

Instructions on how to change your Facebook password on a computer or phone.

Changing your Facebook password every 3-6 months is recommended to ensure the security of your account against online threats. This is especially important if you have ever used a public device to log into your Facebook account.

Changing your Facebook password regularly is not only a simple way to protect your account, but also a proactive measure to prevent online hacking and scams.



Change your Facebook password regularly to prevent account hacking.

Article contents:

1. When should you change your Facebook password?
2. How to change your Facebook password after logging in
 - : 2.1. On a computer
 - 2.2. On a phone
3. How to change your Facebook password after logging out
 - : 3.2. On a computer
 - 3.3. On a phone

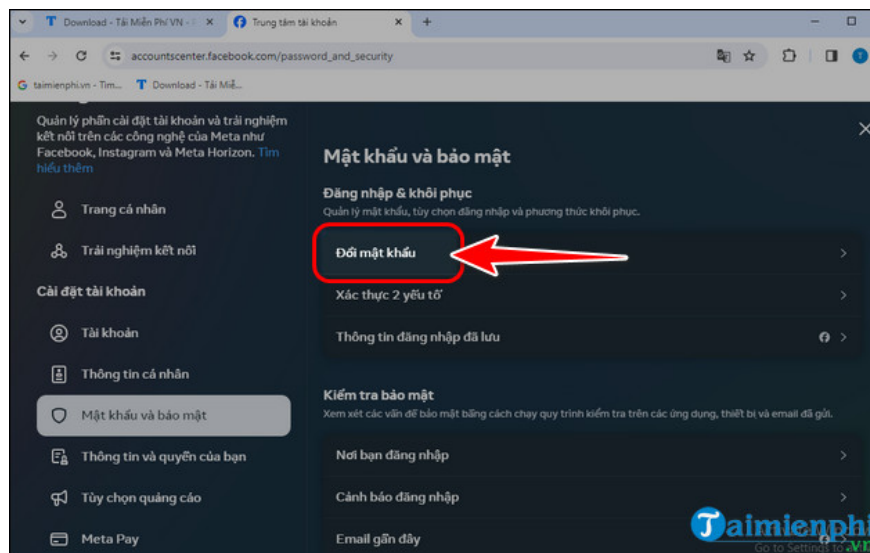
1. When should I change my Facebook password?

- Your Facebook account hasn't had its password updated in a long time.
- You've forgotten your old Facebook password .
- You suspect your Facebook login information has been compromised.
- You've detected unauthorized access to your Facebook account.

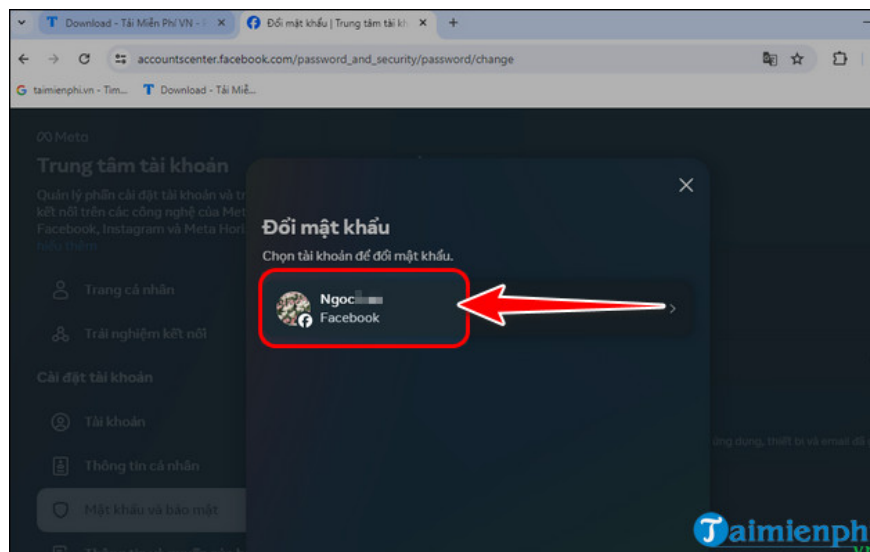
2. Instructions on how to change your Facebook password after logging in.

