Internet Privacy Hero

Facebook:

1. Log into your Facebook account.
2. Click on the small arrow in the top-right corner and select 'Settings & Privacy'.
3. Click on 'Settings'.
4. From the left side menu, click on 'Privacy'.
5. In the 'Your Activity' section, select who can see your future posts. Consider choosing 'Friends' instead of 'Public'.
6. In the 'How People Find and Contact You' section, review the settings and adjust accordingly. For maximum privacy, it's suggested that only friends can send friend requests or see your friends list.

Instagram:

1. Open your Instagram app and log in.
2. Tap on the profile icon at the bottom right.
3. Tap on the three horizontal lines in the top right corner and select 'Settings'.
4. Tap on 'Privacy'.
5. Under 'Connections', tap on 'Account Privacy' and switch to a Private Account if it isn't already.
6. Go back and under 'Interactions', adjust who can comment, mention, or tag you.

Snapchat:

1. Open Snapchat and log in.
2. Click on your profile icon at the top left corner.
3. Click on the settings gear icon at the top right.
4. Scroll down to the 'Who Can...' section.
5. Adjust 'Contact Me', 'View My Story', and 'See Me in Quick Add' as per your comfort. Selecting 'My Friends' for all options is usually best for privacy.

TikTok:

1. Open your TikTok app and log in.
2. Tap on the profile icon at the bottom right.
3. Tap on the three horizontal dots in the top right corner to open 'Privacy and Settings'.
4. Tap on 'Privacy'.
5. Switch on 'Private Account' to ensure only approved users can follow you and view your content.
6. Under 'Safety', adjust the settings for 'Who can send me messages', 'Who can comment on my videos', and 'Who can duet with me' to your comfort level, but usually 'Friends' is the safest option.