

If you've decided to delete your social media account, follow these steps:

### **Instagram:**

1. Visit the Instagram website (account deletion is not possible through the app).
2. Log into your account and go to "Account settings."
3. Choose "Temporarily deactivate my account" or "Delete your account."
4. Select the reason for deletion.
5. Enter your password and confirm the action.

### **Facebook:**

1. Access the Facebook website or app.
2. Navigate to "Settings & Privacy."
3. Select "Account settings" → "Your Facebook information" → "Deactivate and deletion."
4. Specify the reason for deletion and confirm the action.