Here is a simple and easy-to-understand guide for **beginners** on how to **turn on 2FA (Two-Factor Authentication) for Facebook**.

**What is 2FA for Facebook?**

**Two-Factor Authentication (2FA)** adds **extra security** to your Facebook account. Even if someone knows your **password**, they **cannot log in** without a **special code** sent to your **phone** or generated by an **app**.

**Steps to Turn On 2FA for Facebook**

**Open Facebook Settings**

* Log in to your **Facebook account**.
* Click the **down arrow** in the top right corner (on desktop) or tap the **menu icon** (three lines on mobile).
* Select **Settings & Privacy**, then click **Settings**.

**Go to Security Settings**

* In the left menu, click **Security and Login**.

**Find Two-Factor Authentication**

* Scroll down to the section called **Two-Factor Authentication**.
* Click **Edit** next to **Use two-factor authentication**.

**Enter Your Password**

* Facebook may ask you to **enter your password again** to confirm it's you.

**Choose a Security Method**

You can choose one or more methods:

* **Text Message (SMS):** Facebook sends a **code to your phone**.
* **Authentication App:** Use apps like **Google Authenticator** or **Duo Mobile** to get a **code**.
* **Security Key:** A small device you insert into your computer.

Choose your preferred method and click **Continue**.

**Complete the Setup**

* If you choose **SMS**, enter your **phone number**, then type in the **code** Facebook sends you.
* If you choose an **authenticator app**, scan the **QR code** using the app, and enter the **code** it shows.

**Turn On 2FA**

* After completing the steps, click **Finish** or **Turn On** to activate 2FA.

**What Happens When You Log In?**

* First, enter your **email or phone number** and **password**.
* Then enter the **code sent to your phone** or shown in your **authenticator app**.

**Why Use 2FA on Facebook?**

* It keeps your account **safe from hackers**.
* It protects your **photos, messages, and personal info**.
* It only takes a **few minutes** to set up but gives **strong protection**.

Would you like a guide for mobile steps too?