2.1. How to change your Facebook password after logging in on a computer.

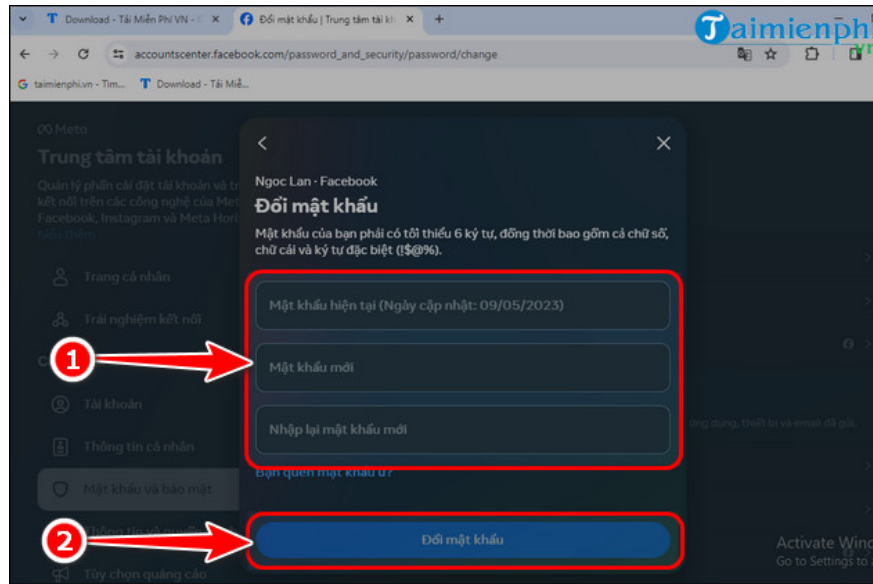
Step 1: Access the official Facebook password reset **link HERE** . => Select **Change Password** .



Step 2: Select the Facebook **account** you want to change the password for.

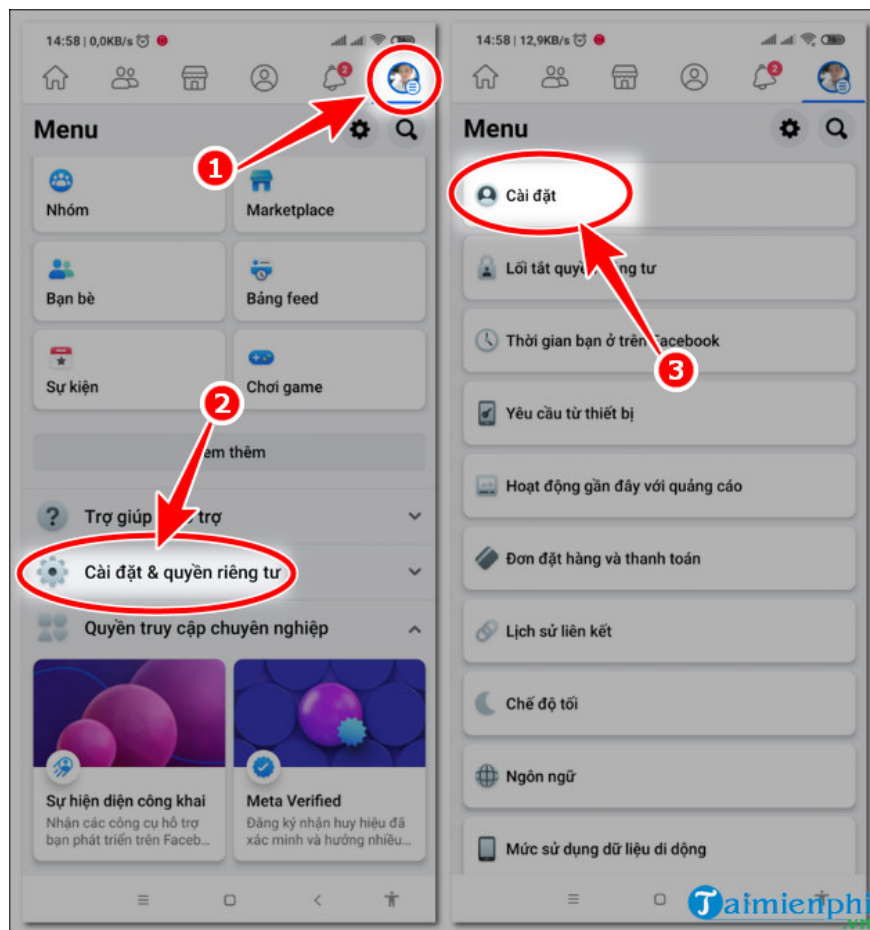


Step 3: Fill in your **old password, new password, and re-enter your new password** => Press **Change Password**.

