Managing Pinterest Account Bans

```
                        Identify Type
                          of Ban
            ┌─────────────────┴─────────────────┐
            ↓                                    ↓
       Is it Account                          Prevent
       Suspension?                          Future Bans
        ┌──────┴──────┐             ┌───────────┼───────────┐
        ↓             │             ↓           ↓           ↓
     Is it a          │         Consistent   Use Native    Avoid
     Shadow           │          Pinning     Scheduler   Duplicate
      Ban?            │                                    Content
    ┌───┴───┐         │
    ↓       ↓         ↓
Account is    Submit Help
 Blocked         Ticket
    └──────┬──────┘
           ↓
      Appeal Daily
           │
           ↓
        Connect
      with Support
           │
           ↓
       Reinstate
        Account
```
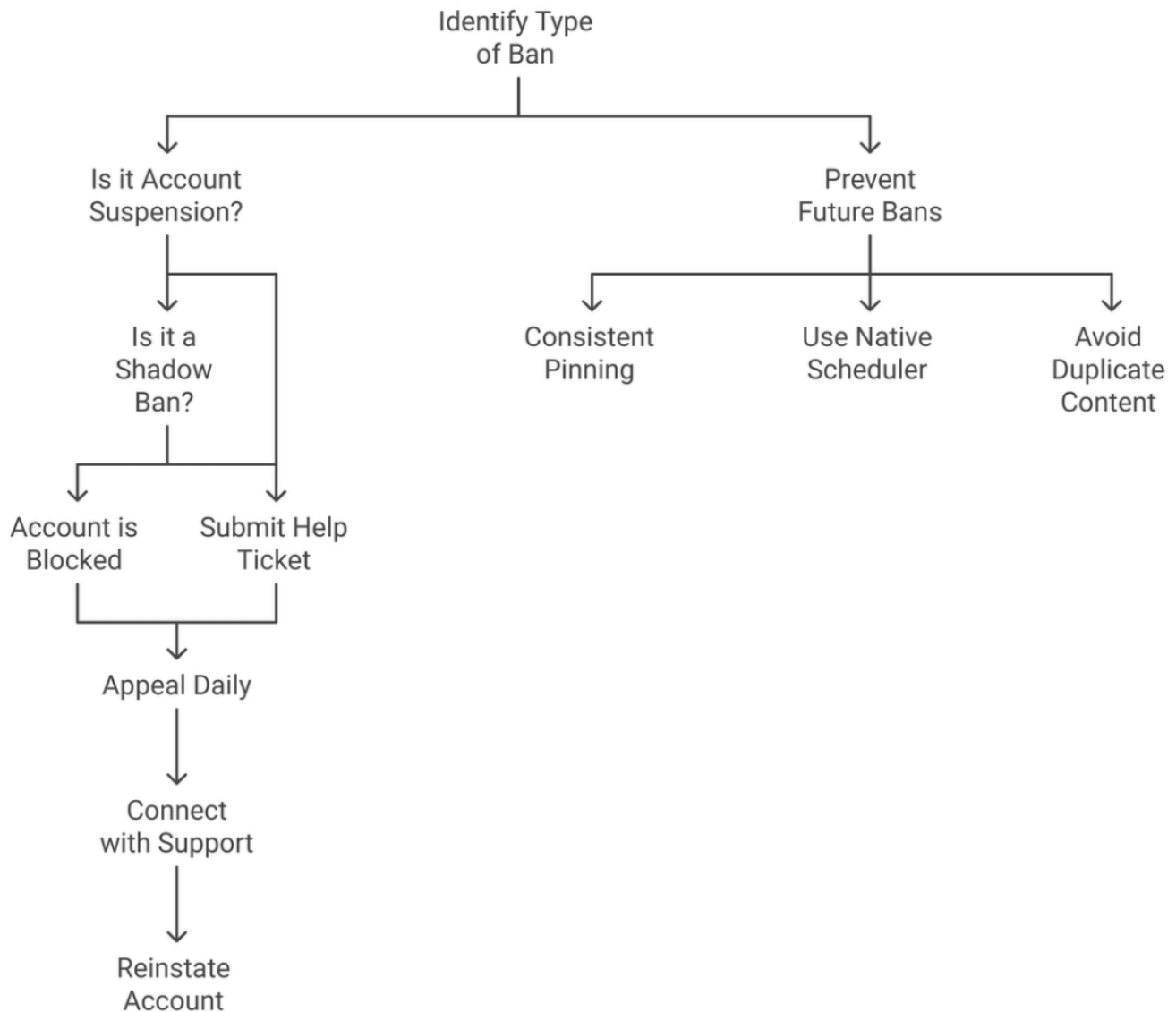
Types of Bans:

- Account Suspension: You can't log in at all.
- Content/Domain Block: Your pins (or your website) are hidden from search results.
- Spam Block (Shadow Ban): Your pins receive little to no exposure even though you remain logged in.

When Bans Occur:

- When you pin too many pins too quickly (especially on new accounts, most times >48 pins/day).
- When you use unapproved third-party tools for scheduling.

- When your behavior (duplicate pins, repetitive messages/comments, mass following) looks spammy.

How to Prevent Bans:

- Pin consistently but for new or less established accounts, I recommend starting with 8–12 Pins per day. When your accounts gets older and your engagement rates are good, you can experiment with increasing to 15–25 Pins daily.

  - Aalways prioritize quality over quantity tho.

- Use Pinterest's native scheduler instead of third-party tools.

- I recommend you upload only one pin per URL each day and avoid using the same URL multiple times in a single day. Instead, spread out the use of that URL over different days.

- Avoid duplicate images (even in the background of collage or text overlay pins. Try to use as much unique images as possible).

What to Do if You Get Banned:

- Identify whether you're fully suspended or just shadow-banned.

- Submit a polite, persistent help ticket via the Pinterest Help Center.

  - For example:

    > "Hello Pinterest team, I believe my account was mistakenly flagged as spam. I have always posted original, quality content. Please review and reinstate my account."

- If you have a business account, mention that you're planning to run ads (this helps a lot!).

- Continue appealing daily until a human reviews your case.
  Initially, you might receive automated responses. However, if you remain persistent, there's a good chance you'll eventually connect with a human who can review your case more closely and potentially reinstate your account.