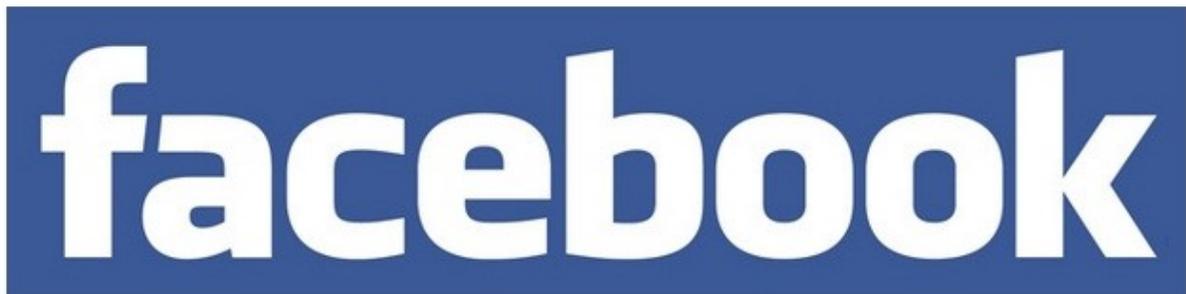
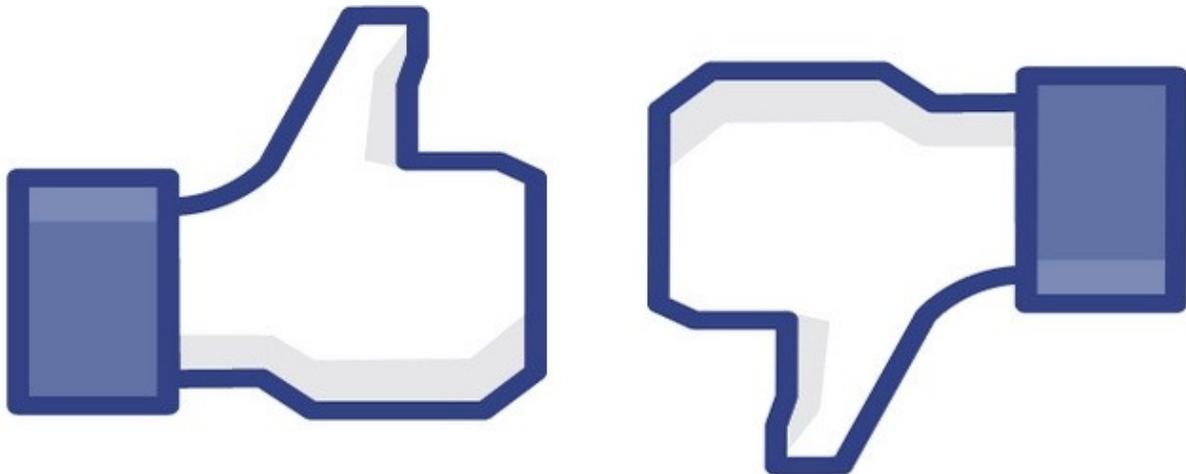


Tired of Facebook?

Ready to Leave it all behind?

Objectives

1. Backup Your Data
2. Deactivating Your Account
3. Delete Your Account



Don't You Delete Your Account Just Yet

Before you get started, it is important to look at all of your information currently on Facebook. To take a look at this, you will need to go to the "Access Your Information" page to see how your information has been categorized.

Click  at the top right of any Facebook page.

Select **Settings**. This will take you to a new page.

Click **Your Facebook Information** in the left column.

Click **Access Your Information**.

Access Your Information

Here is a list of your Facebook information that you can access at any time. We've categorized this information by type so you can easily find what you're looking for. Our [Data Policy](#) has more information about how we collect and use your information, how it's shared and how long we retain it. It also outlines your rights and how you can exercise them, and how we operate and transfer your information as part of our global services.

You can choose to [download your information](#) if you'd like a copy of it.

Your Information

[Expand All](#)



Posts

Posts you've shared on Facebook and posts you've been tagged in



Photos and Videos

Photos and videos you've shared or been tagged in



Comments

Comments you've posted on your own posts, on other people's posts or in groups you belong to



Likes and Reactions

Posts, comments and Pages you've liked or reacted to



Friends

The people you are connected to on Facebook



Following and Followers

People, organizations or business you choose to see content from, and people who follow you



Messages

Messages you've exchanged with other people on Messenger



Groups

Groups you belong to, groups you manage and your posts and comments within the groups y...



Why Do This?

This is helpful as it shows how Facebook grouped the information you will now be downloading. Next we will click on the link "download your information" to continue.

