# Twitter - security and privacy

Winter 2023

This guide is a brief overview of where to find important settings to control your security and privacy on the Twitter app, with screenshots included. This guide covers security and privacy settings particularly relevant for survivors of intimate partner violence.

All of the settings in this guide are found by going to the **Settings and Support** page. To get to this page, first open the Twitter or X app on your phone and log in. Then click on your profile icon in the top left corner. In the menu that opens, select **Settings and Support.**
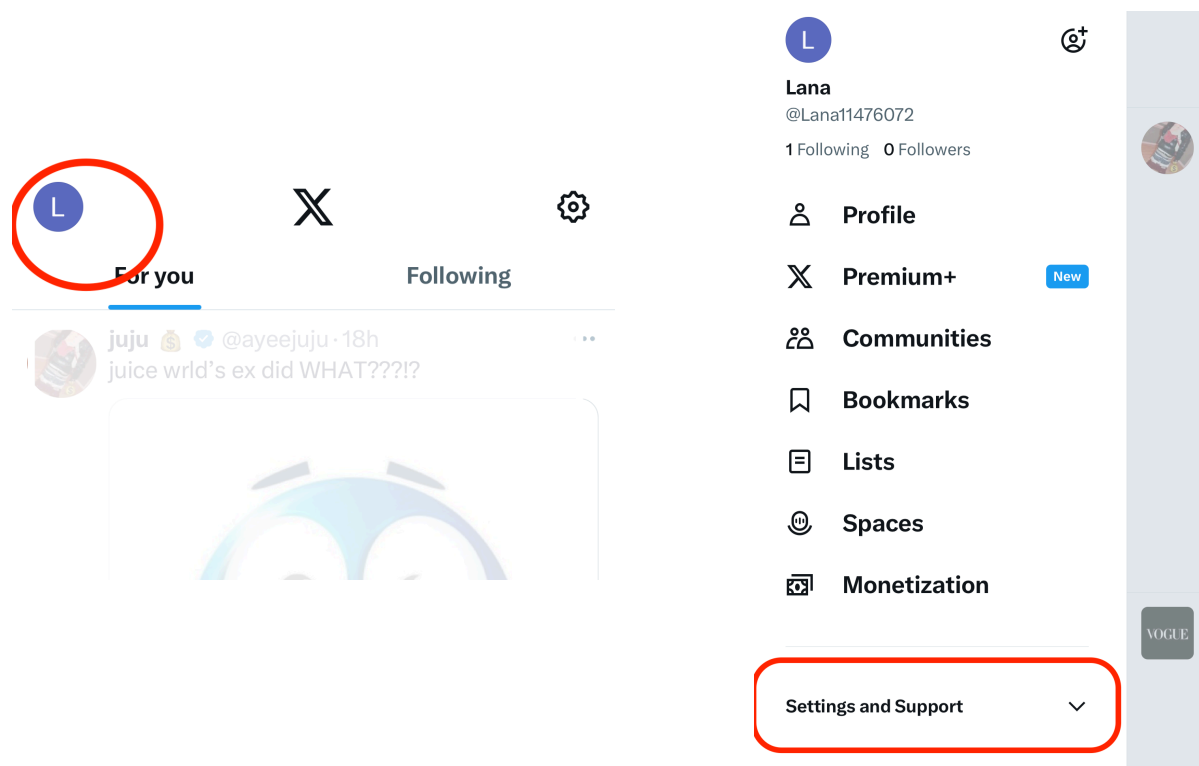
Increasing the security of your account

To increase the security of your account, i.e. to make it more difficult for another person to log into your account, we suggest changing the password, turning on 2-Factor Authentication, and reviewing the email and phone number associated with the account.

