

Pulling the Plug: How to Delete Social Media Accounts

There are as many reasons to discontinue using social media as there are to use it. Maybe you've stopped visiting a site, find it too distracting, or are just plain bored. No matter the cause, most social media sites make it easy to delete your account. Here's how to do it with Facebook, Twitter, and Pinterest.

Facebook

Facebook gives you two options for opting out: deactivating and deleting. Deactivating your account means everything you've posted gets taken down but your information is held by Facebook in case you want to return. To deactivate, follow these steps:

1. From your Home page, click **Settings** (the gear icon in the upper-right corner).
2. Choose **Account Settings**.
3. In the left column, select **Security**.
4. At the bottom of the list, click **Deactivate your account**.
5. Facebook then asks if you're sure you want to deactivate and your reason for leaving. Select the appropriate choice and click **Confirm**.

Reason for leaving (Required):

- I get too many emails, invitations, and requests from Facebook.
- I don't feel safe on Facebook.
- This is temporary, I'll be back.
- I spend too much time using Facebook.
- My account was hacked.
- I have a privacy concern.
- I don't understand how to use Facebook.
- I don't find Facebook useful.
- I have another Facebook account.
- Other

Please explain further:

Email opt out: Opt out of receiving future emails from Facebook
Note: Even after you deactivate, your friends can still invite you to events, tag you in photos, or ask you to join groups. If you opt out, you will NOT receive these email invitations and notifications from your friends.

Confirm **Cancel**

To completely delete your Facebook account, visit this page and follow the instructions from there: https://www.facebook.com/help/delete_account. Prior to deleting your account, you may want to download your content. To do so, follow steps 1 and 2 above, and then the following:

1. In the left column, select **General**.
2. At the bottom of the list, click **Download a copy**.
3. You will then be guided through the remaining steps.

Twitter

To deactivate your Twitter account, follow these steps:

1. From your Home Page, click the **gear icon** in the upper-right corner.
2. Select **Settings**.
3. Scroll down to the bottom of the page and click **Deactivate my account**.

4. The next page will be a confirmation page. To confirm, click the **Deactivate** button.

If you happen to have "deactivator's remorse," you can reactivate your Twitter account within 30 days.

Is this goodbye?
 Are you sure you don't want to reconsider? Was it something we said? [Tell us.](#)

Before you deactivate @dtnick, know this:

- We will only retain your user data for 30 days and then it will be permanently deleted. You can reactivate your account at any point within 30 days of deactivation by logging back in.
- You don't need to deactivate your account to change your username or Twitter URL. You can change it on the settings page. All @replies and followers will remain unchanged.
- If you want to use this account's username or email address on another Twitter account, change it before you deactivate. Until the user data is permanently deleted, that information won't be available for use.
- Your account should be removed from Twitter within a few minutes, but some content may be viewable on twitter.com for a few days after deactivation.
- We have no control over content indexed by search engines like Google.

Deactivate @dtnick
Cancel

Pinterest

Pinterest allows you to deactivate your account, rather than completely delete it. This means your profile and pins will be deleted but your account will still exist. To deactivate, follow these steps:

1. Log in to the Pinterest website (you won't be able to deactivate from the app).
2. Click your **username** in the upper-right corner.
3. Select **Settings**.
4. Scroll to the bottom of the page and click **Deactivate Account**.
5. You will see an option to deactivate or cancel. To deactivate, click **Deactivate Now**.

Pinterest will preserve your username and password so if you want to start pinning again, you can just log in.

Sorry to see you go!

Deactivating means that no one will see your pins or anything else in your Pinterest profile. We'll miss you, but you're welcome back any time.

Cancel **Deactivate Now**