



How to Download Your Data From Facebook on Mac or PC

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Facebook collects an astounding amount of data on its users. Your Facebook profile data, including your name, email address and date of birth is collected and stored, along with your activity on the platform itself: what you like, dislike, the comments you post and your private Facebook messages, even those you've deleted.

How to Download Your Facebook Data?

If you want to familiarise yourself with the type and quantity of data Facebook has collected on you in order to make a more informed decision about how you interact with the service, then you will need to take action. To download your Facebook data, you just need to know where to look and the steps you need to take. Here's how to do it from a **Mac** or **PC** (these steps may be subject to change as and when Facebook updates its service):

1. Go to your **Facebook homepage** and click on the downward-facing arrow. Select **Settings & Privacy**.

2. On the Settings & Privacy menu, select **Settings**.

3. Select the option **Your Facebook Information** on the left-hand side. A new list of options should appear on the right.

4. Next to the option **Download Your Information**, click **View**.

5. Set the Date Range, Format, and Media Quality of the data you want to download. For the most straightforward and most accessible view of your information, use the default settings — **“All of my data,” “HTML,”** and **“High”**.

- a. If you're interested in a specific time frame, want to work with your data in a different format, or don't need a high quality resolution, you can edit your options.
- b. If you don't want to download all of your Facebook data, scroll through the various categories, such as Posts, Photos & Videos and Comments, and deselect the categories you're not interested in. But for a complete data set, keep everything selected.



6. Once you've selected your options, click **Create File**.

A new window will appear to let you know that a copy of your information is being created. (This will take about ten minutes and Facebook will send you a notification when your file is ready.)

7. Click on the notification and **return** to the **Download Your Information** page. Under the **Available Copies** tab, you'll see an item showing you the date range, categories, and file format you requested. Download your info by clicking the **Download** button.

8. After clicking the download button, you'll be asked to **re-enter your password**. Then, the download will begin. (This should take anywhere from five to ten minutes, depending on the amount of data you're downloading.)

9. Once your data file has been downloaded successfully, **open** up the **zip file**.

Now you can explore your Facebook data. Once you've downloaded a copy of it, you can go back to the Available Copies tab later on to compare your data archive.



How to Protect Your Facebook Data

The amount of information Facebook has on you varies depending on how much you use the site or any of its partner services, such as WhatsApp and Instagram. But it's possible to secure some of your data. [Changing your Facebook privacy settings](#) will keep strangers from “friending” you, and it will help block messages from unknown senders and would-be scammers. And while Facebook-affiliated sites like Instagram share data with Facebook, their privacy settings are managed separately. So, [updating your privacy settings on Instagram](#) and other platforms will help minimize Facebook's access to your data from affiliated and third-party sites.

As is evident from the trove of information Facebook has on you, protecting your Facebook data goes beyond privacy settings. For strong protection against web tracking and the widespread collection of your personal data, consider using [anti-tracking](#) software to limit Facebook's ability to track you.

