

E-COMMERCE & SOCIAL MEDIA

WORKSHOP



PART 1

The Complete Guide To

SECURE

PROTECT

& TROUBLESHOOT

Your Meta Accounts!



**SECURE YOUR
ACCOUNT
& RECOVER FROM
HACKING**

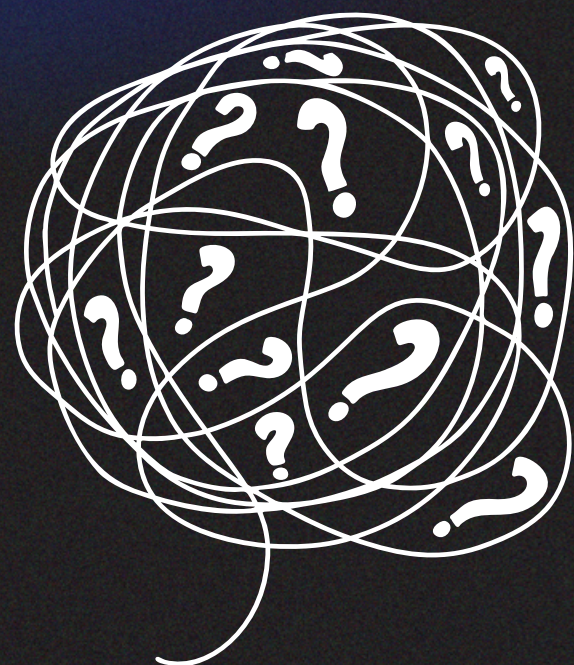


PASSWORD

1 Ensure you know
& **Remember** it!

2 Set a strong & **unique**
one for **every** account.

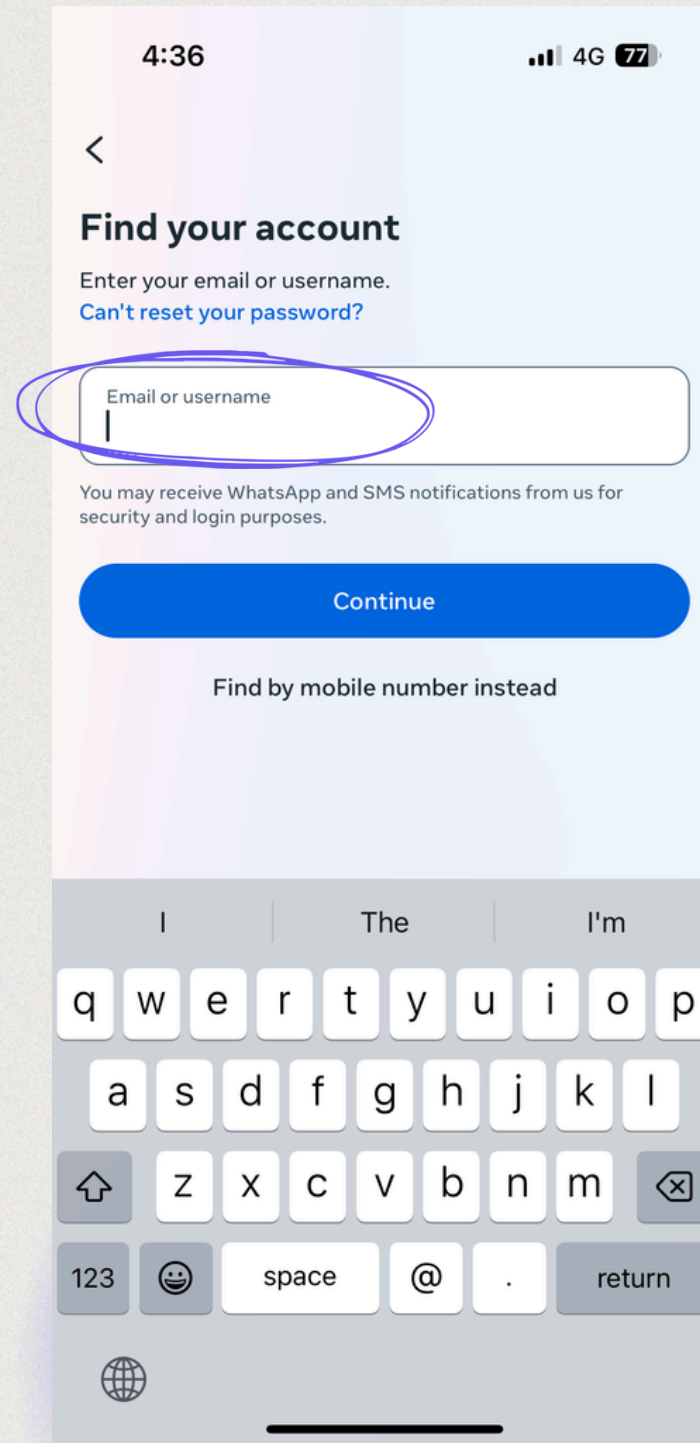
3 Regularly **update**
your password.



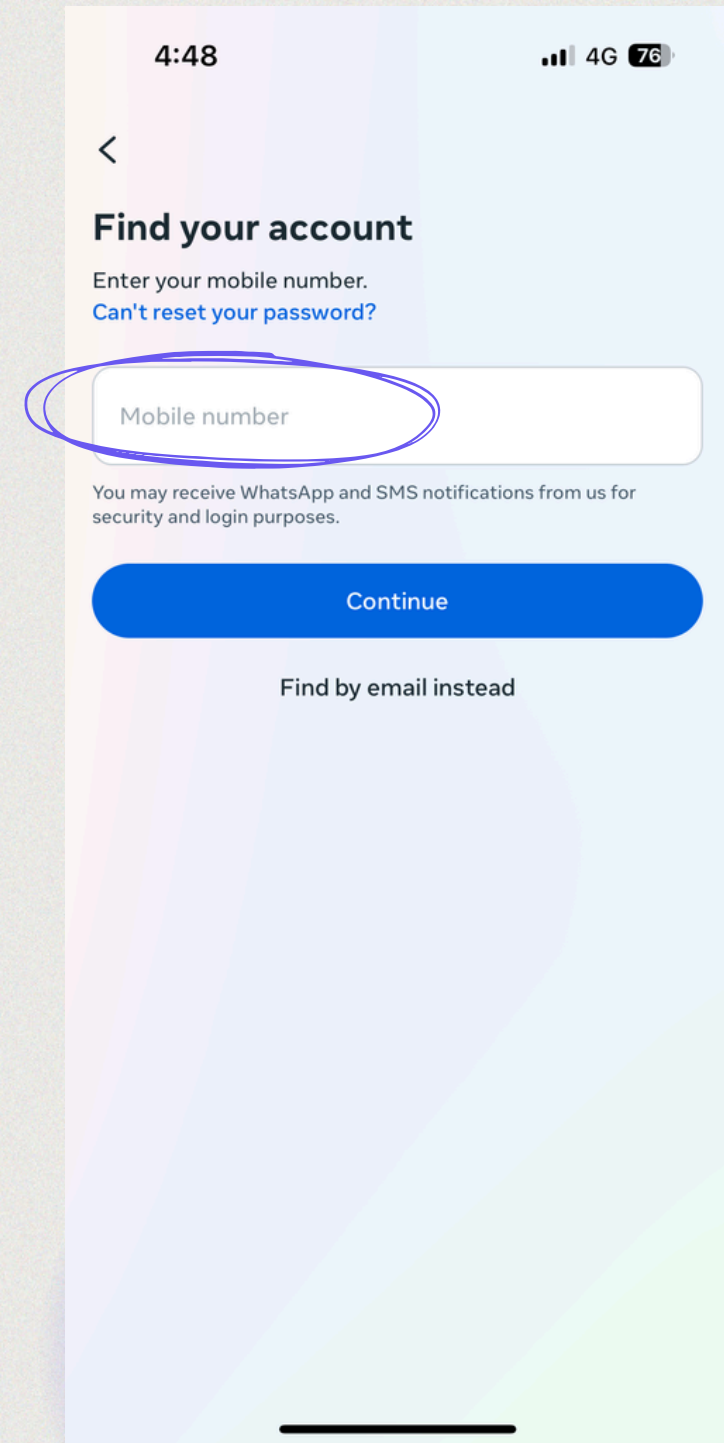
FORGOT YOUR PASSWORD?



You can only
**RESET YOUR
PASSWORD**
using your
registered
EMAIL ADDRESS
not your phone
number!



