

How to get an overview of what Facebook has stored from your history of use

This includes content you posted to your Timeline, posts you have shared, messages, photos and conversations, as well as data you did not create yourself such as the ads you have clicked on, logged IP addresses -- where the interaction happened, and timestamps of use.

Remember: The archive contains private and personal information, so it should be kept private and secure and not stored on a shared drive or where others can access it. Once downloaded it is not password protected. Take precautions when viewing, storing or sharing it.

How to download a .zip containing the content and overview of what Facebook has stored from your history of use.

Step 1: Logged into the account, and [access Account Settings](#): click at the top right of any Facebook page and select **Settings**.

Step 2: Click **General** at the very top of the left-hand column.

Step 3: Click **Download a copy of your Facebook data** at the very bottom of the General Account Settings page, in text.

Step 4: A new screen will pop up to confirm that you really want to download your Facebook stored content. Click the green button to continue.



Step 5: A message will appear, “It may take a little while for us to gather your photos, wall posts, messages and other information”.

Step 6: You will need to provide your Facebook password.

Step 7: A confirmation message pops up, to say the system will gather your information and will send a message to the email address on file as soon as the archive is ready to download. Click **OK** to dismiss the message.

Step 8: A message from Facebook confirming that you requested a copy of your account data should arrive by email in the same as your Facebook account. Another message arrives containing a download link once it is ready. This can take some time.

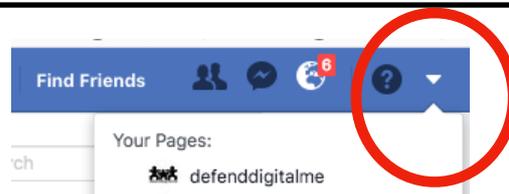
Step 9: When you receive another message containing a download link, click it to retrieve an archive of your Facebook data or the download archive page link it redirects you to.

Step 10: The content will be in a .zip format, in your downloads folder, and needs clicked to unzip and deliver a regular folder with the naming convention facebook- [user name] -zip.

Your Facebook archive will contain copies of your Timeline information, messages exchanged in chats, posts, photos and videos you shared, anything from the Info section of your profile, and more.

It also includes information available to you in your Facebook account and activity log, including data you did not create yourself such as the ads you have clicked on, logged IP addresses and more.

How to delete your Facebook search history



You can clean up the list of activities, search, or limit what information Facebook stores about you.

Step 1: Log in to Facebook and click on the Settings drop down arrow in the top-right corner.

Step 2: Choose Activity Log from the menu.

Step 3: All of your recent Facebook activity appears in a list. Go to the left hand menu bar, and under Photos, Likes, and Comments, click *More*.

Step 4: From the expanded menu items, scroll down, choose Search

Step 5: All of your search history, provided you haven't deleted it before, will appear. Individual searches can be removed by clicking the block icon and then Remove. If you want to clear all of it, click on the Clear Searches link at the top.

How to Review your Facebook App Permissions

To check which apps and which permissions connect with your Facebook account, log into Facebook. Click on the drop-down next to your name and select "Privacy Settings." Scroll down to "Apps and Websites" and click "Edit Settings."

Checking app permission on Facebook is easy once you know how:

1. Log in to Facebook. Click on the drop-down next to your name and then on "Privacy Settings."
2. Scroll down to "Apps and Websites" and click "Edit Settings."
3. In "Apps You Use," you need to click "Edit Settings" to get to [your application settings](#).
4. Click "edit" to more closely examine that app's permissions to your Facebook account, what the app can do, what data it collects, and more. Then decide if you want to keep the app associated with your account. Click X next to each app that you no longer use or want.

Once you've finished removing or updating apps associated with your account, you can go back and double-check "How People Bring Your Info to Apps They Use" section. This shows how the apps your friends sign up for and use don't have access to more information about you than you'd like.

We recommend unchecking everything in that section.

People on Facebook who can see your info can take it with them and hand it over to third parties when they use apps. Facebook says, "This makes their experience better and more social."

We say, this is a hugely invasive and hidden misuse of personal information.

How does Facebook work with data providers?

Facebook works with third-party data providers "to help businesses connect with people who might be interested in their products or services." Facebook brings more data to a user profile than you put in. It works with third-party companies to identify and match profiles from other data providers using "information that helps Facebook connect those customers with the offers."

You may not have known it, but Facebook's data providers also have privacy notices and explain opt-out from their services on their web sites, some of which are listed below. (as listed on Facebook on March 27, 2018)

- Australia
 - Acxiom: <http://www.acxiom.com.au/about-acxiom/privacy/australia-privacy-policy>
 - Experian: <http://www.experian.com.au/legal/optout.html>
 - Greater Data: <http://greaterdata.com.au/unsubscribe/>
 - Quantum: <https://www.quantum.com/opt-out/facebook>
- Brazil
 - Experian: <https://marketing.serasaexperian.com.br/descadastro/>
- France
 - Acxiom: <http://www.acxiom.fr/a-propos-d-acxiom/information-sur-le-depot-de-cookie/>
- Germany
 - Acxiom: <http://acxiom.de/datenschutz/>
- Japan
 - Acxiom: <https://optout-jp.acxiomapac.com/opt-out/>
 - CCC: http://tsite.jp/r/service/fbopt/fb_optout.html
- United Kingdom
 - Acxiom: <http://www.acxiom.co.uk/about-acxiom/privacy/uk-privacy-policy/>
 - Experian: http://www.experian.com/privacy/opting_out.html > notably requiring 8 separate choices to be made
 - Oracle Data Cloud (formerly DLX): <http://eu.datalogix.com/uk-privacy/>
- United States
 - Acxiom: <https://isapps.acxiom.com/optout/optout.aspx>
 - Epsilon: https://www.epsilon.com/en_US/consumer-information/consumer-preference-center.html
 - Experian: http://www.experian.com/privacy/opting_out.html
 - Oracle Data Cloud (formerly DLX): <https://www.datalogix.com/privacy/>
 - TransUnion: <https://solutions.transunion.com/facebook-opt-out>
 - WPP: <https://www.i-behavior.com/opt-out/>

What if I just want to delete my Facebook Account?

If you do decide to delete any accounts, remember to first go through any steps to save or remove content and permissions. Deleting the account without doing so, can leave your personal data with third parties in ways you might not expect. It's quite tricky to find the Facebook account deletion page. Click [here](#), and type in your login information if required.