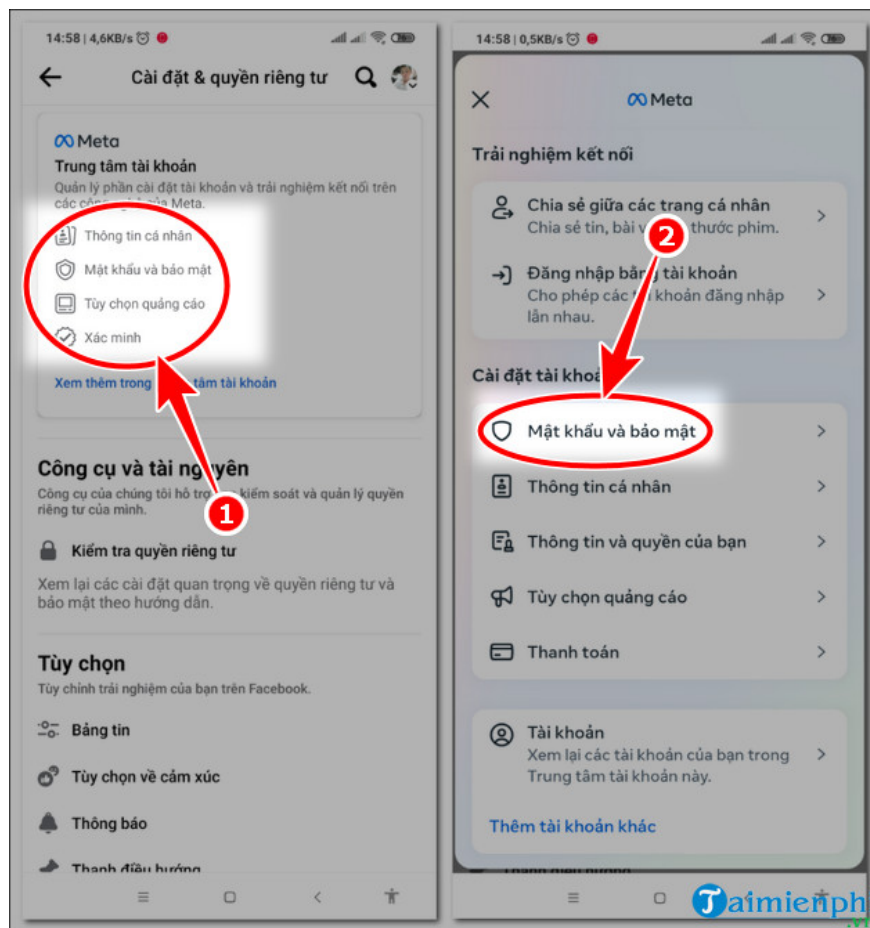


2.2. How to change your Facebook password after logging in on a mobile device.

Step 1: First, go to the Account **Menu** , select **Settings & Privacy** => select **Settings** .



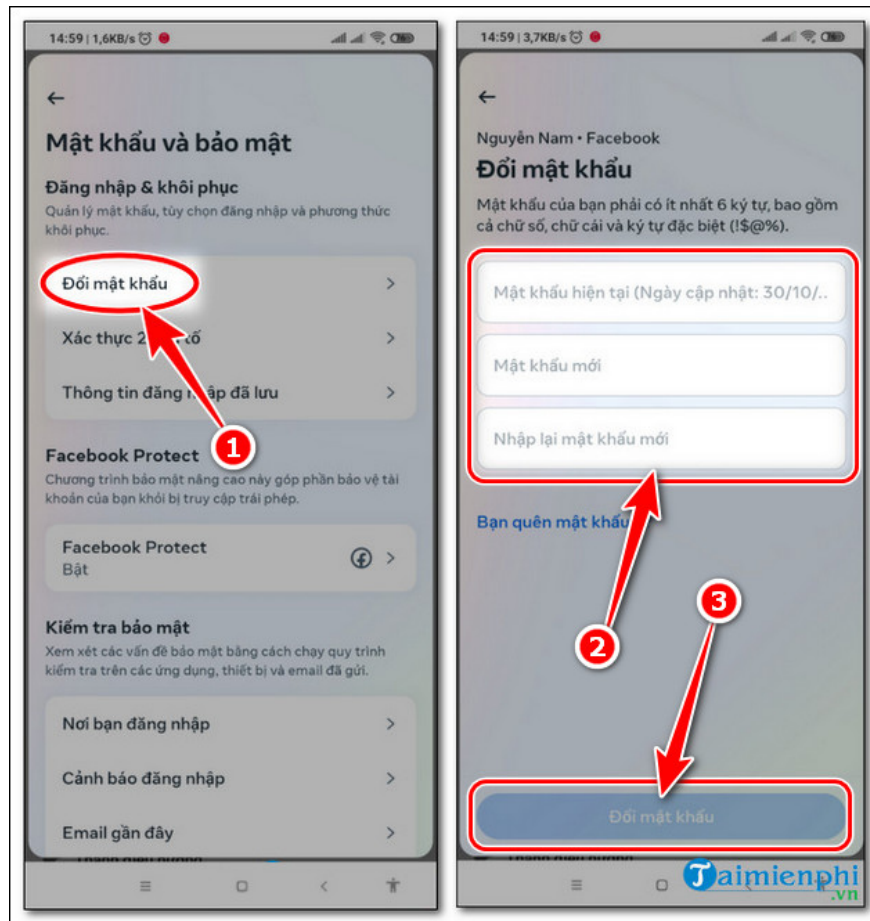
Step 2: Next, click on **Account Center** => select **Password and Security** .