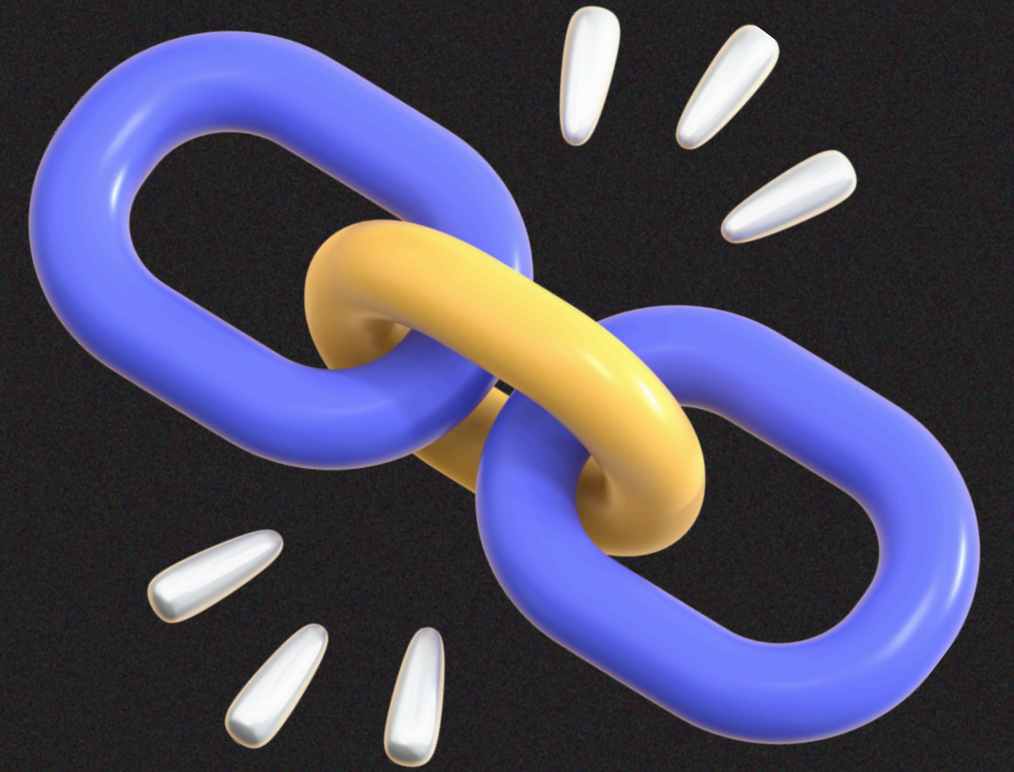
Add Your email
To **reset** Password

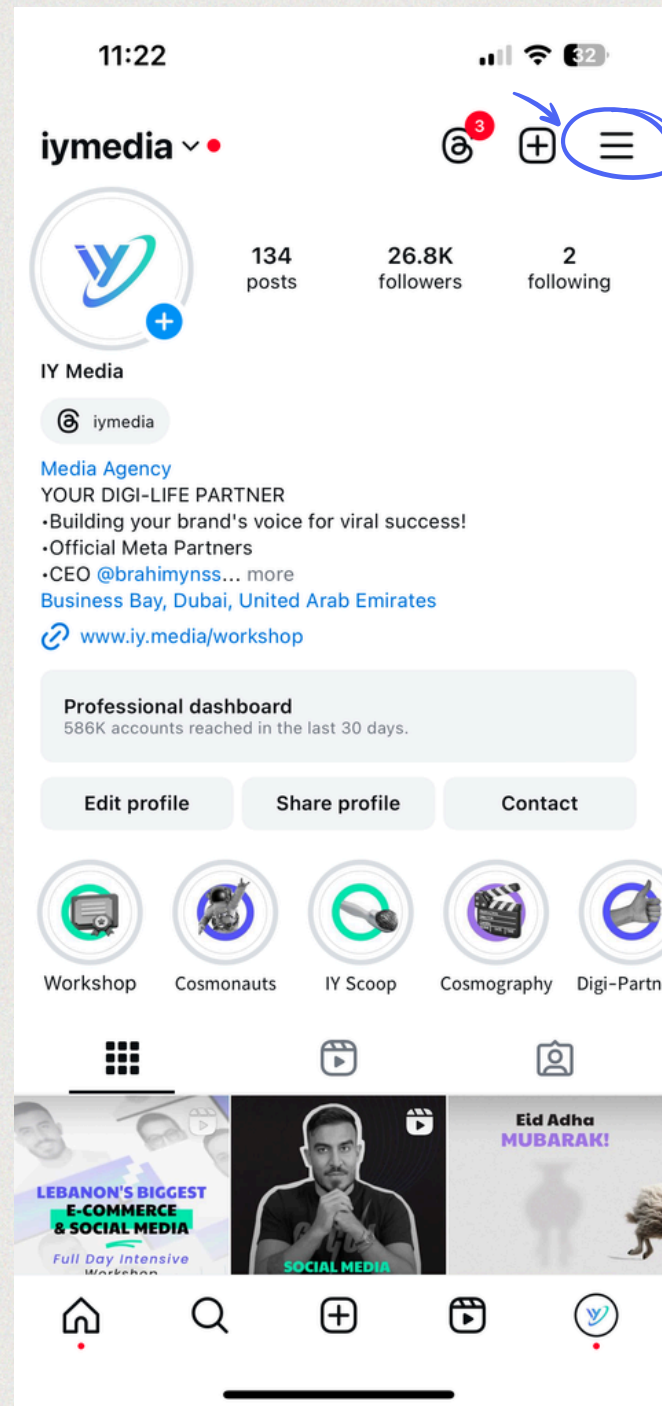


Mobile Number
Verify and **login**

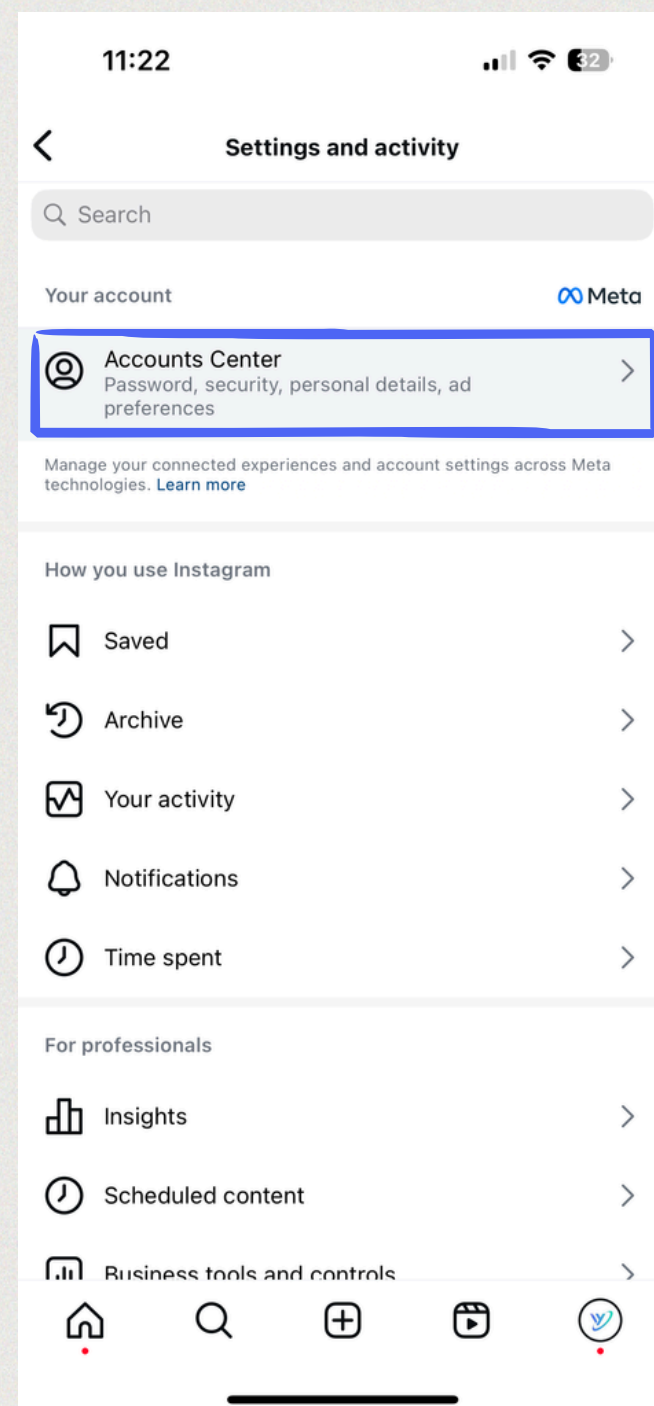


**CONNECT
YOUR **GMAIL**
TO INSTAGRAM**

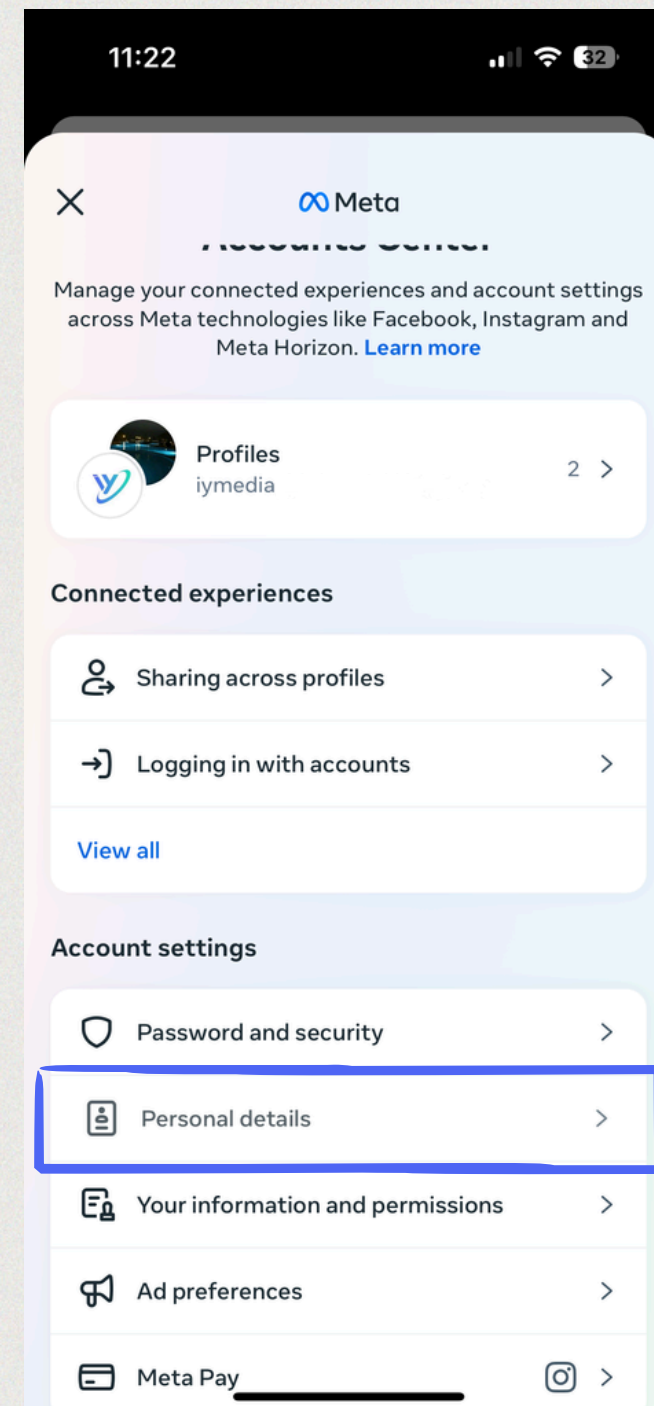




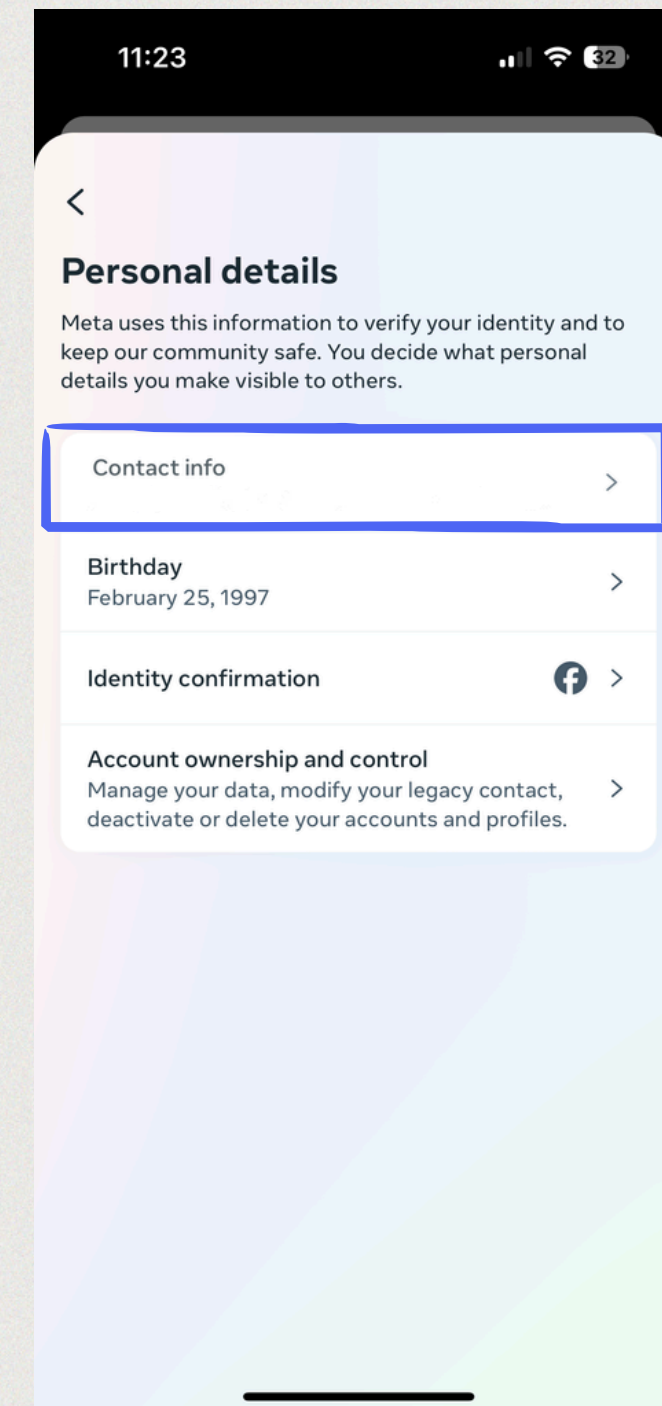
click ≡ on your profile



Accounts Center



Personal details