Review the account information and change your password

Changing your settings will send a notification to the phone number and email associated with the account. Check this setting first before making any other changes.
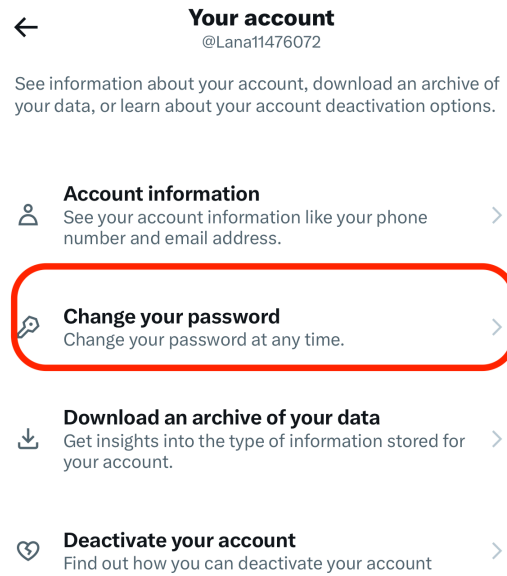
1. From the **Settings and support page (see above)**, select **Your Account**, then **Account Information.**
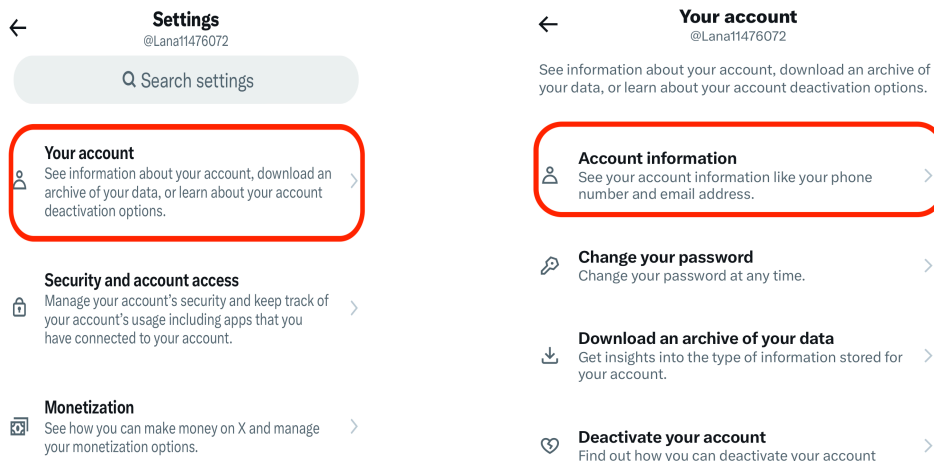
2. Review the name, phone number, and email address.

3. Go back to **Your Account**, and select **Change your password.**
4. Here you can adjust your password to your preferred new password. We suggest using a strong password--avoid using birthdays, pets, family member names, or other information that might be guessable. Try using random words, numbers, and symbols, and store your password using a password manager or writing it down in a safe place.

Your account
@Lana11476072

See information about your account, download an archive of your data, or learn about your account deactivation options.

Account information
See your account information like your phone
number and email address.

Change your password
Change your password at any time.

Download an archive of your data
Get insights into the type of information stored for
your account.

Deactivate your account
Find out how you can deactivate your account

To turn on two-factor authentication:

Two-factor authentication offer additional security beyond your password. When someone tries to access your account, it will send a notification to your phone to confirm the log-in. To enable it:

1. From the Settings and Support page, go to **Security and Account access.**
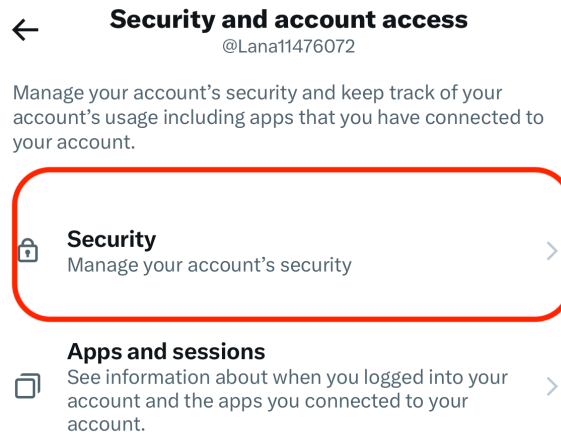
2. Select **Security.**
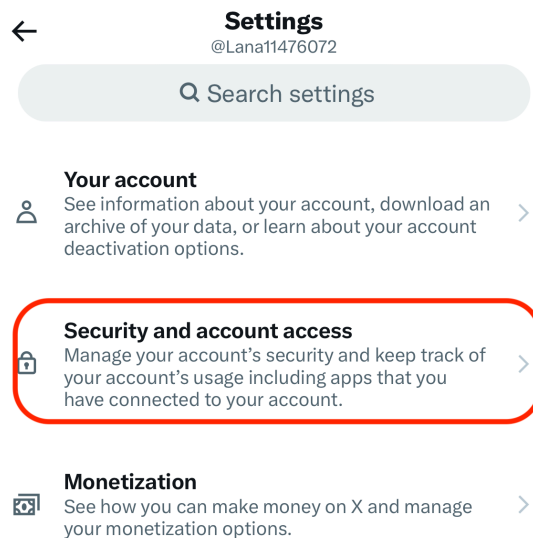
3. This is where you can turn on two-factor authentication.

