



Knowledge builders for
the tech part of parenting

Facebook

Facebook is a social media service that makes it easy for you to connect and share with family and friends online. There are currently more than 3.7 billion users on the network.

LEARNING ABOUT FACEBOOK

1 How old do you have to be to use Facebook?

Facebook requires everyone to be at least 13 years old before they can create an account (in some places, this age limit may be higher). It's also against our Community Standards to use a profile to represent anyone other than yourself. This includes accounts created to represent children under the age of 13, even if the child can't access the account or is under parental supervision. If your underage child created an account on Facebook, you can show them [how to delete their account](#). If you'd like to report an account belonging to someone under 13, please fill out this [form](#). When we become aware of an account representing a child under the age of 13, we promptly delete that account and all of the information associated with it.

2 How old do you have to be to use Messenger Kids?

Messenger Kids, which is available for children under the age of 13, makes it easier for kids to safely video chat and message with family and friends. All contacts on Messenger Kids must be approved by parents, and creating an account for your child does not create a Facebook account for them. Learn more about Messenger Kids (messengerkids.com).

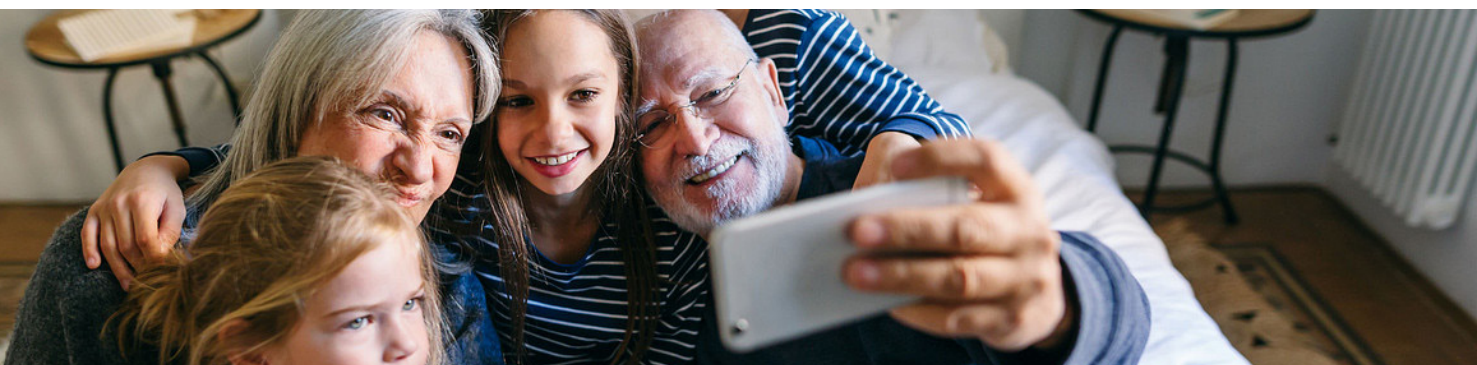
3 Can I monitor my child's activity on Facebook or delete my child's account?

We're generally forbidden by privacy laws against giving unauthorized access to someone who isn't an account holder. We encourage parents to exercise any discretion they can on their own computers and in overseeing their kids' internet use on parents' own devices.

Please talk to your kids, educate them about internet safety and ask them to use our privacy settings and tools.

If you see an account for someone under the age of 13, please report it to us.

If your child is experiencing abuse on Facebook, we encourage you to ask them to log in to their account and report it.



4 How do Facebook's Location Settings work?

Location Services is a setting on your phone or other mobile device. You have the option to set Location Services to Always, While Using or Never.

When on, Location Services helps Facebook provide you with location features, including allowing you to post content that's tagged with your location, get more relevant ads, find places and Wi-Fi nearby and use [Nearby Friends](#). You can [turn off Location Services](#) at any time. When Location Services is turned off for this device, Facebook won't add new information to your Location History from this device, even if Location History is turned on.

Who can see a person's location history?


Location History helps you explore what's around you, get more relevant ads, and helps improve Facebook. Location History must be turned on for some location features to work on Facebook, including Nearby Friends and Find Wi-Fi.

How do location services and location history work?

When Location Services and Location History are turned off, we may still understand your location using things like check-ins, events and information about your internet connection. We use this information to provide more relevant and personalized experiences, protect your account, and provide better ads. Visit [Privacy Basics](#) to learn more about your location information.