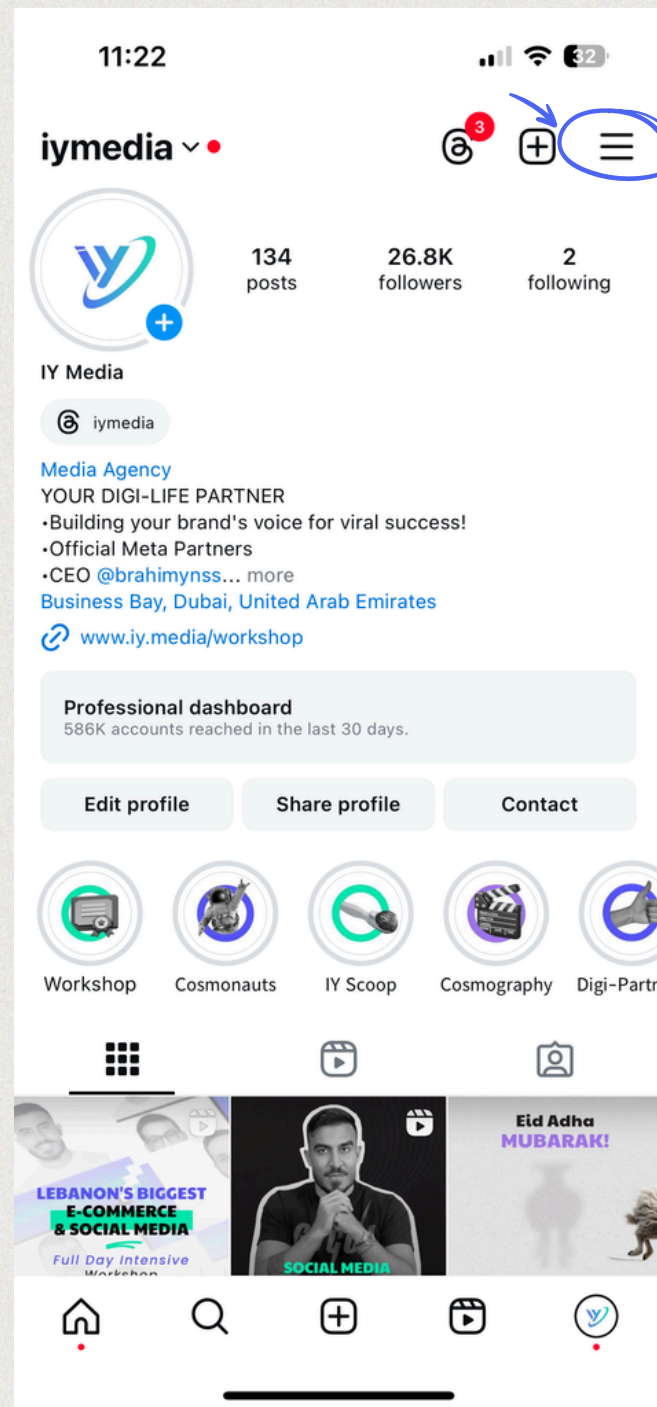


Contact info

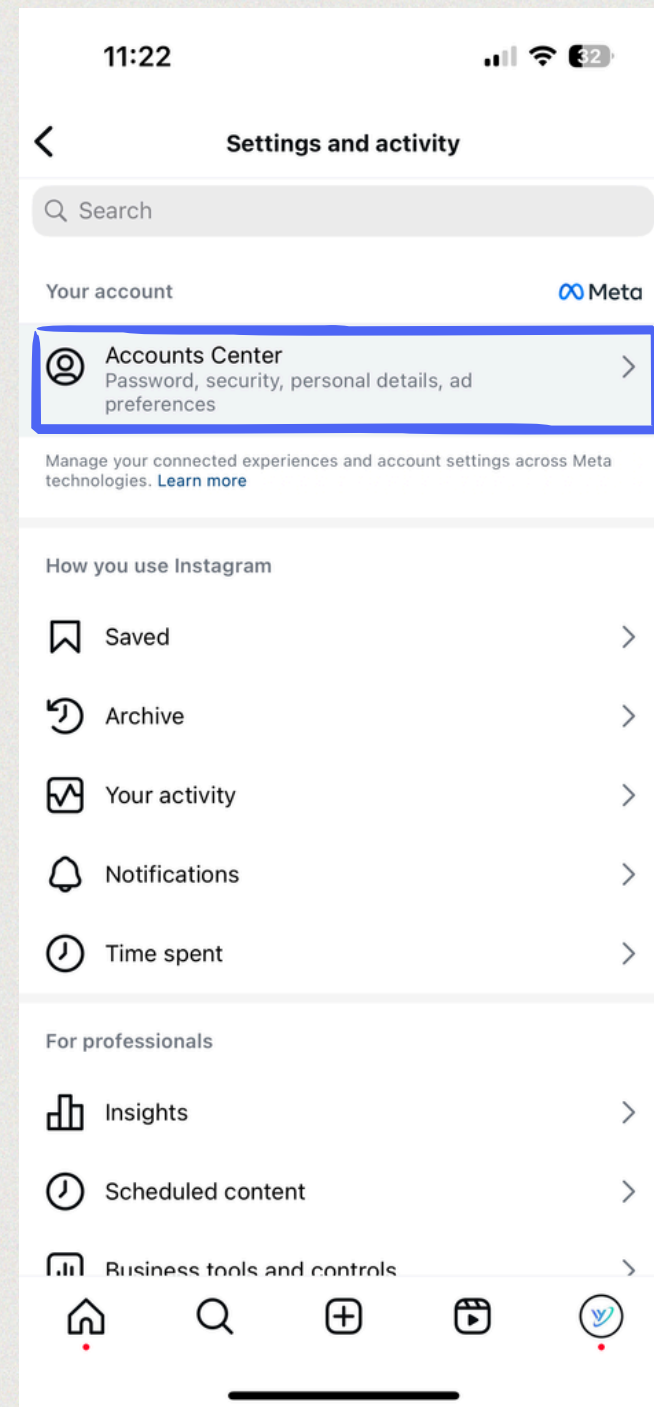


**ACTIVATE
TWO-FACTOR
AUTHENTICATION**

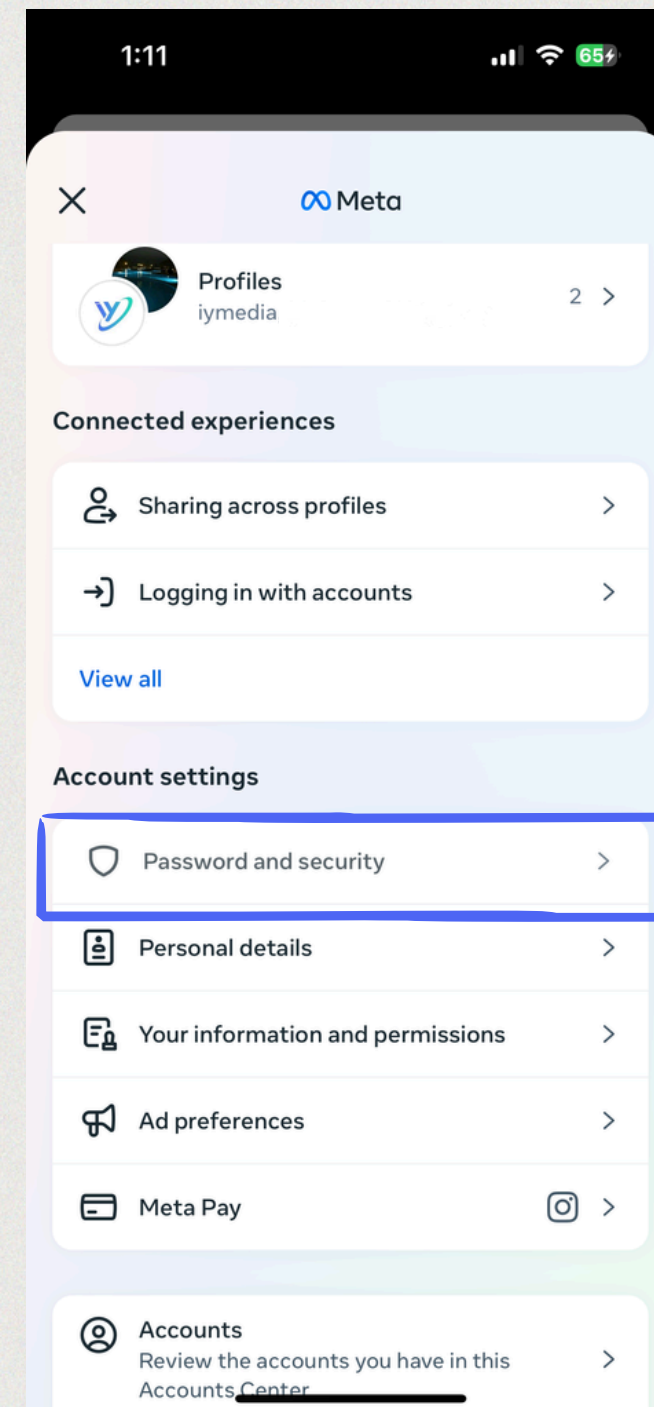




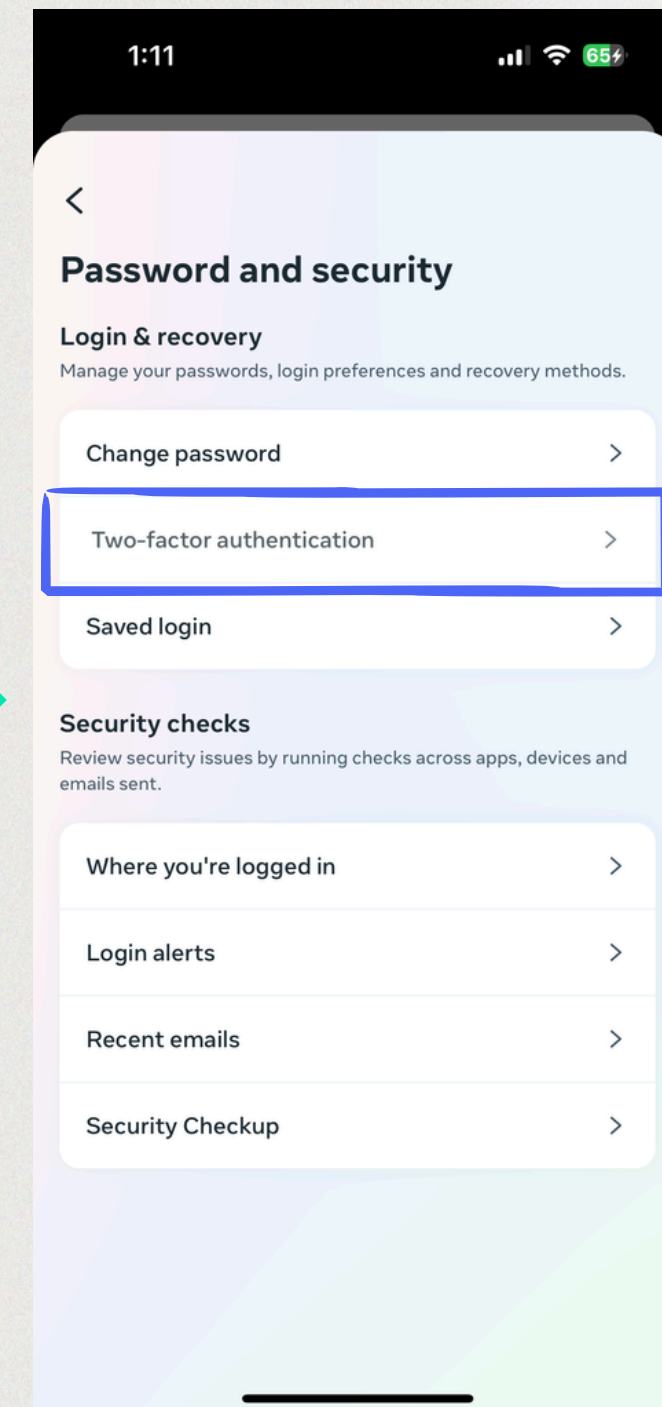
click on ☰



Accounts Center



Password and Security

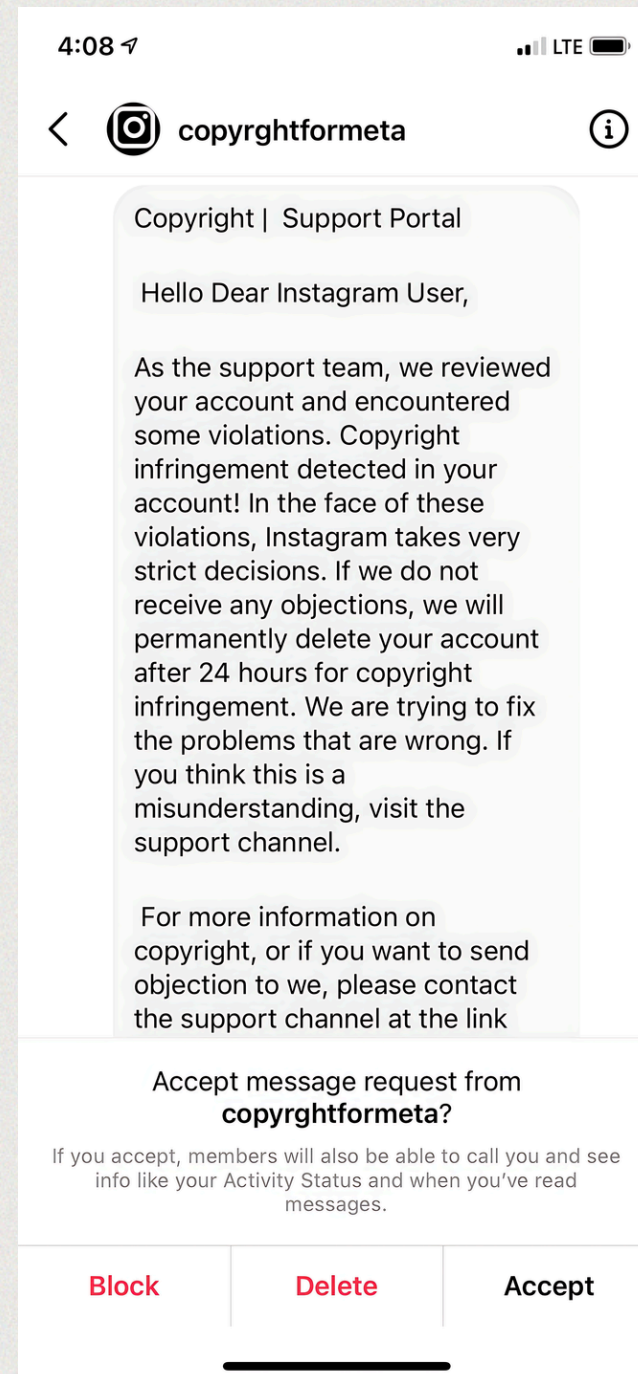


Two Factor authentication

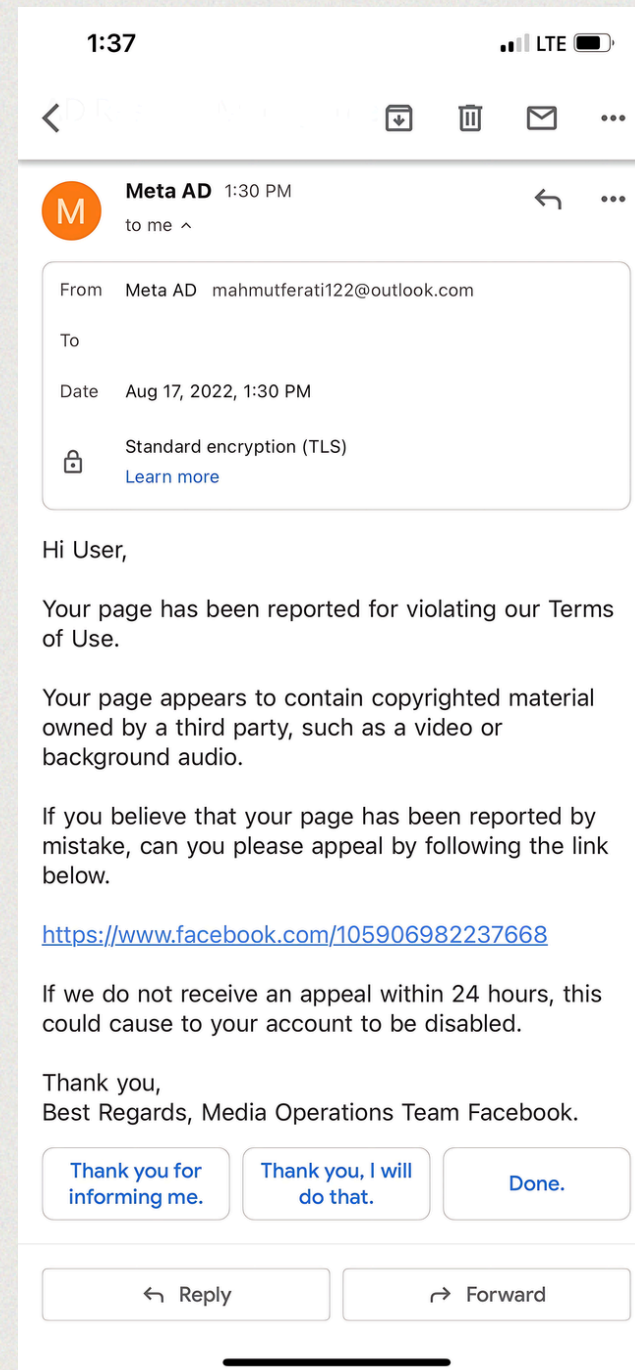
