

Social Media Account Hacks

In This Module

- What is involved with social media account hacks?
- How and why do social media account hacks occur?
- How might we prevent these types of hacks?
- What can we do if our social media account gets hacked?

Social Media Account Hack

This sort of hack can happen with any type of social media account. The hacker will gain control of your account in order to steal your information and/or use your account to send out things like phishing schemes.

Why Do These Hacks Happen?

- Scams work better when they appear to come from someone you know, which is why hackers try to target and then use your personal social media account(s).
- Social media accounts also contain a good deal of personal information, which hackers can use and sell on the dark web.

Why Do These Hacks Happen?

Hackers will also hold accounts hostage for money and demand payment in order to turn control of your account back to you. (This can also happen to companies and other larger entities, though individuals can also be affected.)

How Do These Hacks Happen?

Here's what nefarious actors may be looking for when breaking into an account:

- Someone gives out information through scams like phishing
- Someone unintentionally downloads or gives permissions to a malicious app
- Someone accidentally click on a suspicious link or downloaded a suspicious browser extension
- Account information was already lost in a data breach

How Do These Hacks Happen?

Here's what nefarious actors may be looking for when breaking into an account:

- Individuals may have issues with password hygiene (i.e. weak passwords or lack of security layers like multi-factor authentication)
- Individuals used their account while on unsecured wifi networks

Using good data privacy practices like password hygiene and being alert to scams and suspicious apps can help you avoid this type of hack

Discussion

What social media accounts do you use? What sort of data and information do you have stored in those accounts? How are you protecting those accounts?

How To Spot a Hack

Be on the lookout for suspicious activity. Here are a few examples:

- Strange login activities
- A password that changed without your knowledge
- Changed settings
- A new profile picture
- Posts you did not make
- New followers or messages from people you do not know

How To Spot a Hack

Be on the lookout for suspicious activity. Here are a few more examples:

- Missing information
- Your contacts are getting weird messages from you
- Deactivated or suspended account
- Trouble logging in (or you are unable to login)

What To Do In The Event of a Hack

Triage your privacy settings and security by:

- Changing your password
- Making sure your account links to the correct recovery email address and phone number
- Implementing stronger security, like multi-factor authentication if you don't have it set up already
- Resetting your account settings and check your privacy settings

What To Do In The Event of a Hack

Report the activity and doing some clean up by:

- Cleaning up any unwanted activity
 - Deleting posts you didn't make
 - Fixing your profile picture
 - Unfollowing or blocking accounts that messaged or followed you during the hack

What To Do In The Event of a Hack

Report the activity and doing some clean up by:

- Reporting the hack to the social media company
- Warning others that your account was compromised
- If you feel comfortable, reporting the hack or any phishing scam you may have fallen victim to to law enforcement

Takeaways

- Social media account hacks can be incredibly stressful. We all have personal information on those accounts, and since we often rely heavily on them on a daily basis
- Remember, there are steps you can take to avoid becoming the victim of this kind of hack. Practice good password hygiene, monitor your accounts, and be alert to things like schemes and scams trying to obtain your data
- If your social media account has been hacked, act promptly to regain control and reset your account settings and security

Resources

“How To Recover Your Hacked Email or Social Media Account” from the FTC ([link](#))

“What to Do When You've Been Hacked” in *PC Mag* ([link](#))

“How to Recover When Your Facebook Account is Hacked” in *The Verge* ([link](#))

Questions?

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