

Tips Instagram beveiligen account

Ways to keep your account secure:

- We know losing access to your account can be a distressing experience, and we have a few different options in place to help you regain access to your account:
- **Emails to help you regain access:**
 - If we detect unauthorized changes have been made to your account, we will send an email to notify you of these changes. This email is sent to the original email address associated with the account, not the updated or changed email address. If you did not initiate this change – please click the link marked ‘revert this change’ in the email, and then change your password.
 - We will not ask you to share your login information in this email, and we will never ask you to pay to recover your account.
- **In-app support form:**
 - If someone gains access through a compromised email account, people can follow the steps detailed on Instagram's Help Center to use our in-app support form to recover their accounts:https://help.instagram.com/149494825257596?helpref=faq_content
- **There are also a number of things you can do to keep your account safe:**
 - We advise you pick a [strong password](#). Use a combination of at least six numbers, letters and punctuation marks (like ! and &).
 - Do not re-use passwords that you use to log in to other services, ensure you use different passwords across services - and that these passwords are complex and unique.
 - [Revoke access](#) to third-party apps as they can expose login information.
 - Turn on [two-factor authentication](#) for additional security. You can use a phone number or third party apps such as DUO Mobile or Google Authenticator as your primary security method. See more information [here](#).
- **You can find more information on compromised accounts and the steps people can take to protect themselves here:**
 - Instagram Security Tips: <http://help.instagram.com/369001149843369/>
 - Hacked Accounts: <http://help.instagram.com/368191326593075/>
- We also have measures in place to protect people from hacking, for example, if our systems detect a suspicious login attempt — for example, if you attempt to log in from a faraway location for the first time — you will receive a notification and be asked to verify your account.