Step 3: Select **Change Password**.

Step 4: Fill in **Current Password** , **New Password** , **Re-enter New Password** => Press **Change Password**.

- From the next login onwards, you will use this new password to log into your Facebook account.

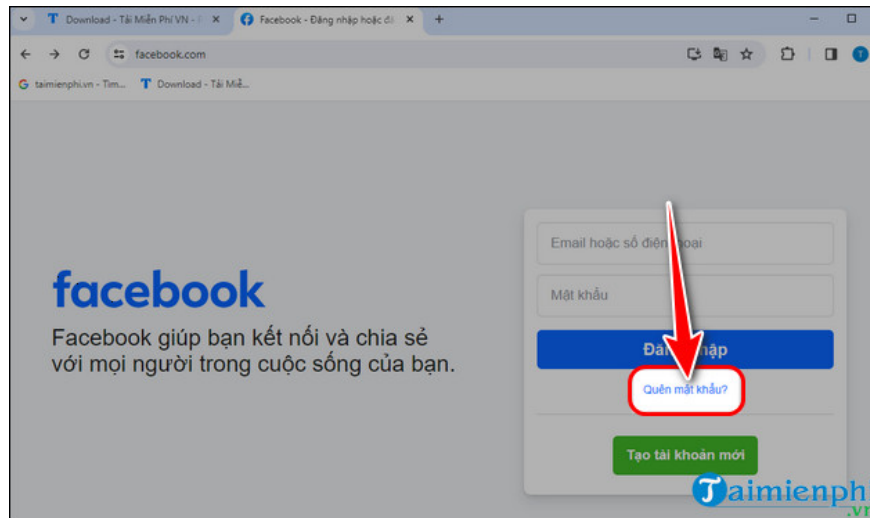


3. Instructions on changing your Facebook password after logging out.

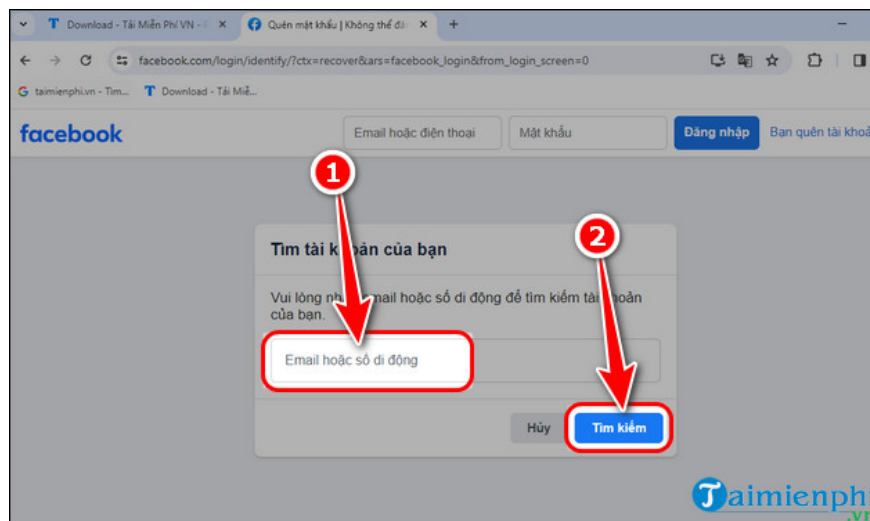
Advantages: You can easily change your Facebook password without having to recover your old password or remember it.

3.1. How to change your Facebook password after logging out on a PC

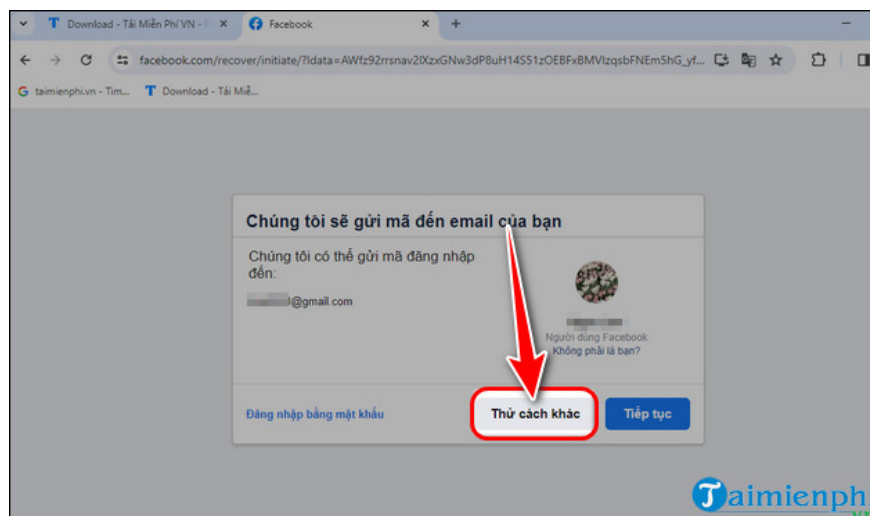
Step 1: Access the Facebook login page **HERE** => Select **Forgot password**.



