Information

You can download a copy of your Facebook information at any time. You can download a complete copy, or you can select only the types of information and date ranges you want. You can choose to receive your information in an HTML format that is easy to view, or a JSON format, which could allow another service to more easily import it.

Downloading your information is a password-protected process that only you will have access to. Once your copy has been created, it will be available for download for a few days.

If you'd like to view your information without downloading it, you can [Access Your Information](#) at any time.

Request Copy Available Copies

Date Range: All of my data ▼ Format: JSON ▼ Media Quality: Low ▼ **Create File**

Your Information ⓘ Deselect All

- Posts**
Posts you've shared on Facebook, posts that are hidden from your timeline, and polls you have created ✓
- Photos and Videos**
Photos and videos you've uploaded and shared ✓
- Comments**
Comments you've posted on your own posts, on other people's posts or in groups you belong to ✓

6. You will be emailed shortly after creating the file when the data is finished being prepared!