Download Your Information

Now you are ready to download your information. You will be allowed to select a precise amount of data based on a specific range of dates or select “all my data”. **For easiest viewing, make sure the format is HTML.*

Download Your Information

You can download a copy of your Facebook information at any time. You can download all of it at once, 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 you've created a file, 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.

New File Available Files **1**

Date Range: All of my data Format: HTML Media Quality: High **Create File**

Click on “**Create File**”

A message will appear telling you it will take a few minutes. You will then see a 1 under “Available Files”. This is the copy of all your Facebook information ready to download all at once.

New File **Available Files** **1**

Profile Information, Posts, Likes and Reactions and more (25 MB)
Created Nov 29 at 10:10 AM
Medium-Quality Media
HTML
Expires Dec 3, 2018
[Show less](#)

Download

Click on “**Download**”

A box will ask you, for security reasons, to re-enter your password to continue. Next will appear a message telling you it will take a few minutes. You will then see a 1 under “Available Files”. Click the blue **Submit** button.

Please Re-enter Your Password

For your security, you must re-enter your password to continue.

Password:

[Forgot your password?](#) **Cancel** **Submit**

Did You Get Any Emails?

Lets step back just for a minute and make sure everything is still going correctly. We suggest, at this point, that you may want to check the email account you listed your Facebook account. As you proceed with backup of your information, you are likely to receive two separate emails from them.

The first email will explain that your Facebook download has been requested. It should say something close to the following:

"Thanks for requesting a copy of your Facebook information. Once we've finished creating your file, we'll send you another email letting you know it's complete and ready to be downloaded."

"For security reasons, your file will be available to download for only a few days after you receive an email from us, so please monitor your email for our message. If your file is no longer available by the time you read your email, you can visit the Download Your Information page to create a new file."

- This email is important in case you were not the one to request a copy of your information. If you don't recall asking for your data, you can find steps to secure your account through their website.

The second email will explain that your Facebook download is ready. It should say something close to the following:

"The file you've requested containing your Facebook information is now ready for you to download. You can find your file in the Available Files tab on the Download Your Information page."

"For security reasons, the file will be available to download for only a few days after you receive this email. If your file is no longer available by the time you read this email, you can create a new file from the New File tab."

- This email is also important in case you are unable to immediately download your data at the time you made the request off their website. Within this email are hyperlinks that you can click on that will take you directly to the website in order to download all of your information. If you haven't done so already.

And That's It!

Good job! You have now downloaded all of your Facebook information onto your computer. Facebook creates a .zip file that will go into the Downloads folder on your computer. Double click on the file to open. You should see something similar to the following image below.

Name	Type	Compressed size	Password ...	Size	Ratio	Date modified
about_you	File folder					11/29/2018 7:13 AM
ads	File folder					11/29/2018 7:13 AM
apps_and_websites	File folder					11/29/2018 7:13 AM
calls_and_messages	File folder					11/29/2018 7:13 AM
comments	File folder					11/29/2018 7:13 AM
events	File folder					11/29/2018 7:13 AM
following_and_followers	File folder					11/29/2018 7:13 AM
friends	File folder					11/29/2018 7:13 AM
groups	File folder					11/29/2018 7:13 AM
likes_and_reactions	File folder					11/29/2018 7:13 AM
location_history	File folder					11/29/2018 7:13 AM
marketplace	File folder					11/29/2018 7:13 AM
messages	File folder					11/29/2018 7:13 AM
other_activity	File folder					11/29/2018 7:13 AM
pages	File folder					11/29/2018 7:13 AM
payment_history	File folder					11/29/2018 7:13 AM
photos_and_videos	File folder					11/29/2018 7:13 AM
posts	File folder					11/29/2018 7:13 AM
profile_information	File folder					11/29/2018 7:13 AM
saved_items	File folder					11/29/2018 7:13 AM
search_history	File folder					11/29/2018 7:13 AM
security_and_login_information	File folder					11/29/2018 7:13 AM
your_places	File folder					11/29/2018 7:13 AM
index	HTML File	13 KB	No	48 KB	74%	11/29/2018 7:13 AM

Now that you have safely downloaded all of your Facebook information onto your computer. You can now decide if you want to leave it on your computer, move it onto a USB flash drive and/or onto another device if you'd like. The next step is learning how to deactivate your account.

Deactivate Your Account

Why?

If your not sure if you want to completely delete your account, can take break from Facebook and temporarily deactivate your account instead.