Step 2: Enter **the email** or **mobile number** linked to your Facebook account => Click **Search**.

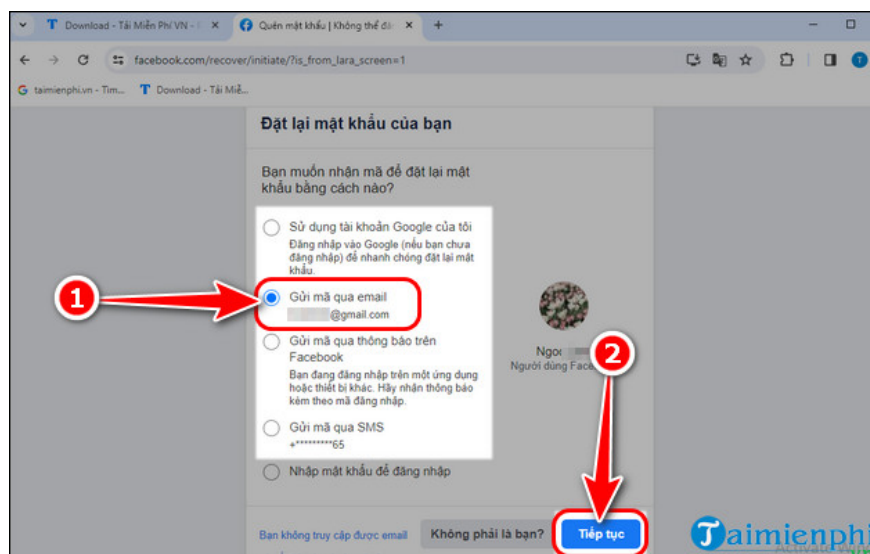


Step 3: Select **Try another way**.

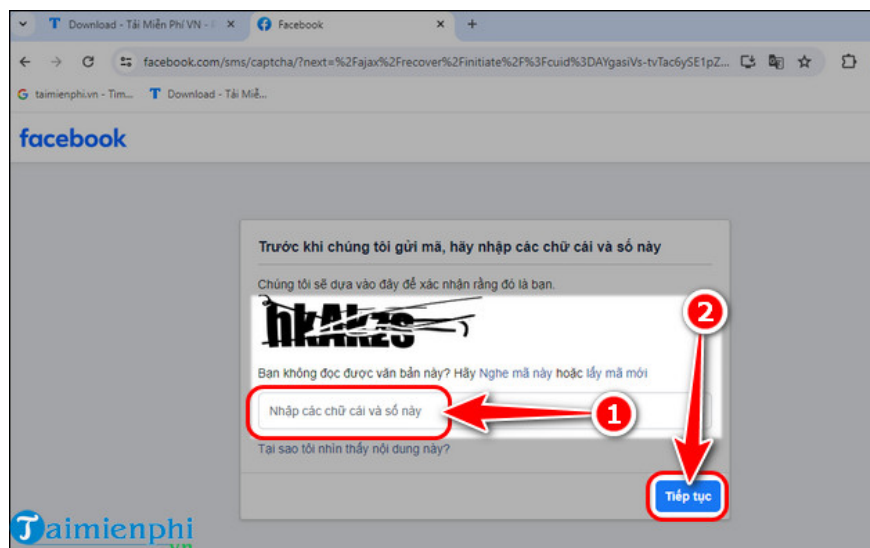


Step 4: Choose **one of four methods** to receive your Facebook password reset code.

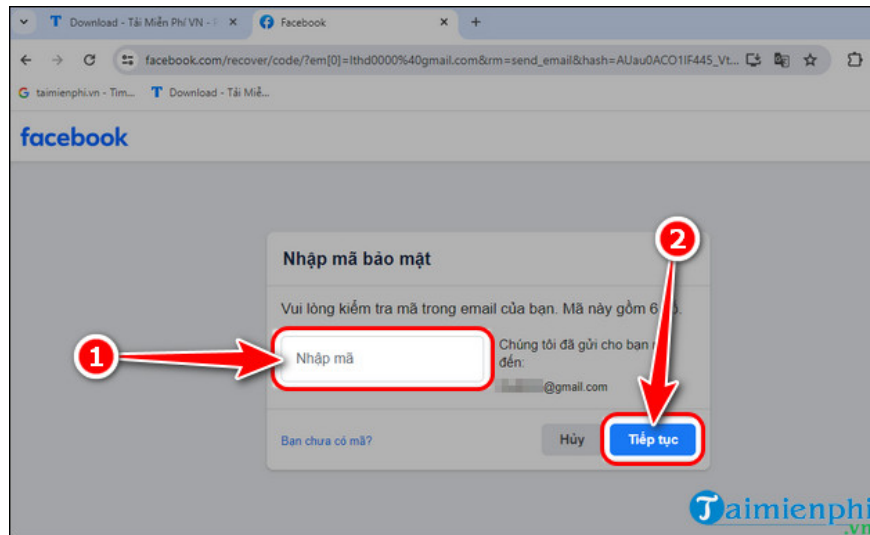
- **For example:** Free Download chooses to receive the login password code via **email** .



