



Stay in control of



Did you know?

You can make some social media accounts inactive for a time without deleting it permanently. Instead of deleting your account which removes all your posts and photos – you have other options on some of them:

On Facebook you can ‘deactivate’ it – this allows you to reactivate it when and if you wish to. [More](#)

On Instagram you can ‘temporarily disable’ your account. You need to do it in your browser not via the app [Do it here](#). This option appears only after you give a reason for wanting to disable your account.

BUT...

On Twitter you can deactivate your account, but within 30 days it will be deleted permanently.

On Snapchat you can only permanently delete your account - there is no option to shut it down for a while.



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