**NEVER CLICK
ON PHISHING
LINKS!**



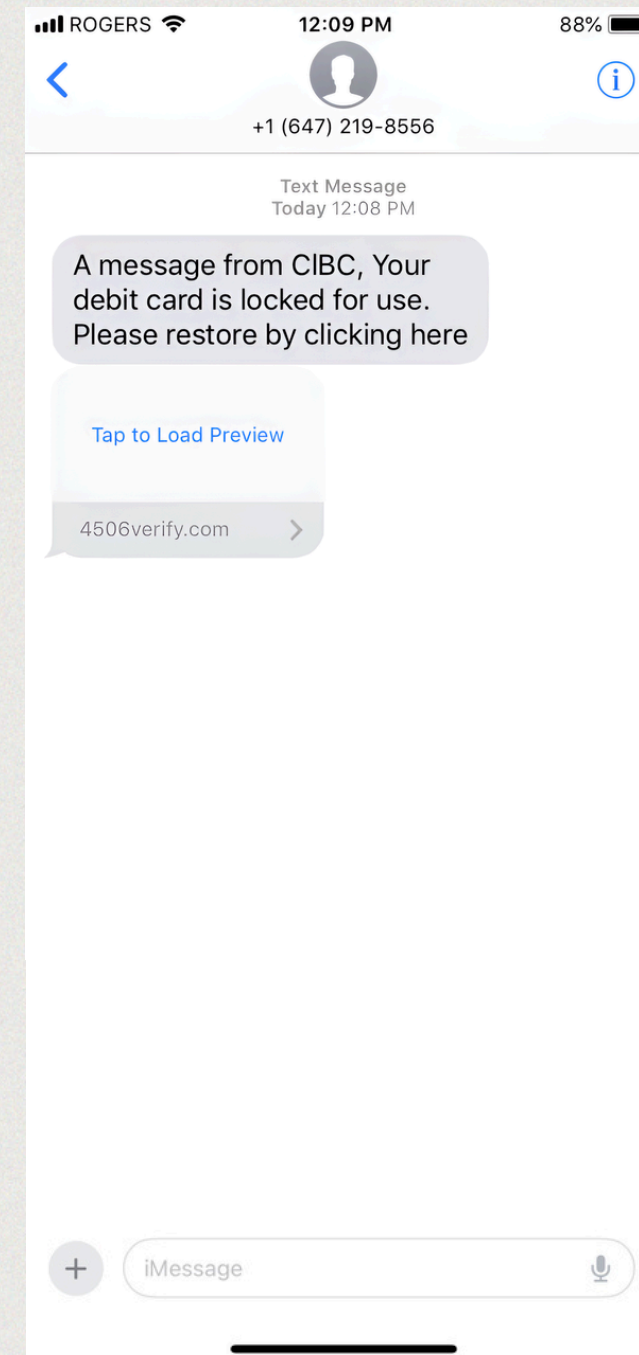
DMs from Meta pages



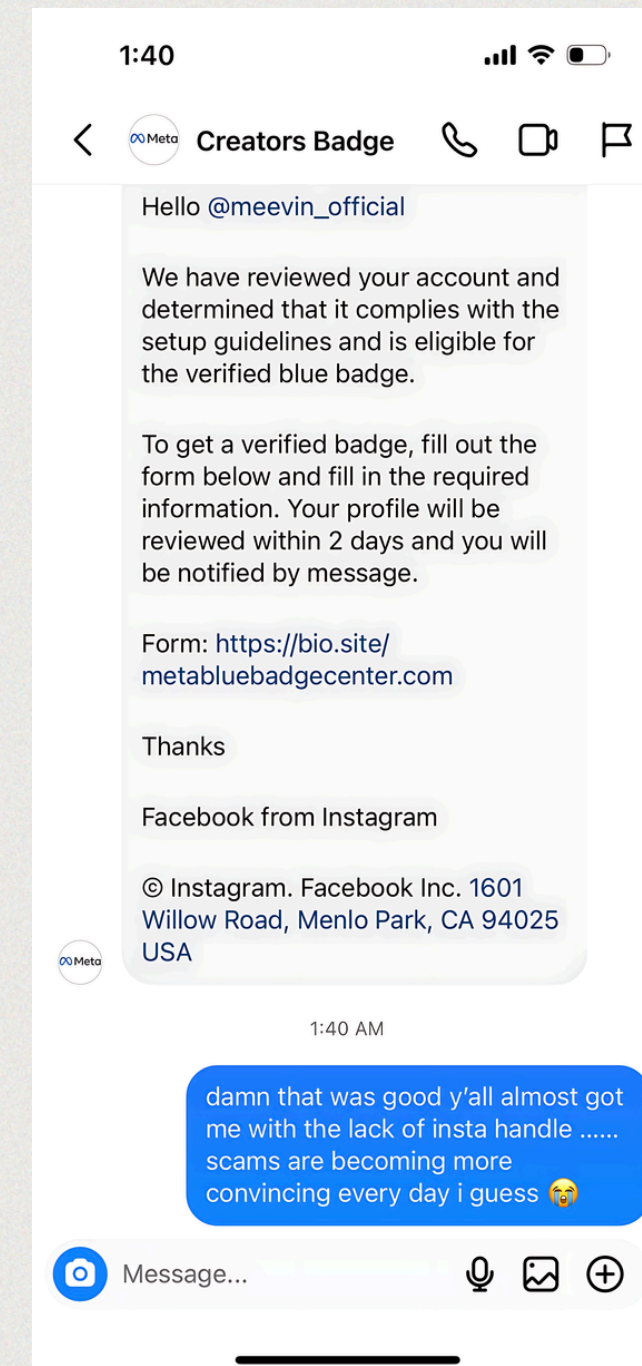
Unofficial Meta Emails



Unknown senders



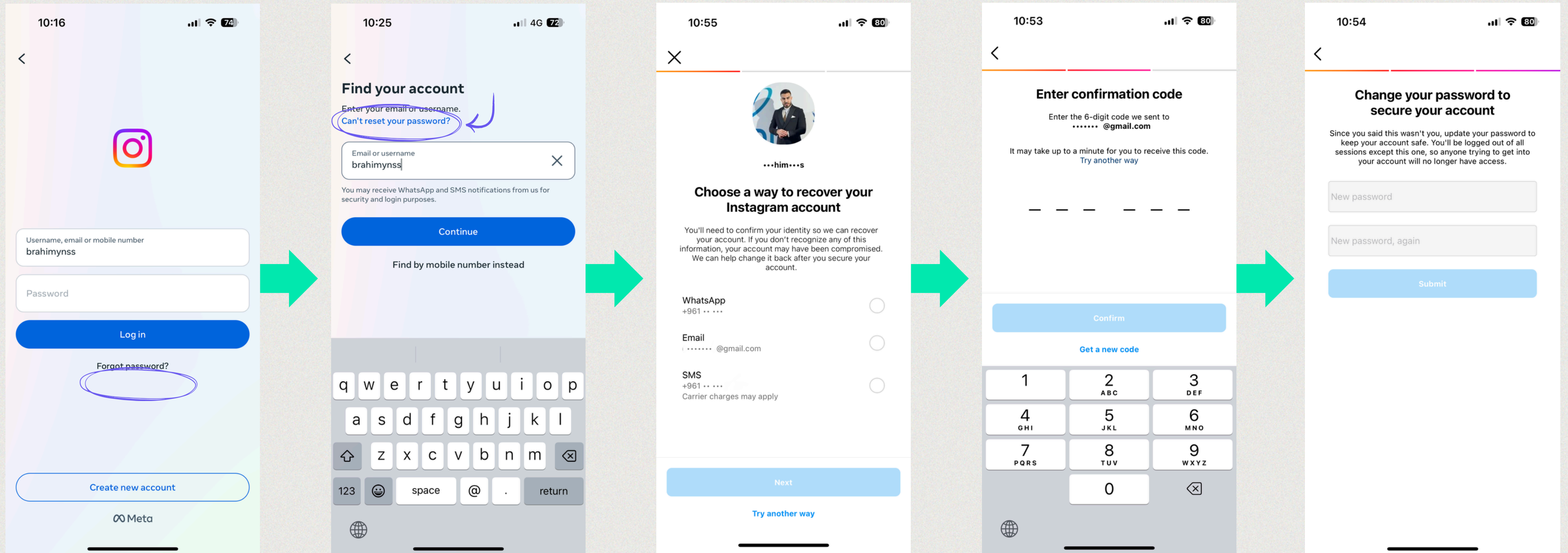
Fake Accounts





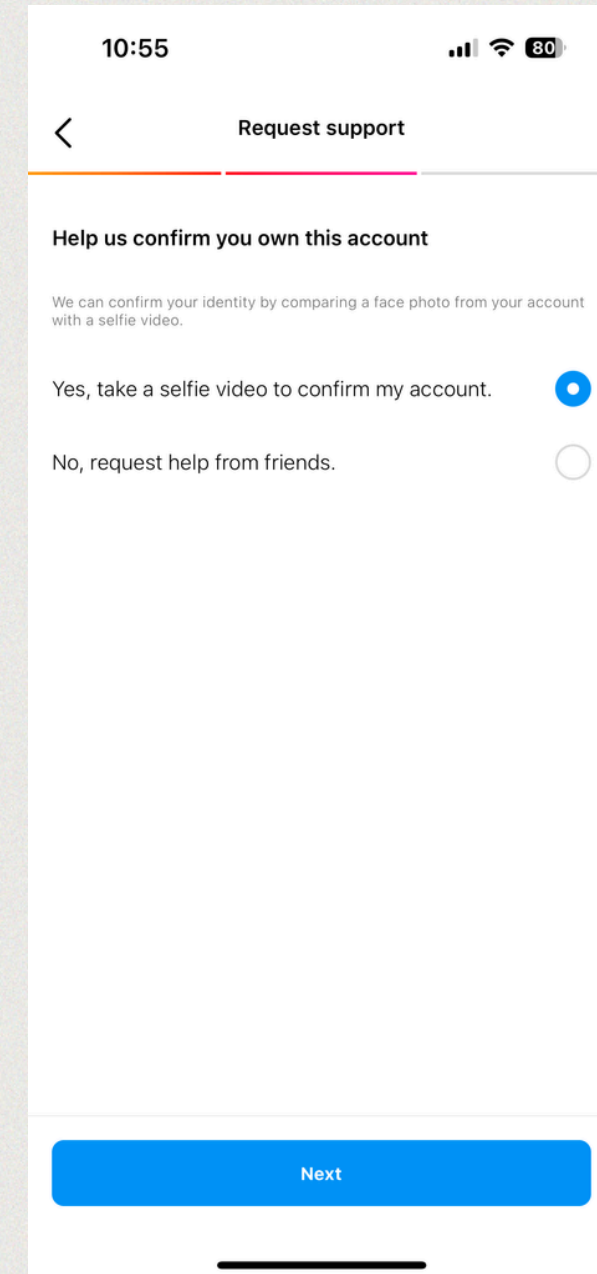
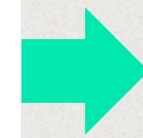
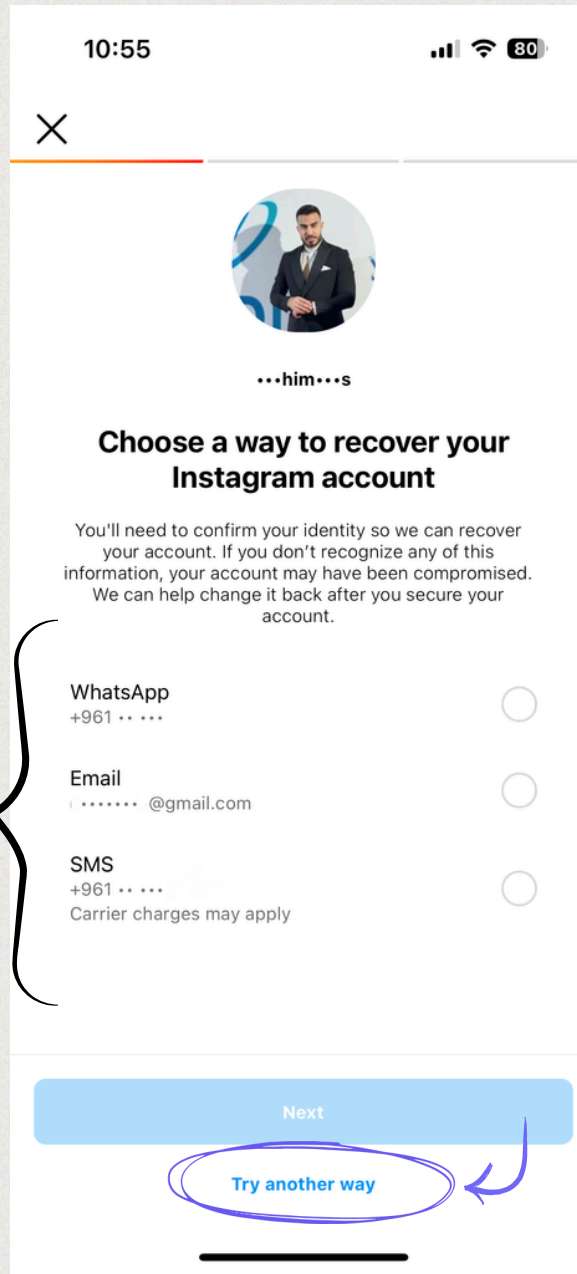
**INSTAGRAM
ACCOUNT
GETS HACKED**