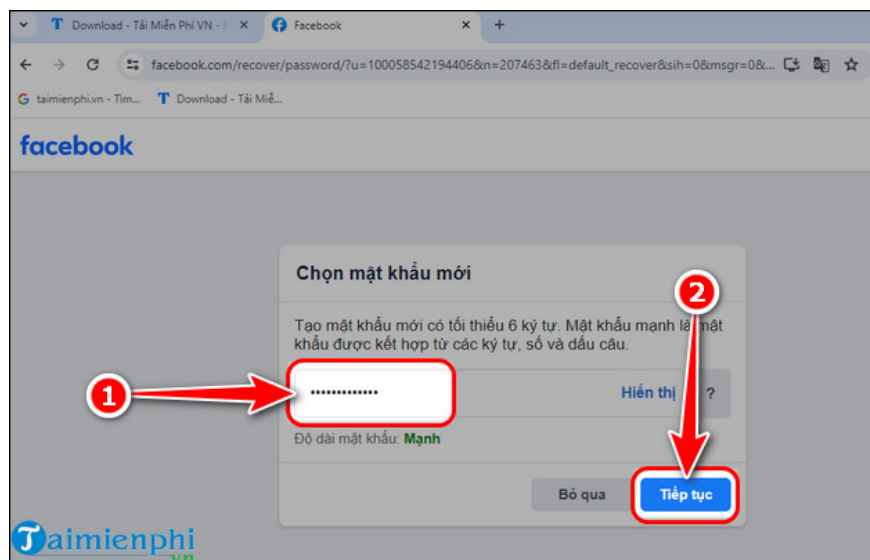
Step 5: Enter **the text** that appears on the screen => Press **Continue**.



Step 6: Enter the Facebook **password reset code** sent to you using the method in step 3 => Click **Continue**.

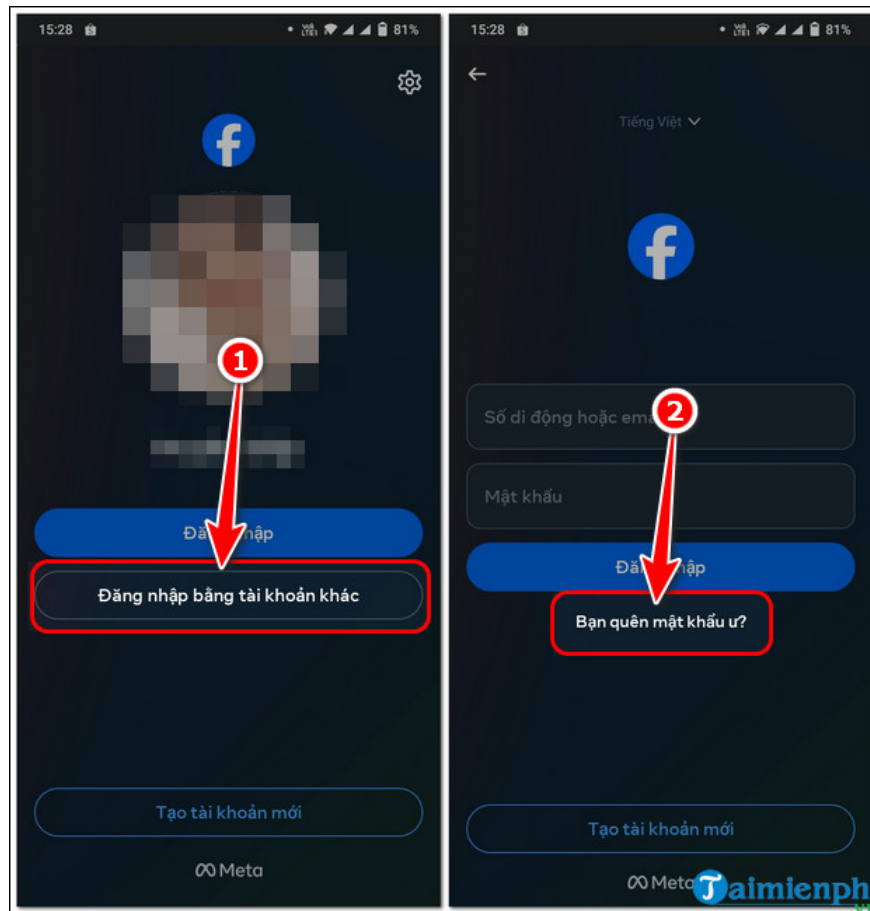


Step 7: Enter **your new password** => Press **Continue** to complete changing your Facebook password.