Two-factor authentication

Two-factor authentication >

Protect your account from unauthorized access by requiring a second authentication method in addition to your X password. You can choose text message, authentication app, or security key. Learn more

ID verification

ID verification >

Upload an approved form of identification to confirm the authenticity of your account. Your information will only be used to validate your identity and will be handled safely and securely. Learn more

Additional password protection

Password reset protect

For added protection, you'll need to confirm your email address or phone number to reset your X password.

If someone knows your Twitter username, they can also trigger many password reset requests to harass or intimidate you. On this page, you can turn on "Password Reset Protect" as well to prevent that, but keep in mind, if the other person knows the email or phone number associated with the account (see "Account Information" section), they can bypass this as well. To fully prevent this type of harassment, you can create a new, secret email address that you use in Account Information, and turn on this setting.
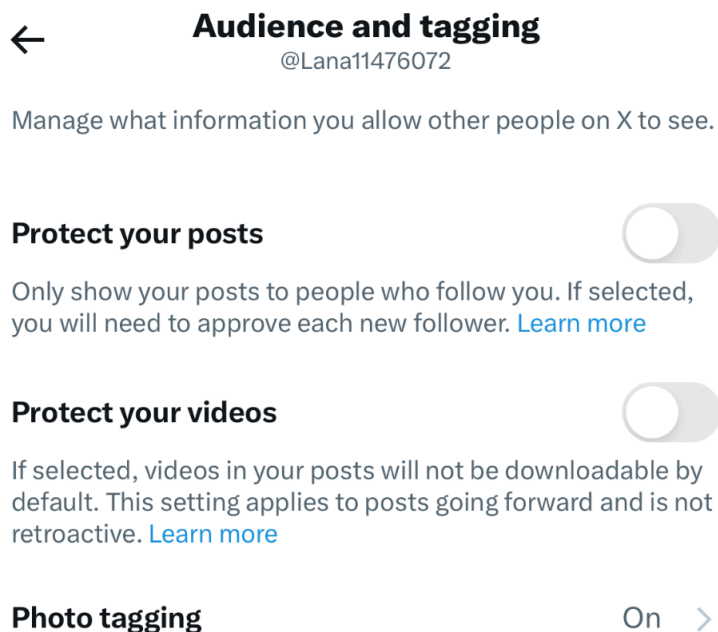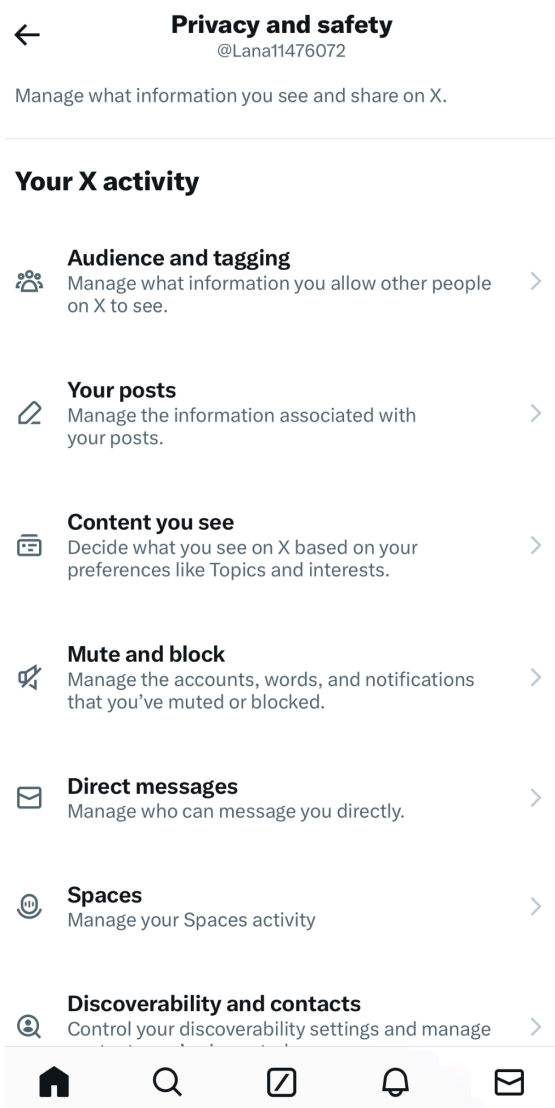
Privacy Settings

