Download Your DATA from Facebook

If you want to download a copy of your post's, image's & video information from Facebook, you can use the "Facebook Download Your Information tool".

To download a copy of your Facebook data:

- Click ▾ in the top right of Facebook.
- Select Settings & Privacy, then click Settings.
- In the left column, select Privacy then click Your Facebook Information.
- Next to Download Your Information, click View.
- To add or remove categories of data from your request, click the boxes on the right side of Facebook.
- Select other options, including:
    - The format of your download request.
    - The quality of photos, videos and other media.
    - A specific date range of information. If you don't select a date range, you'll request all the information for the categories you've selected.
- Click Create File to confirm the download request.

After you've made a download request, it will appear as Pending in the Available Copies section of the Download Your Information tool. It may take several days for Facebook to finish preparing your download request.

Once FB have finished preparing your download request, they will send a notification letting you know it's ready.

To download a copy of data you requested:

- Go to the Available Copies section of the Download Your Information tool.
- Click Download and enter your password.

You can also click Show more to view information about your download request, such as the format and when it will expire.

When you request a copy of your information on Facebook, you can choose to receive it in an HTML or JSON format:

HTML: An easy to view format of your data on Facebook. You'll receive a ZIP file that, once opened and extracted, will contain an HTML file named index that you can open like a web page on your web browser. The ZIP file will contain folders with files, including any images and videos you've requested.

JSON: A machine readable format of your data that could allow you to transfer your information more easily when uploading it to another service.
Note: *Currently it's not possible to import a JSON file to your iVebo profile, if/when this becomes possible having your data in "JSON" format will make import possible*

*so consider downloading in both "JSON" & "HTML" from your Facebook platform, if only for safe keeping. * Ensure you have space on your device or alternatively you can use Facebook's transfer to online storage such as Dropbox.*
LINK: [Transfer a copy of your FB information to a online storage provider.](#)

You can also choose the quality of your media files (photos, videos) when you request a copy of your information. If you choose a higher quality version of your media, your download will be larger and take up more space.

Note: Keep in mind that your data request may contain private information. You should keep it secure and take precautions when storing or sending it, or uploading it to another service. You can always select specific sections when requesting a copy of your FB information.

If you've deactivated your FB account:

If you previously had a Facebook account but it's currently deactivated, you can [reactivate your account](#) by logging back into Facebook or by using your Facebook account to log in somewhere else.

Once you re-activate your Facebook account, you'll be able to access your information throughout your account or by using the [Download Your Information tool](#).