3.2. Instructions on changing your logged-out Facebook password on Android and iPhone

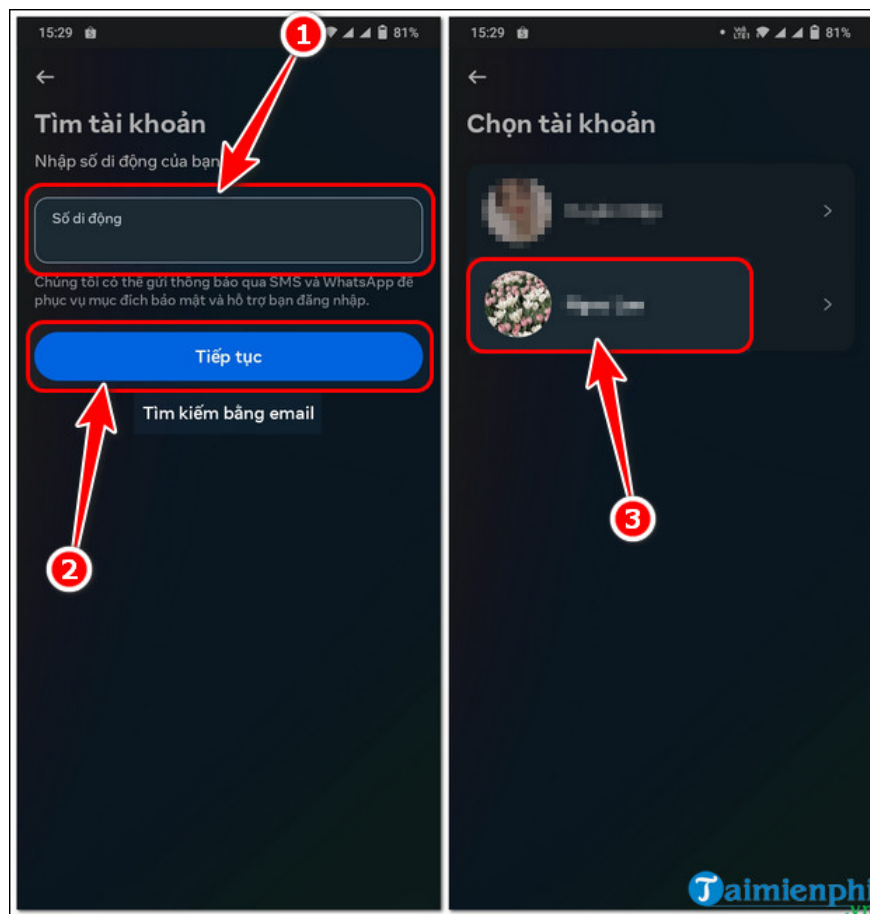
Step 1: Open the Facebook app, select **Log in with another account** => Tap **Forgot your password?**



Step 2: Enter **the phone number** linked to your Facebook account => Press **Continue** .

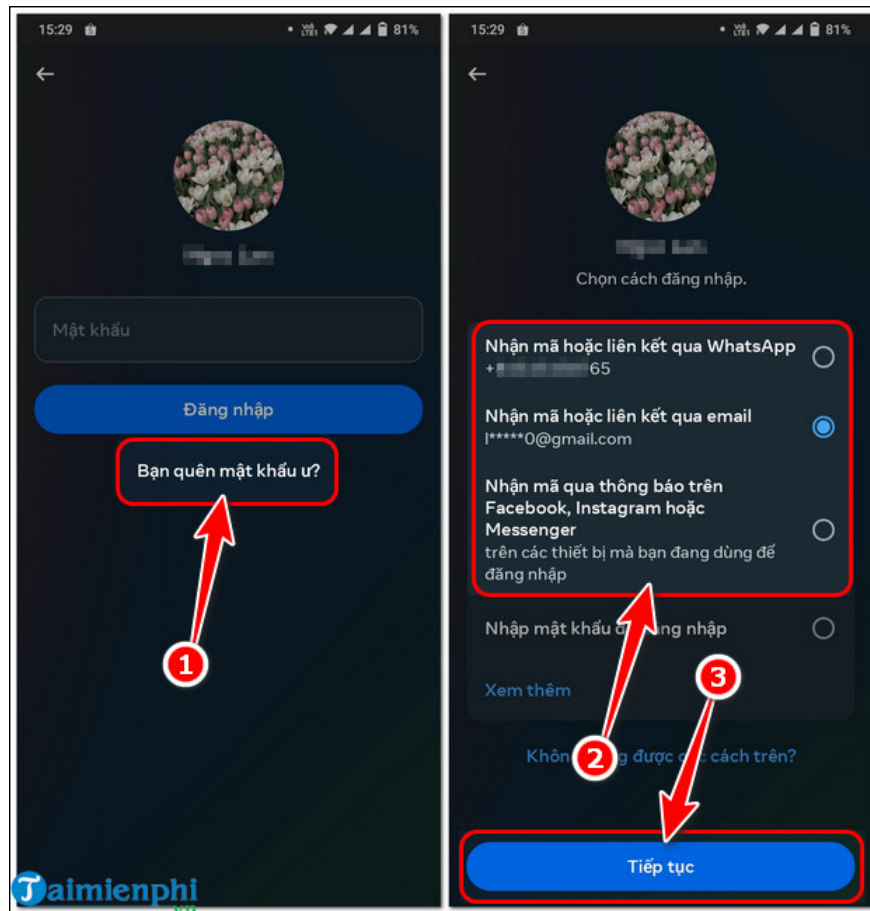
- If searching for Facebook using the phone number is unsuccessful, it means you haven't linked your Facebook account to your phone number. Switch to **Search by Email** => Enter **your email** to continue.

