

PRINTABLE GUIDE

Take your first steps on Facebook

Start by observing and checking privacy controls. Facebook menus vary. A Friends audience limits visibility, but someone can still copy or screenshot what you share.

Facebook website or mobile app | 2 min read | 5 steps

Before you start

- ☐ A Facebook account you control
- ☐ A trusted contact you know outside Facebook

1. Open the official service

Use the official Facebook app or type facebook.com into your browser. Sign in through that route. Protect the account with a unique password and the available two-step verification options, and keep recovery details current.

- ☐ Done this step

2. Review your sharing settings

Find Settings and the Privacy Checkup tools. Review who can see personal information, who can contact you and your security settings. You do not need to publish your address, phone number or every profile detail.

- ☐ Done this step

3. Find someone you know

Search for a familiar person and check with them that the profile is theirs before sending a friend request. A copied photograph or shared name is not enough to establish identity. You can decline requests you do not recognise.

- ☐ Done this step

4. Read and interact carefully

Read a few posts. Like reacts to a post; Comment adds text visible to the post's audience. Links, advertisements and messages can come from scammers, so check important requests through another known contact route.

☐ Done this step

5. Choose an audience before posting

Create a harmless update and review the audience selector before publishing. Public means broad visibility. Tags and posting on someone else's profile can alter who sees content; review the options and omit anything you would regret sharing.

☐ Done this step

Try it for yourself

Find Privacy Checkup and review one sharing choice before posting.

☐ I tried the task.

My notes

Do I have to post to use Facebook?

No. You can read available posts and follow interests without publishing your own update. Some features depend on the account and region.

Official help and the online guide

Facebook privacy tools - <https://www.meta.com/en-gb/safety/topics/safety-basics/tools/privacy/>

Read online: <https://plaintech-guides.pages.dev/guides/begin-facebook-with-privacy/>