



Digital safety guide

X (Twitter) privacy & security



The settings that keep your account, your posts, and your whereabouts to yourself. Go one section at a time — no need to do it all at once.

Before you start

Find Settings	In the app, tap your profile picture (top left), then Settings and privacy . On a computer, click More > Settings and privacy .
Phone and computer	Most settings follow your account everywhere, but a few, like precise location, live only in the phone app. Check both.
Can't find it?	Menus move. Use the search bar at the top of Settings.

✓ Do

Protect your posts unless you need a public voice (page 2).

Use a profile photo that isn't your face. Your photo and header are always public.

Turn on two-factor authentication (page 4).

Ask family to do the same. Their settings can expose you, too.

✗ Don't

Fill in your bio, location, or birthday unless you need to. None of it is required to be public.

Post photos that show your house, street, or car.

Accept follows from people you don't know in real life.

Trust a direct message asking for money, codes, or a click, even from a friend's account.



01 Protect your posts and profile

Protect your posts

Privacy and safety › Audience and tagging

Turn on **Protect your posts**, so only followers you approve can see them. In the same screen, set **Photo tagging** to off or **Only people you follow**.

Your profile

Tap **Edit profile**. Leave bio, location, and website blank or vague. Under **Birth date**, set both the day and the year to **Only you**.

Hashtags

On a public account, anyone searching a hashtag you used can find your post. Use them sparingly.

🕒 *Good to know*

Since late 2024, blocking someone on X no longer hides your public posts from them; they just can't reply or repost. Protecting your posts is the only way to keep them out of view.

02 Choose who can reach you

Direct messages

Privacy and safety › Direct Messages

Turn off message requests from everyone, and keep **Filter low-quality messages** on. People you follow can still message you.

Finding you

Privacy and safety › Discoverability and contacts

Turn off both options that let people find you by email address or phone number. Then tap **Manage contacts** › **Remove all contacts**.

03 Keep your location private

Posts

Privacy and safety › Your posts

Make sure location isn't added to your posts, and use the option there to remove location from any past posts.

Precise location

In the phone app: **Privacy and safety** › **Location information** › **Precise location** › off. It's off unless you turned it on. Also set X to **Never** in your phone's location settings.

Your country

Since November 2025, X shows the country your account is based in under **About this account**. Search Settings for "About your account" to show only your region instead.

04 Limit data sharing and AI training

Privacy and safety › Data sharing and personalization

SETTING

CHOOSE

Ads preferences › Personalized ads

Off

Inferred identity

Off

Lets X link your account to other phones and browsers you use.

Data sharing with business partners

Off

Location information › Personalize based on places you've been

Off

Grok & Third-party Collaborators

Off

Stops your posts and Grok chats from training AI. Delete your Grok history there, too.



05 Lock the front door

Settings and privacy › Security and account access › Security

Two-factor authentication	Choose Authentication app or a Security key . Text-message codes are only offered to paying Premium subscribers. Save the backup code on paper. If you see Passkey , set one up too.
Password protection	Turn on Password reset protect , so resetting your password also requires your email or phone.
Apps and sessions	Under Security and account access › Apps and sessions , remove apps you don't use and log out of any phone or computer you don't recognize. Do this after every password change.

06 If something goes wrong

A post or account bothers you	Tap ⋮ on the post or profile to Mute , Block , or Report .
You can't get in	Reset your password from the login screen. For a hacked account, visit help.x.com and search "hacked account."

Want a hand with this?

We'll walk through every setting in this guide with you, at your pace.

watchstander.tech hello@watchstander.tech

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