For Personal accounts:

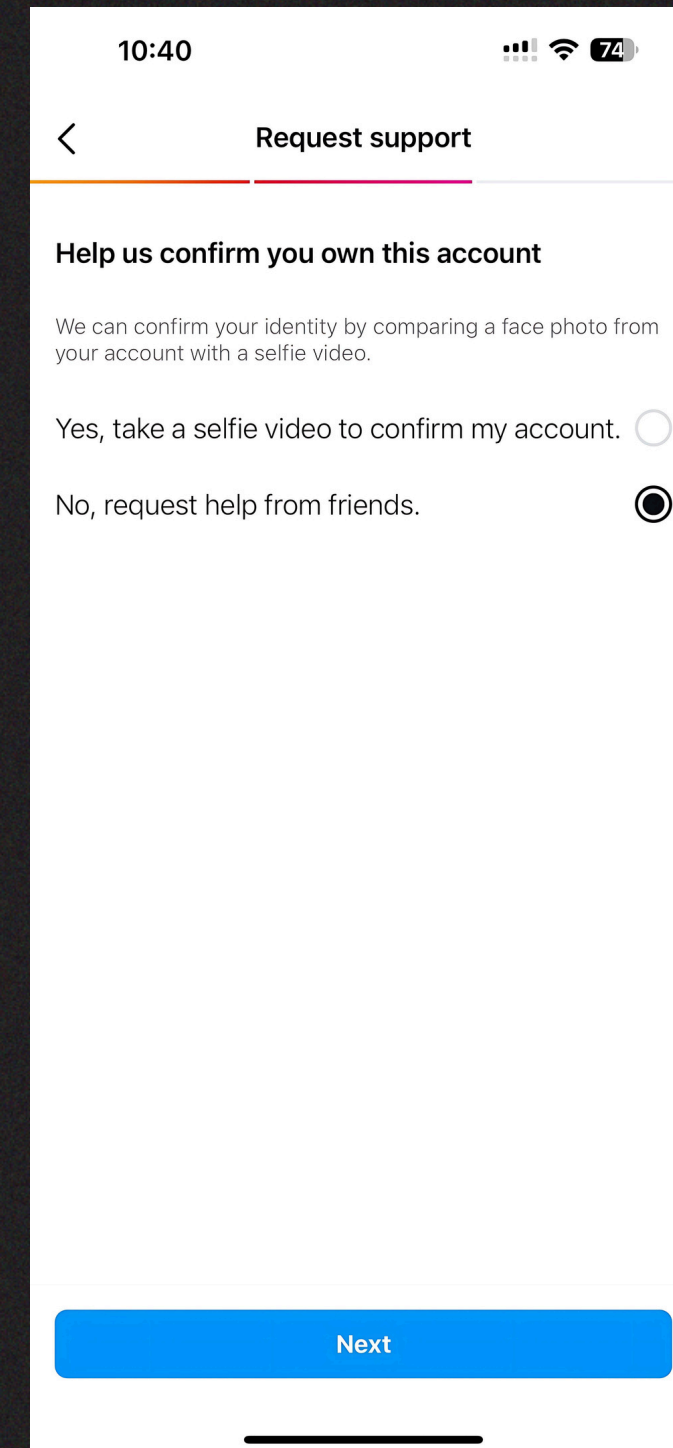
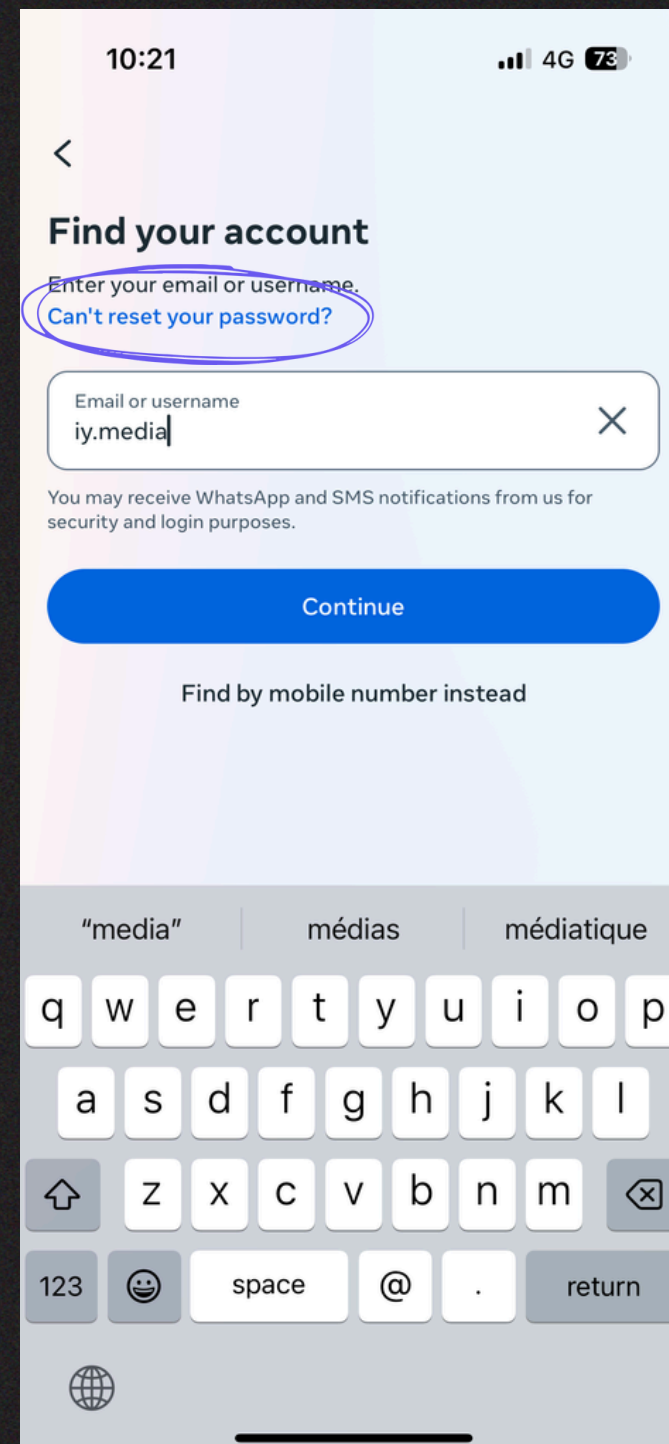
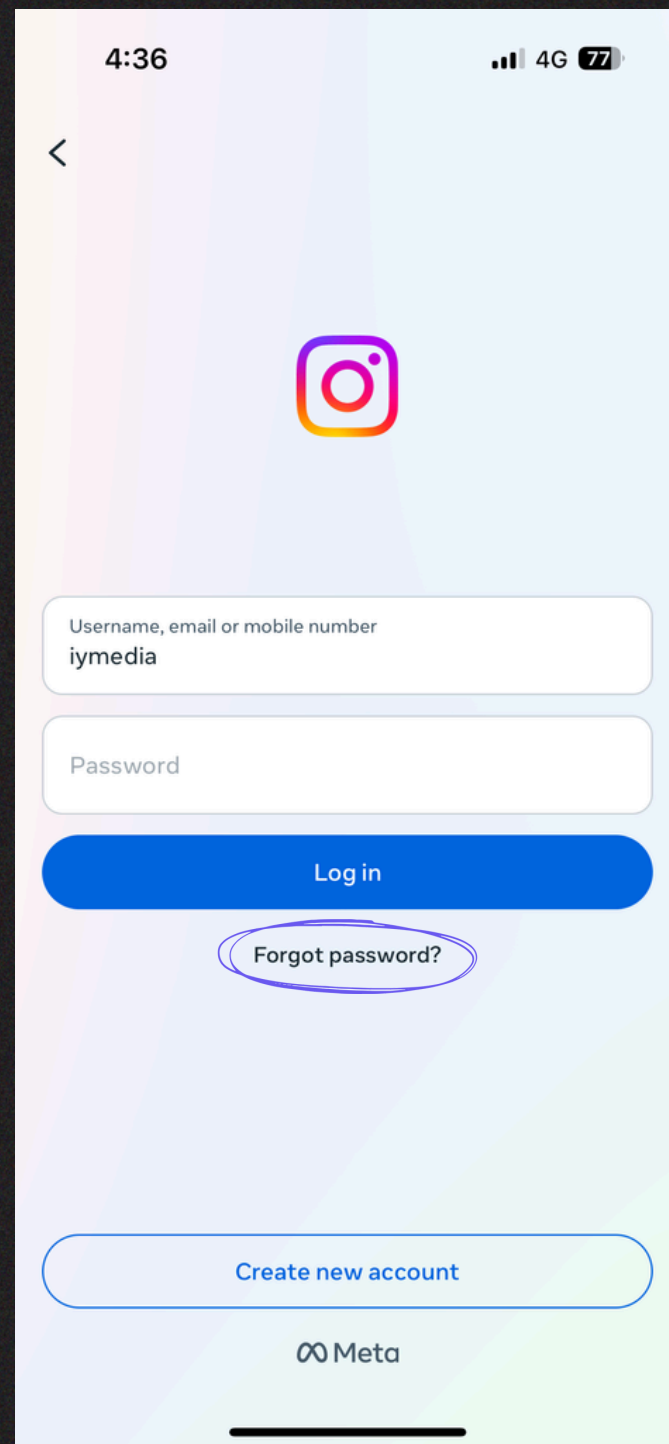


**Make sure you have access to the phone you used to log in previously.*

*If you don't have access to the **email** or **phone number** associated with your account...*




For Business accounts:



**WHAT IF BOTH METHODS
DIDN'T WORK
TO RECOVER MY ACCOUNT??**





DISABLED
INSTAGRAM
ACCOUNT

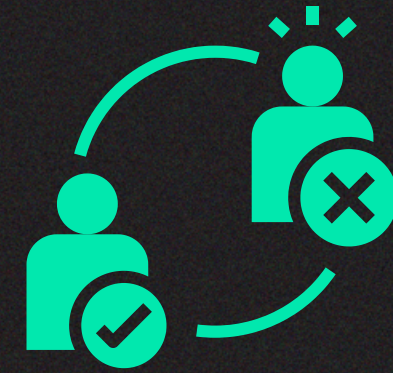


ACCOUNT SUSPENSION
IS AN ACTION
TAKEN BY INSTAGRAM

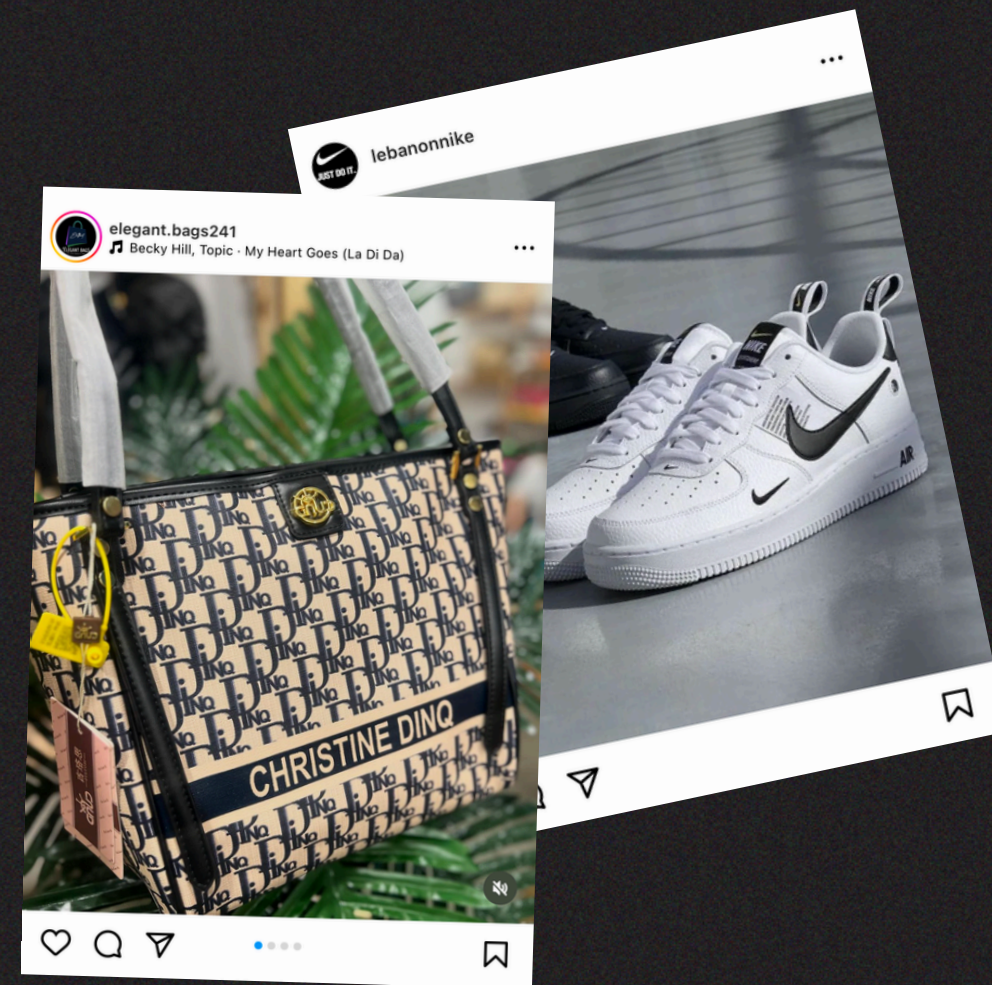
FOR VARIOUS **REASONS**
UNRELATED TO HACKING!