Step 3: Select **the Facebook account** you want to change the password for.



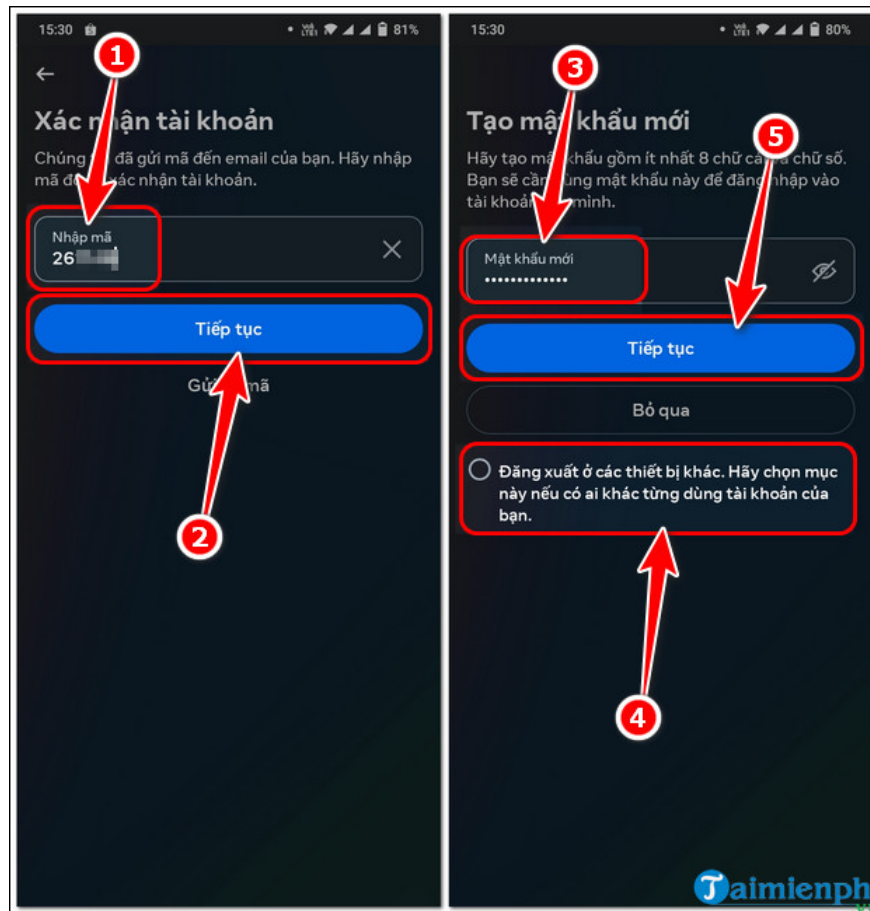
Step 4: Click "Forgot your password?" => Choose **one of three methods** to receive a password reset code => Click **Continue**.

- **Example:** Free Download chooses to receive the login code via **Email** address .



Step 5 : Enter the password reset code that Facebook sent => Press **Continue**.

Step 6: Enter your new password => Check " **Log out on all devices.** " if desired => Press **Continue** to complete.



Hopefully, with the Facebook password change method introduced above by Tai Mien Phi, you can proactively protect your account from online security threats. Make this a regular habit, and you can be more confident about your account access. You may never have to use the method of **recovering a hacked Facebook account** – a trick many people still use due to carelessness and not regularly updating their login information.

You finished reading the article "**Instructions on how to change your Facebook password on a computer or phone.**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.