When you temporarily deactivate your account the following will occur:

- No one else can see your profile.
- Some information, like messages you sent to friends, may still be visible.
- Your friends may still see your name in their friends list. This is only visible to your friends, and only from their friends list.
- Group admins may still be able to see your posts and comments, along with your name.
- Keep in mind that if you choose to keep Messenger active or are logged into Messenger when you deactivate your Facebook account, then Messenger will remain active. Learn how to deactivate Messenger.
- When your Facebook account is deactivated, but you still have Messenger:
- You can still chat with friends on Messenger.
- Your Facebook profile picture will still be visible in your conversations on Messenger.
- Other people can search for you to send you a message.

Lets Get Started

- 1) Click  at the top right of any Facebook page.
- 2) Select **Settings**.
- 3) Click General in the left column.
- 4) Click **Manage your account**, scroll down and click **Deactivate your account**.

Follow the instructions to confirm.

- 5) You will be asked to enter your Facebook password to continue.

You will be taken to a page to confirm you want to deactivate your account explaining:

“Deactivating your account will disable your profile and remove your name and photo from most things you've shared on Facebook. Some information may still be visible to others, such as your name in their friends list and messages you sent.”

Deactivate Your Account (cont.)

Select any reason for leaving and then click on “Deactivate” at the bottom of the page.

Reason for leaving (required)

- This is temporary. I'll be back.
- My account was hacked.
- I don't feel safe on Facebook.
- I have another Facebook account.
- I spend too much time using Facebook.
- I don't understand how to use Facebook.
- I don't find Facebook useful.
- I get too many emails, invitations, and requests from Facebook.
- I have a privacy concern.
- Other, please explain further:

Please explain further

Email opt out Opt out of receiving future emails from Facebook
Even after you deactivate, your friends can still invite you to events, tag you in photos, or ask you to join groups. If you opt out, you will NOT receive these email invitations and notifications from your friends.

Deactivating Facebook does not deactivate Messenger

Your Messenger account will remain active unless you deactivate it from the Messenger app. Using Messenger will not reactivate your Facebook account. Your profile picture will still be visible in your conversations and people will still be able to search for you by name to send you a message. You will continue to appear to friends on Facebook in places where they can message you. [Learn More.](#)

Reactivating your account

If you'd like to come back to Facebook after you've deactivated your account, you can reactivate your account at any time by logging back into Facebook or by using your Facebook account to log in somewhere else.

*Remember, you'll need to have access to the email or mobile number you use to log into to complete the reactivation.

Deleting Your Account

How do I permanently delete my account?

Before deleting your account, you may want to log in and download a copy of your information, like your photos and posts, from Facebook (see pages 2-5).

After your account has been deleted, you won't be able to retrieve anything you've added.

Lets Get Started

1. Click  at the top right of any Facebook page.
2. Click **Settings**.
3. Click **Your Facebook Information** in the left column.

Your Facebook Information

You can view or download your information and delete your account at any time.

Access Your Information	View your information by category.	View
Download Your Information	Download a copy of your information to keep, or to transfer to another service.	View
Activity Log	View and manage your information and some settings.	View
Managing Your Information	Learn more about how you can manage your information.	View
Delete Your Account and Information	Permanently delete your Facebook account and information.	View

4. Click **Delete Your Account and Information**, then click **Delete My Account**.
Enter your password, click **Continue** and then click **Delete Account**.

Permanently Delete Account

If you want to permanently delete your Facebook account, let us know. Once the deletion process begins, you won't be able to reactivate your account or retrieve any of the content or information you have added.
[Learn more about account deletion.](#)



To Keep Messenger, Deactivate Instead

Keep in mind that when you delete your Facebook account, Messenger will also be deleted, including your messages.

[Deactivate Account](#)



Download Your Information

You have 54 photos, 118 posts and more uploaded to Facebook. If you want to save this information before your account and content is permanently deleted, you can download a copy of your information.

[Download Info](#)

[Cancel](#)

[Delete Account](#)

Can I cancel my account deletion?

If it's been less than 30 days since you initiated the deletion, you can cancel your account deletion. After 30 days, your account and all your information will be permanently deleted, and you won't be able to retrieve your information.

To cancel your account deletion:

- Log into your Facebook account within **30 days** of deleting your account.
- A box will appear allowing you to click "Cancel Deletion".

It may take up to 90 days from the beginning of the deletion process to delete all the things you've posted. While we're deleting this information, it's not accessible to other people using Facebook.

Don't Forget!

If you have a tablet or smart phone, make sure you delete any Facebook mobile apps. Here is the link to permanently delete your Facebook account:

https://www.facebook.com/help/delete_account

**It is possible to delete your account from these devices. It slightly different than what we showed earlier, but not hard at all.*

Call the Asheboro Public Library for more information or if you need help at 336-318-6803.

We also give 1-on-1 tech help sessions for FREE!. Just call or come in to schedule an appointment with one of helpful librarians.