IMPERSONATION



**COPYRIGHT
TRADEMARK
COUNTERFEIT**



Other reasons for account restrictions:

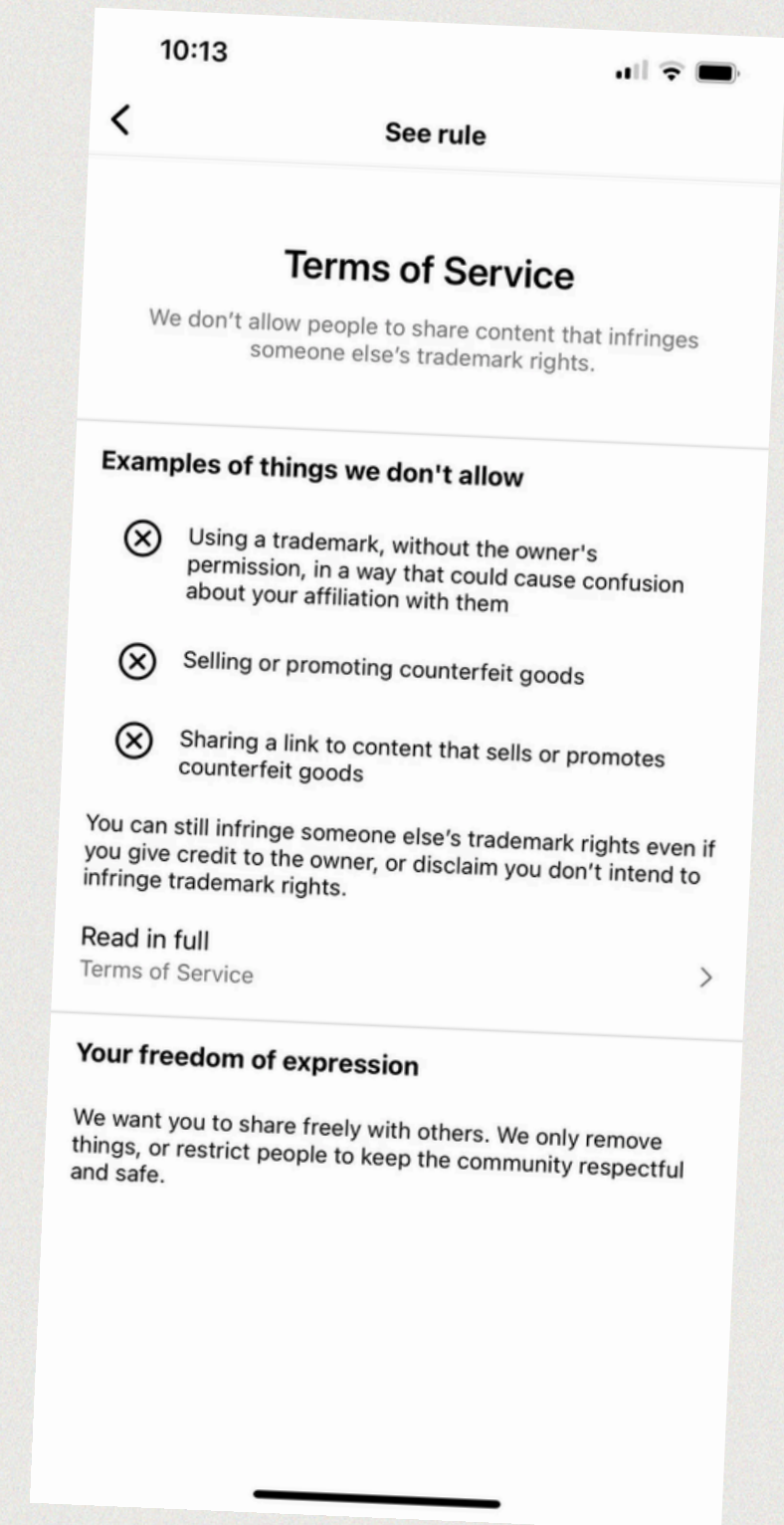
FRAUD

SPAM

BULLYING

HATE SPEECH

HARASSMENT





Post removed in some regions
Some people can't view your post because the original audio may contain content owned by UMG. You can appeal this decision. 7分



Instagram post removed in some regions

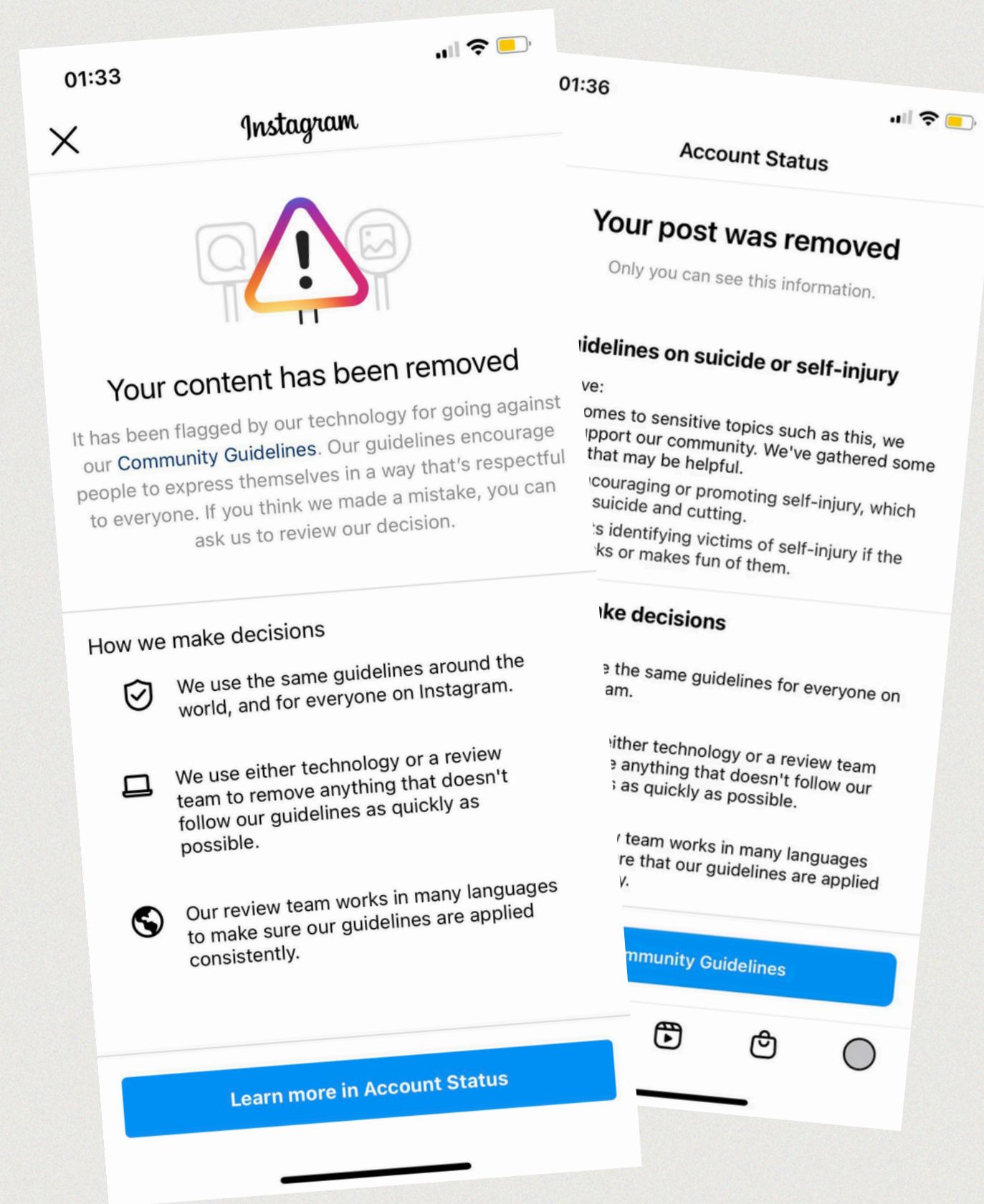
Some people can't view your post because it may contain content owned by Sony Music Entertainment - SME. Tap to review. 4h



YOUR POST RESTRICTED IN SOME REGIONS



YOUR POST GOT REMOVED





ACCOUNT

DISABLED

RIGHT AFTER

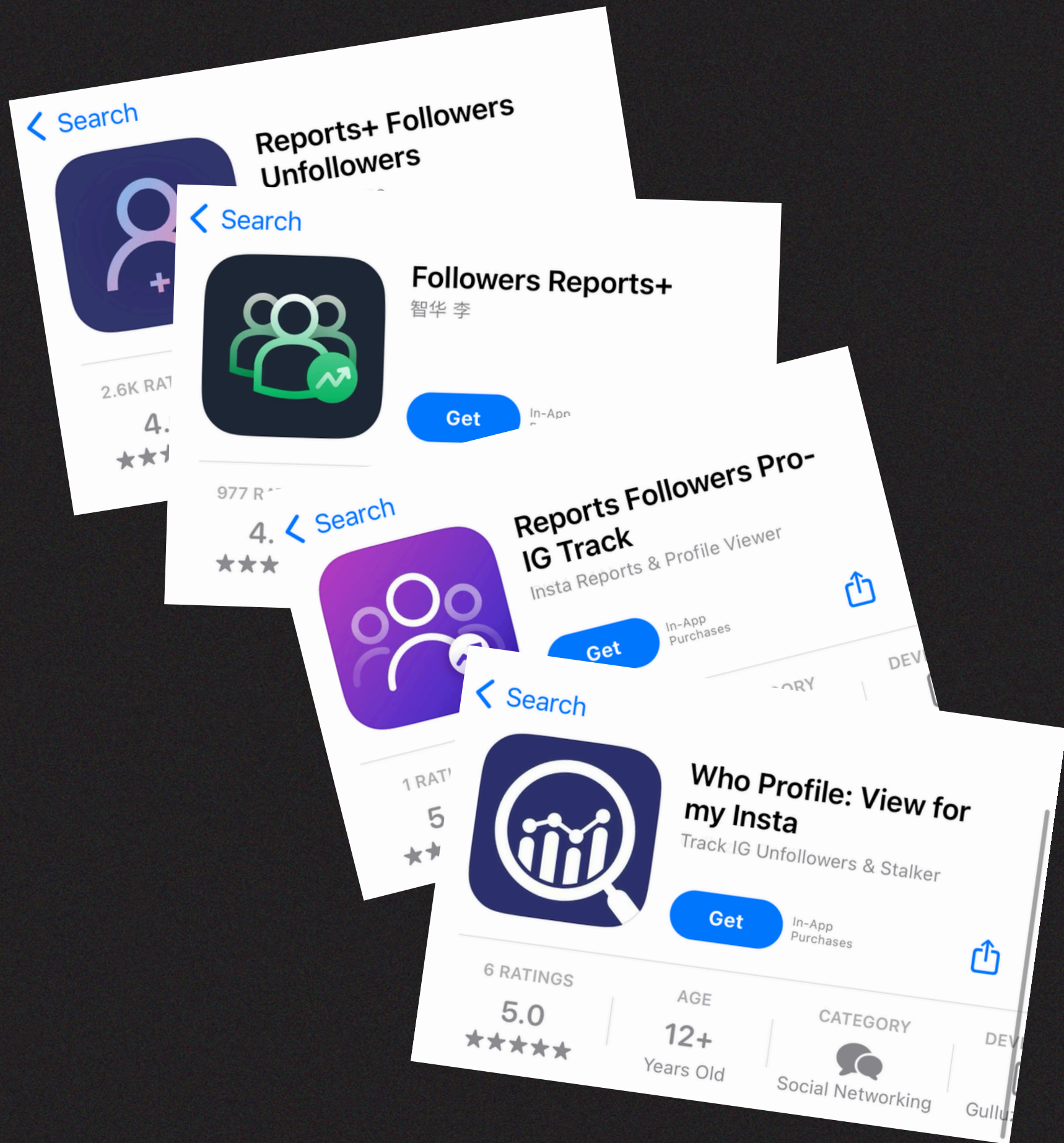
CREATION

Error

Your account has been disabled for violating our terms. Learn how you may be able to restore your account.