Privacy settings allow you to control who can see your posts and how can people can find you on Twitter. To check your profile visibility:

1. From the Setting and Support menu, scroll down until you see **Privacy and safety**
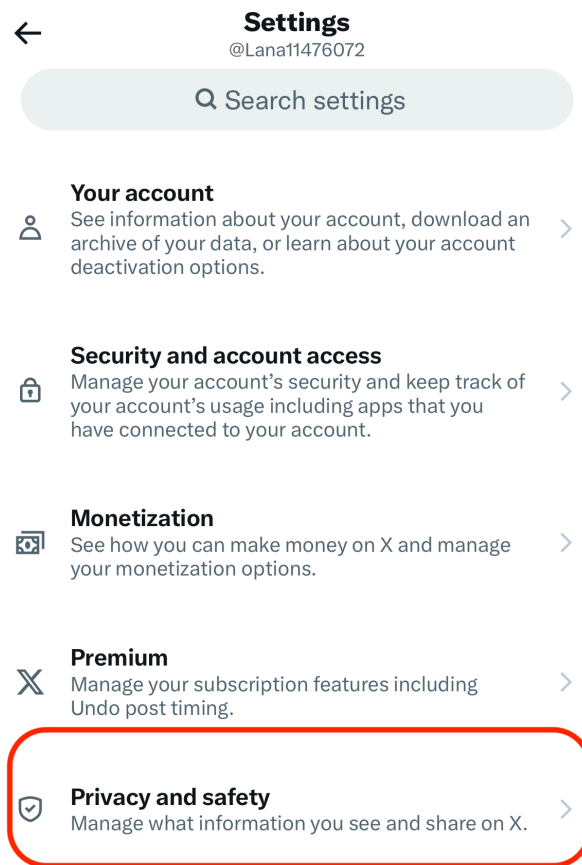
2. Select **Audience and tagging and review the settings.**
   a. "Protect your posts," when turned on, means that only the individuals that follow you can see your posts. Additionally, new followers must request to follow you
   b. "Protect your videos," if selected, means that the videos you post will not be downloadable on Twitter
   c. "Photo tagging," when turned off means that other accounts cannot tag you in photos

Manage what information you see and share on X.

Your X activity

👥 **Audience and tagging**
Manage what information you allow other people on X to see. ›

✏️ **Your posts**
Manage the information associated with your posts. ›

🗔 **Content you see**
Decide what you see on X based on your preferences like Topics and interests. ›

🔇 **Mute and block**
Manage the accounts, words, and notifications that you've muted or blocked. ›

✉️ **Direct messages**
Manage who can message you directly. ›

🎙 **Spaces**
Manage your Spaces activity ›

🔍 **Discoverability and contacts**
Control your discoverability settings and manage ›

🏠   🔍   🖊   🔔   ✉️

← **Audience and tagging**
@Lana11476072

Manage what information you allow other people on X to see.

Protect your posts ⬭

Only show your posts to people who follow you. If selected, you will need to approve each new follower. Learn more

Protect your videos ⬭

If selected, videos in your posts will not be downloadable by default. This setting applies to posts going forward and is not retroactive. Learn more

Photo tagging   On ›

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3. Next, go back to Privacy and safety, and select **Discoverability and contacts**

   a. "Let others find you by your email" means that people who know the email address listed under Account Information (see first section of this guide). can find your profile by searching with that email address.
   b. "Let others find you by your phone" means the same but for the phone number listed in Account Information.
   c. Sync Contacts means anyone you have saved in your contacts list may receive suggestions to follow you on Twitter. If this setting was on and you

want to turn it off, you may also want to "remove all contacts" previously synced.

4. Select **Location information**

   a. "Personalize based on places you've been" means that Twitter will collect your location to provide recommendations for content or trends.

   ← **Location information**
   @Lana11476072

   Manage the location information X uses to personalize your experience.

   Personalize based on places you've been ⬤

   X always uses some information, like where you signed up and your current location, to help show you more relevant content. When this setting is enabled, X may also personalize your experience based on other places you've been.

   Precise location   Disabled ＞

   If enabled, X will collect, store, and use your device's precise location, such as GPS information. This lets X improve your experience — for example, showing you more local content, ads, and recommendations.

   See your X data   ＞

b. "Precise location" means Twitter will have access to your precise location. These settings **are not shared** with other uses directly, but it can mean that someone who has access to your account might be able to figure out where you are.