5 How do I remove an app or game that I or my child has added on Facebook?


To remove an app or game you've added on desktop:

1. Click the top right of your Facebook screen.
2. Click on the down arrow .
3. Click Apps and Websites in the left menu.
4. Click the box next to the apps or games you'd like to remove.
5. Click Remove.

Once you've removed the app or game, it should no longer post to your timeline. If you still see a past post, you can [remove it](#). Note: The app or game may have stored info from when you were using it, but you can [contact the developer](#) to ask that they delete any info they may still have.

6 How do I change my password?


To change your password on Facebook if you're already logged in on desktop:

1. Click  in the top right of your Facebook screen.
2. Click Settings.
3. Click Security and Login.
4. Click Edit next to Change password.
5. Enter your current password and new password.
6. Click Save Changes.

If you're logged in but have forgotten your password, follow the steps under Change Your Password then click Forgot your password? and follow the steps to reset it. Keep in mind that you'll need access to the email associated with your account.

7 How do I report a Facebook profile?


To report a profile:

1. Go to the profile you want to report.
2. Click  to the top right of the screen and select Find Support or Report Profile.
3. To give feedback, click the option that best describes how this profile goes against our [Community Standards](#), then click Next.
4. Depending on your feedback, you may then be able to submit a report to Facebook. For some types of content, we don't ask you to submit a report, but we use your feedback to help our systems learn. Click Done.

If someone's bothering you on Facebook, you can also [unfriend or block them](#).

8 How can I adjust my Facebook privacy settings?

You can view and adjust your privacy settings at any time. To view and adjust your [privacy settings](#) on desktop:


1. Click  in the top right of Facebook.
2. Select Settings & Privacy > Settings.
3. Click Privacy in the left column.

For other things you share on Facebook, you can [select the audience](#) before you share.

9 How do I block someone?

You can block someone or unfriend them and prevent them from starting conversations with you or seeing things you post on your profile. In addition, people you block can no longer tag you, invite you to events or groups or add you as a friend. Blocking is reciprocal, so you also won't be able to see things they post or start conversations with them. When you block someone, we don't notify them that you've blocked them.


To block someone:

1. Click  at the top right of any Facebook page.
2. Click "How do I stop someone from bothering me?"
3. Enter the name or email address of the person you want to block.
4. Click "Block."

10 How do I mute a story on Facebook?

When you mute a story from a person, page or group, their story will no longer appear at the top of your News Feed.

To mute a story:

1. Go to the Stories section at the top of your News Feed.
2. Click a story from the person, Page or group you'd like to mute.
3. Click  in the top right of their story
4. Click Mute [Username], then click Mute to confirm.

11 How do I unfriend someone?

To unfriend someone:

1. Go to that person's profile.
2. Hover over the "Friends" button at the top of their profile and select "Unfriend."

If you choose to unfriend someone, Facebook won't notify the person but you'll be removed from that person's friends list. If you want to be friends with this person again, you'll need to send a new friend request.

12 What should I do if I see something I don't like on Facebook?

If you see something on Facebook you don't like, you have a few options:

- If you don't like a story that appears in your News Feed, you can [hide it](#).
- If you're not happy with a post you're tagged in, you can [remove the tag](#).
- If you want a post removed from Facebook, you can ask the person who posted it to remove it. If the post goes against our [Community Standards](#) (example: bullying or harassment), we understand you may not feel comfortable reaching out to the person directly and encourage you to [report it to us](#).
- If someone on Facebook upsets you, you can [unfriend](#) or [block](#) the person. Remember that you should contact local law enforcement if you ever feel threatened by something you see on Facebook.
- If you don't like a post or comment that someone leaves on your profile, you can [hide or delete it](#).

Please keep in mind that something you don't like on Facebook may not go against our [Community Standards](#).

13 What types of notifications does Facebook send?

You can't turn off notifications entirely, but you can [adjust how and what you're notified about](#).

Notifications are updates about Facebook activity. The types of notifications that exist depend on what platform you're using.

Desktop and Mobile

- Email Notifications: Notifications you receive via email. Learn more about email notifications (www.facebook.com/help/154884887910599).
- Push Notifications: Notifications that appear when you're not actively using Facebook. Learn more about mobile (www.facebook.com/help/103859036372845) and desktop push notifications (www.facebook.com/help/949954541709550).

Desktop Only

- Pop-up Notifications: Notifications that pop up on your screen when you're logged in to Facebook and a friend interacts with you (example: posts on your timeline). Click the notification to see the story or click X to close the notification.

Mobile Only

- Text Notifications: Notifications you receive via mobile text messaging (SMS). Learn more about text notifications (www.facebook.com/help/530847210446227).