[Learn More](#)

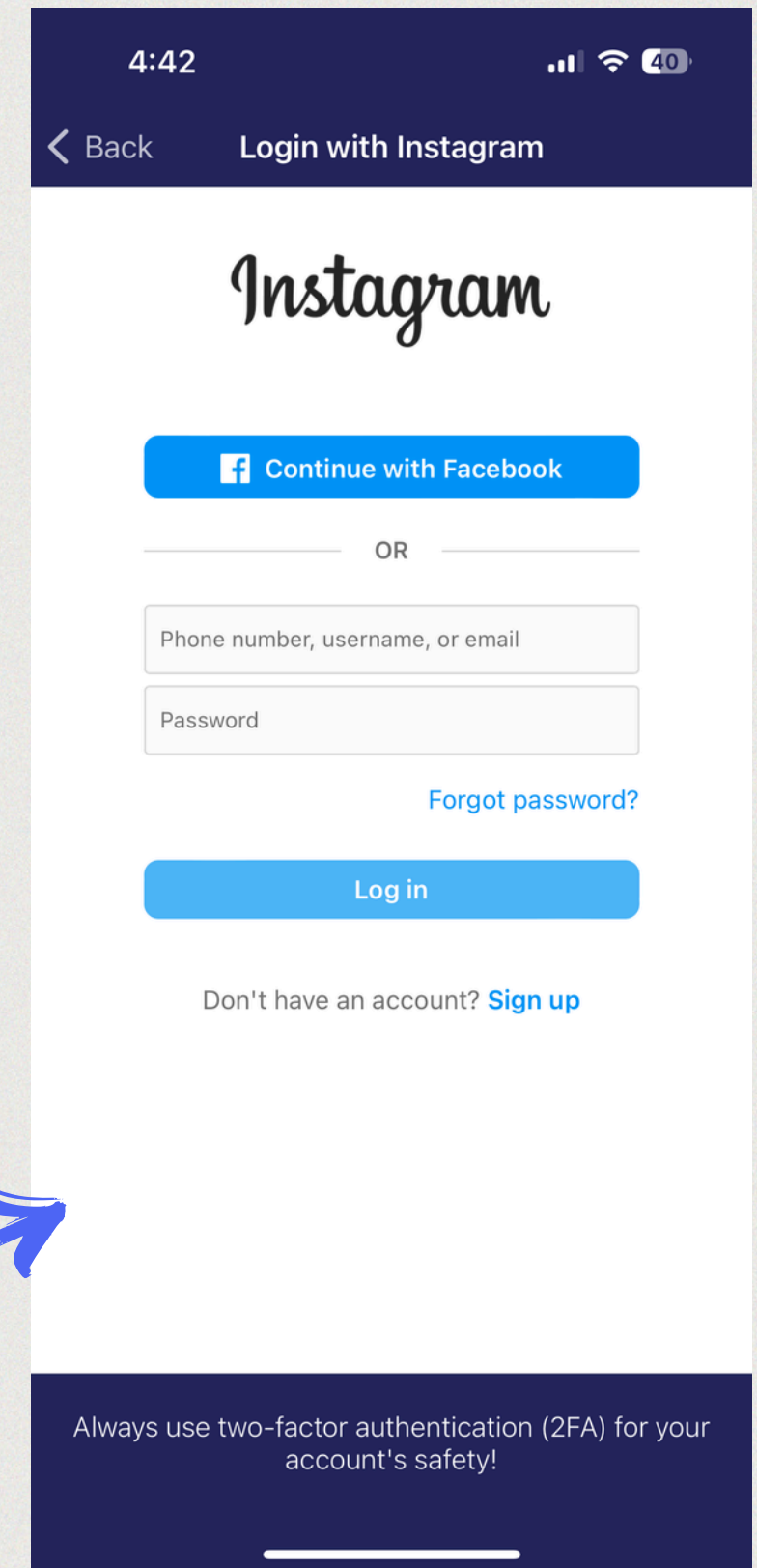
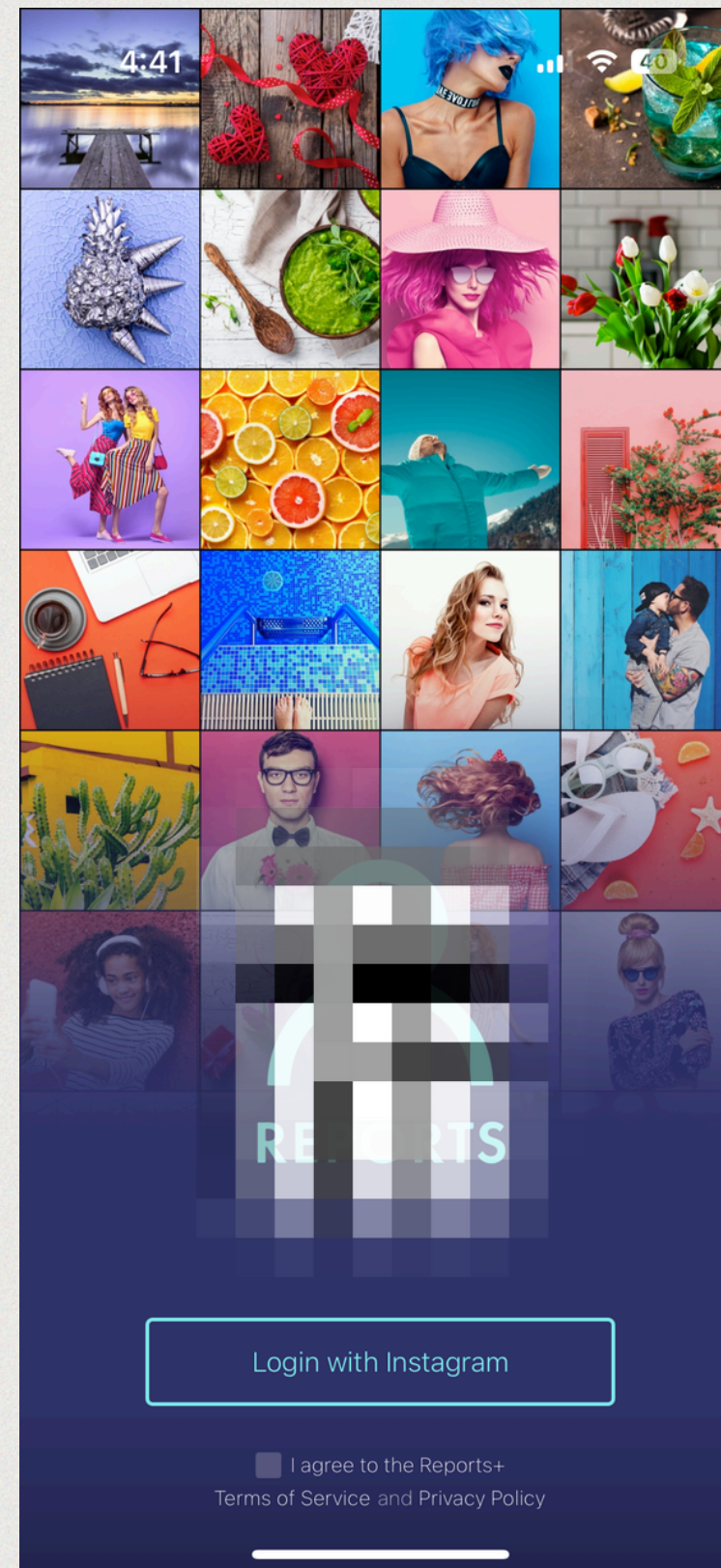
- 1 Why This Happens
- 2 How to Fix It



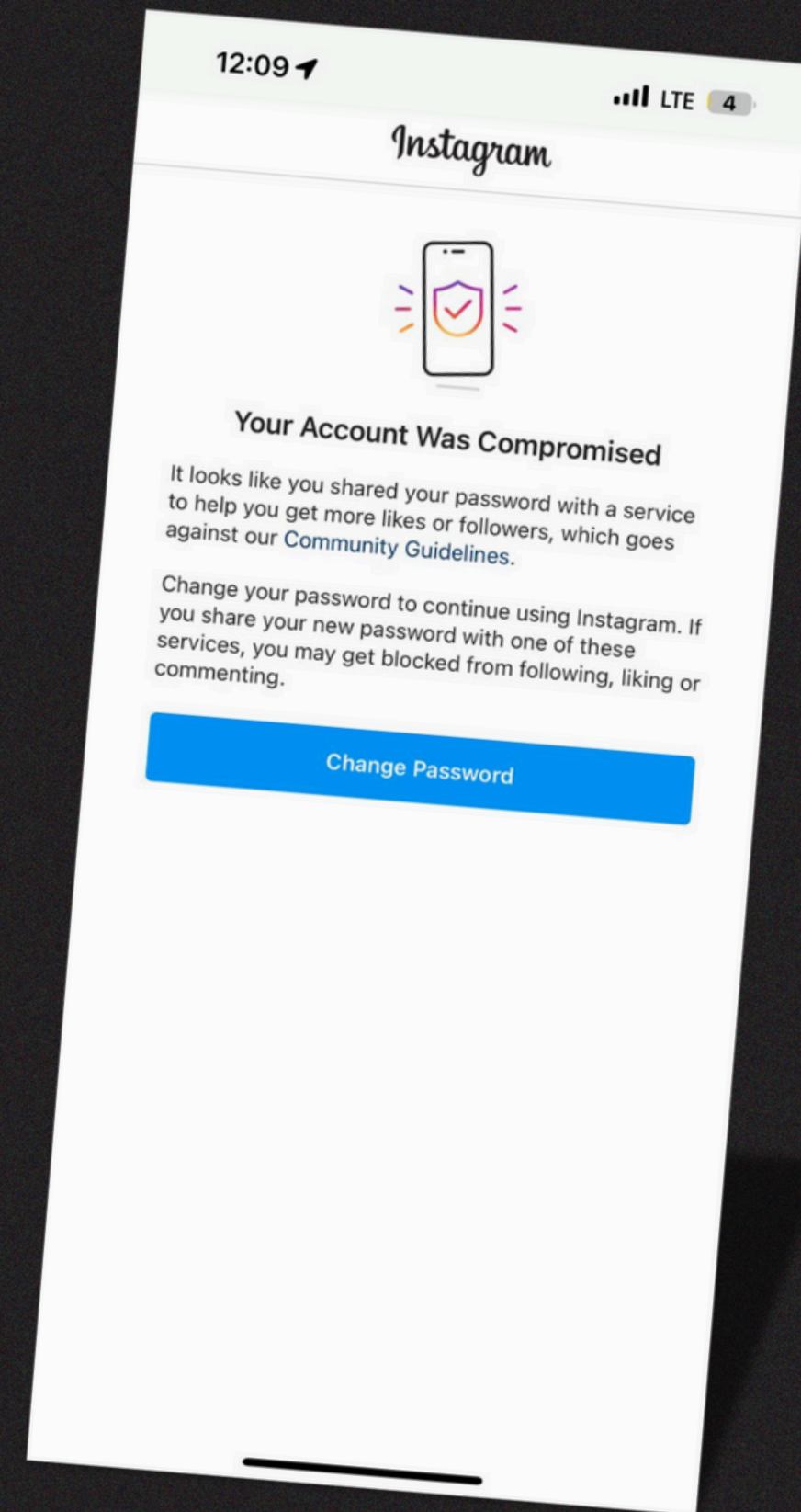
**AVOID
LINKING
YOUR
ACCOUNT TO
THIRD-PARTY
APPS!**



Third-party apps often ask you for your Instagram credentials, putting you at risk of getting hacked by unknown & untrusted sources.



INSTAGRAM ACCOUNT COMPROMISED



You're Temporarily Blocked

It looks like you were misusing this feature by going too fast. You've been temporarily blocked from using it. We restrict certain content and actions to protect our community. Tell us if you think we made a mistake.

[Tell us](#)

Action Blocked

This action was blocked. Please try again later. We restrict certain content and actions to protect our community. Tell us if you think we made a mistake.

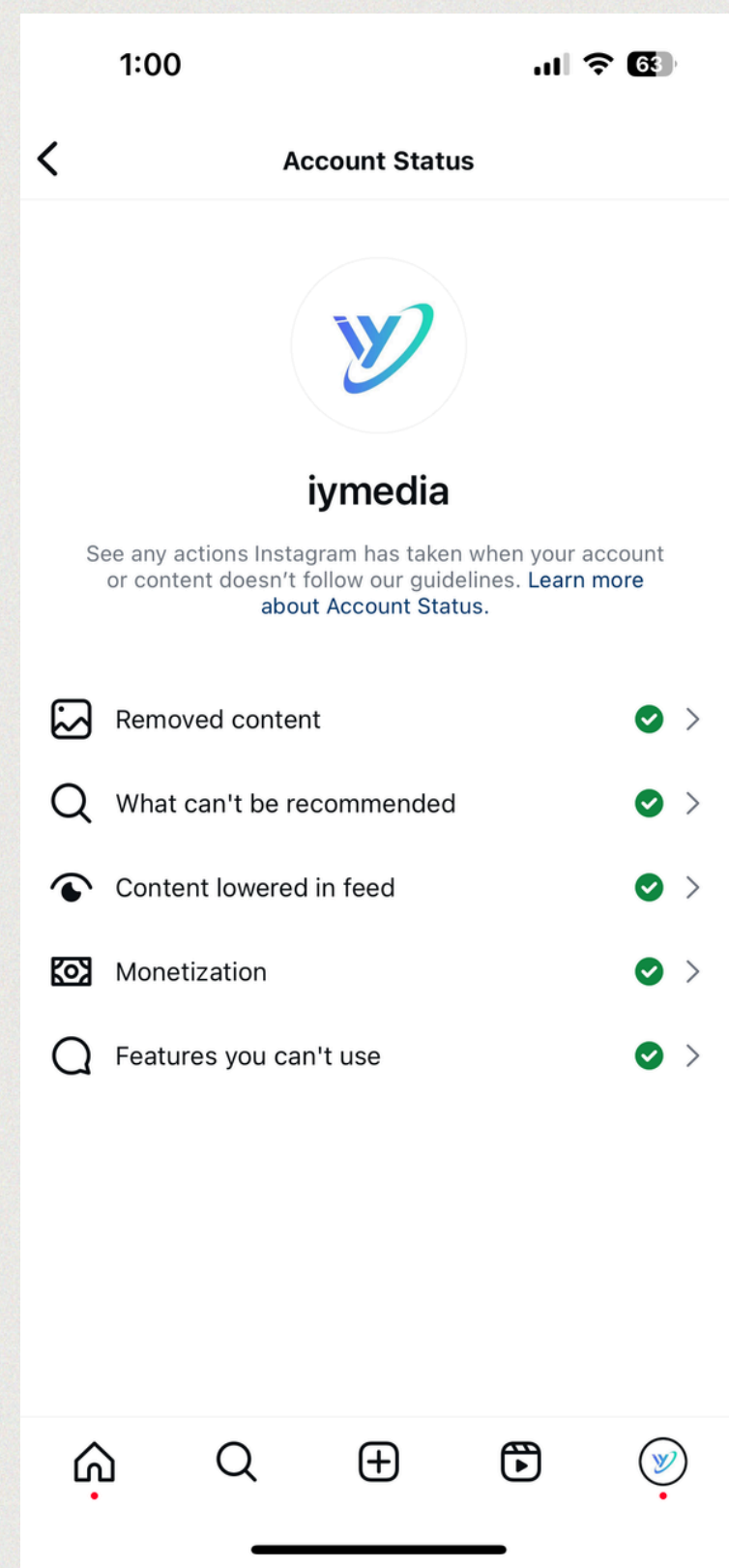
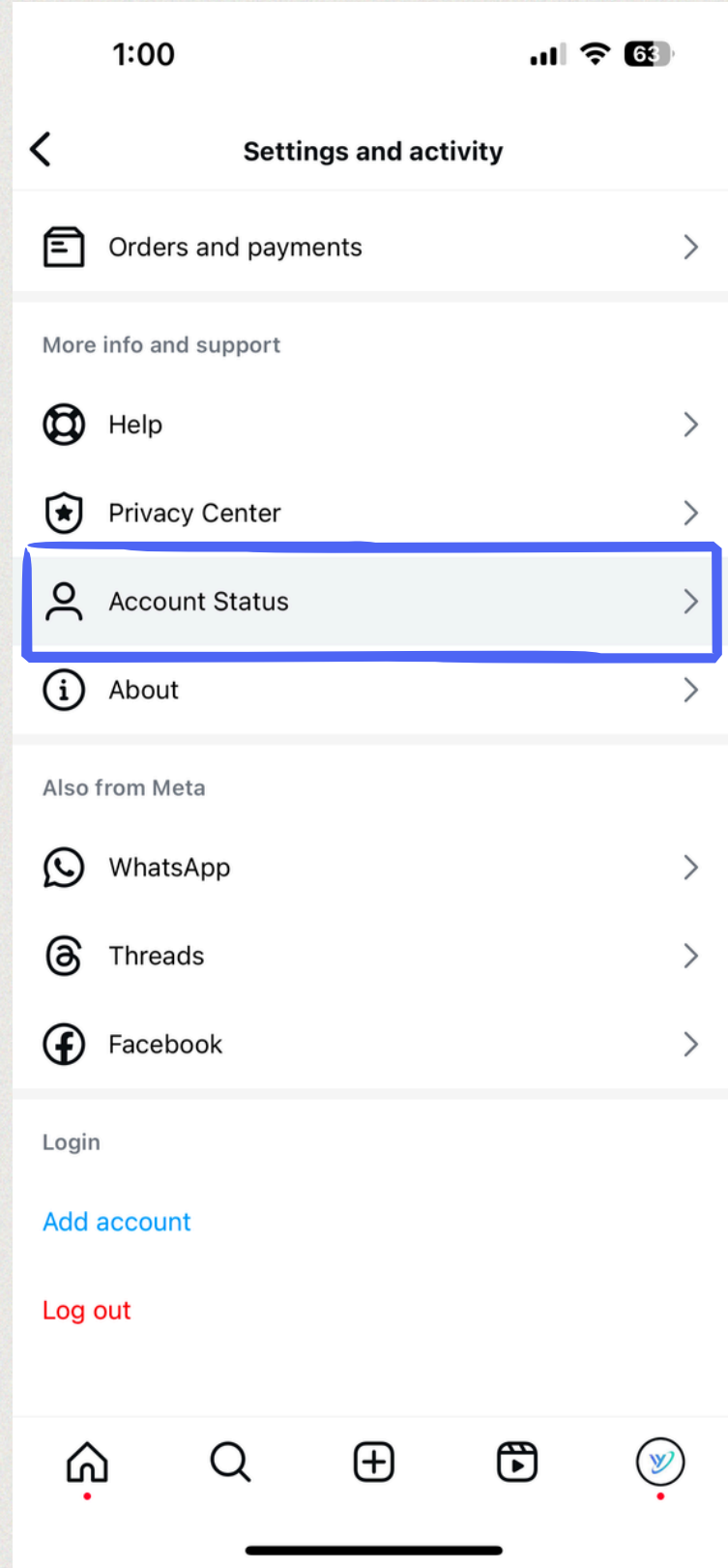
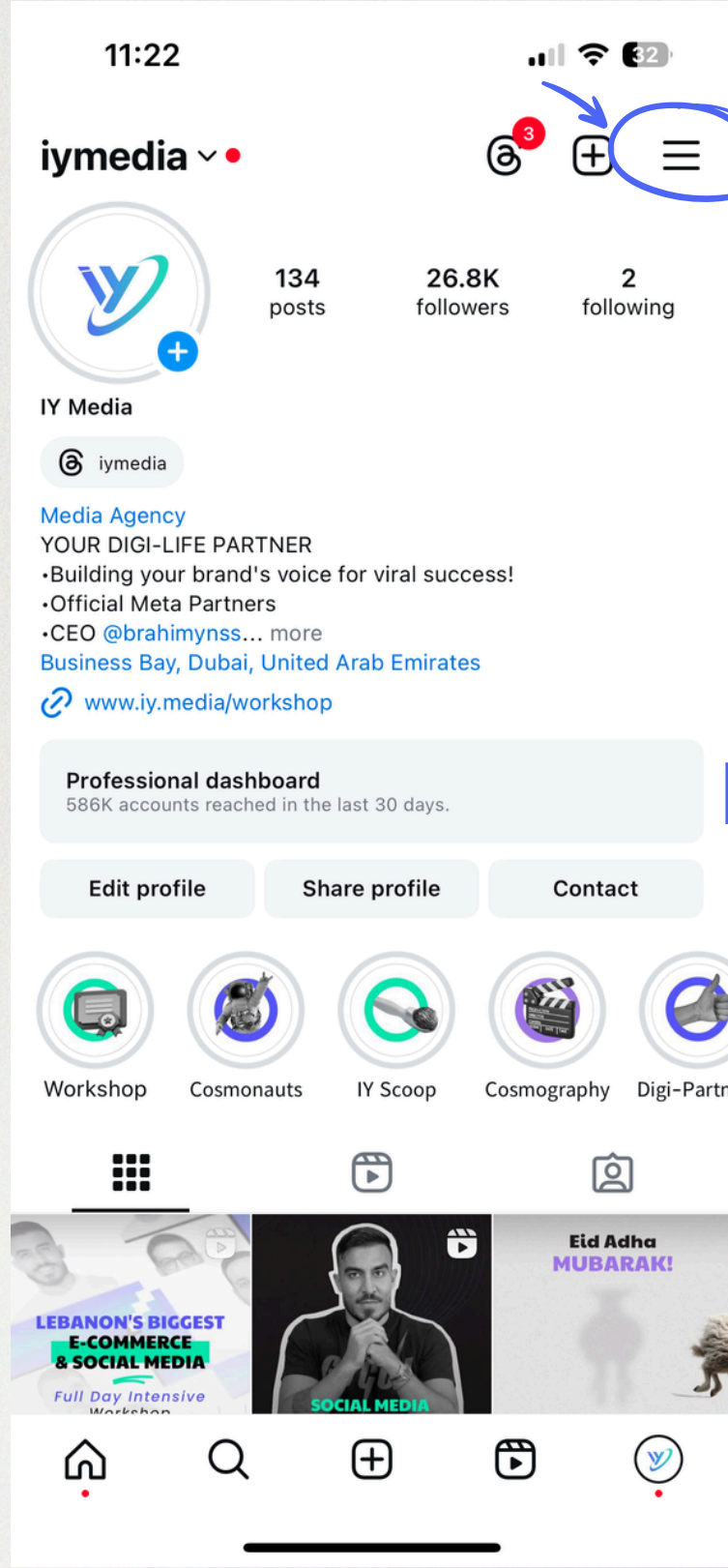
[OK](#)

INSTAGRAM ACTION BLOCKED

Can't follow
anymore?

**FIXING YOUR
LOW INSTAGRAM
REACH!**

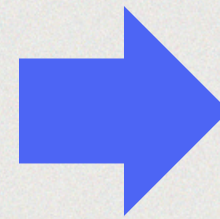






**THE HIDDEN
DANGERS OF
FAKE FOLLOWERS!**

FAKE



Low Reach

Shadowbanning

Wasted Time & Money

Inaccurate insights

Algorithm impact

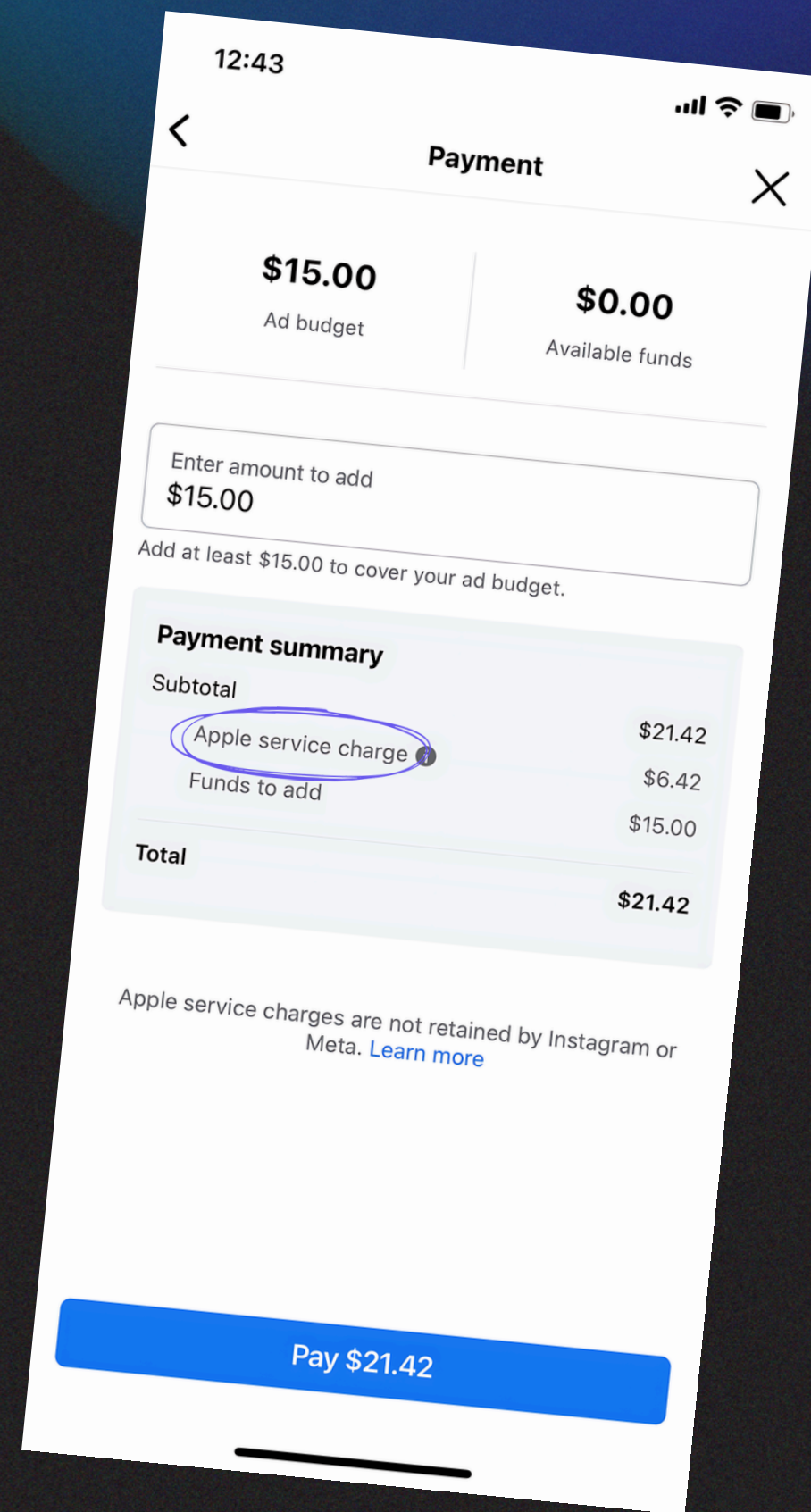


**BUYING AN
ACCOUNT WITH
A LARGE NUMBER
OF FOLLOWERS**



*These followers likely
won't be interested
in your new content!*

30% FEE FOR BOOSTING ON IPHONE!



HOW TO CRAFT CONTENT THAT MAKES MONEY?

— in part 2 —