# Social Media Check: Error 400 - Manage Instagram Permissions on Facebook



This guide outlines how you can manage your Instagram permissions through Facebook. If you have tried to add your Instagram account to the Social Media Check but have received the following message: "400: Session Invalid". By following these steps, you can easily adjust your future activity preferences, allowing you to add the Instagram account to the Social Media Check.

es Nav	igate to <u>https://</u>	/www.face	<u>book.com/</u> an	d login to your account.
<b>ing a small</b> iew minutes to	group of people for answer a short survey Start survey	<b>or their opini</b> ?	on	Sponsored WWW INTERFORMED INT
your mind, Sm deo	nc?	🙂 Feel	ing/activity	Per

# 2 Click your profile icon



k	•	00	Þ	G	0	· · · · · · · · · · · · · · · · · · ·
			( <b>*</b>		×	Smc Consent
	Smc. we're a	Smc, we're asking a small group of people for their opinion Could you take a few minutes to answer a short survey?				SupportTeam
	Could you take					See all profiles
		start survey				Settings & privacy
	What's o	on your mind, Sm	ic?			PHelp & support
	Ol Live	video	Photo/video	😧 Feel	ing/activity	C Display & accessibility
	+ Create st Share a ph	<b>ory</b> oto or write somet	hing.			Give feedback CTRL B
	Mancheste 2d · 📀	Evening News 🥥	Follow		×	Privacy · Terms · Advertising · Ad choices ▷ · Cookies · More · Meta © 2025
	The water bottle th	at brought his life o	crashing down			





#### 5 Click "See more in Accounts Centre" 0 C Search Facebook ▶ ଳ 0 .... Settings & privacy Find the setting that you need Q Search settings Q Search settings ∞ Meta Accounts Centre Most visited settings Manage your connected experiences and account settings across Meta technologies. Personal details O Password and security Ad preference Verification See more in Accounts C Blocking Activity log Dark mode View and manage your activity on Facebook. Review people you've previously blocked or add someone to your blocked list. **Tools and resources** Our tools help you control and manage your privacy. Privacy Checkup Looking for something else? Family Centre Default audience settings Privacy Centre Preferences 1 Learn how to manage and control your privacy across Meta products. Customise your experience on Facebook. Reaction preferences



7 Click "Your activity off Meta technologies"

#### Accounts Centre Manage your connected experiences and account settings across Meta technologies such as Facebook, Instagram and Meta Horizon. Learn more

& Connected experiences

Password and security
 Personal details

Ad preferences
Meta Pay
Subscriptions

(2) Accounts

E Your information and permissions

Profiles

Account settings

#### Your information and permissions

<b>G</b> >
>
>
>

View, download or transfer your information and activity on our apps.

Your activity off Meta technologies	>
Specific ad partners	>
Manage contacts	0 >
Manage cookies	>

Control what information Meta technologies can use to influence your experiences.

### 8 Click "Manage future activity"



## 9 Click "Connect future activity."

Acc	ounts Centre		Your information and permissions	
Manag accour such a Horizo	je your connected experienc ht settings across Meta tech s Facebook, Instagram and n. Learn more	ces and nnologies Meta	Access your information	0 >
ô	Profiles		Download your information	>
&	Connected experiences	-	Transfer a copy of your information	<u> </u>
Accou	unt settings	Nanage fut	ture activity	``
0	Password and security	Used for 2 accour	nts ×	
ė	Personal details	Connect future We'll connect in about your inte	activity iformation that businesses and organisations send us	>
Ē	Your information and per			>
£J	Ad preferences	Disconnect fut We'll disconnect	ure activity t information that businesses and organisations send organisations with them	0 >
	Meta Pay	This is your cur	rent experience	>
<b>S</b>	Subscriptions	If you decide to disc	onnect your future activity, we'll also clear your previous activity.	periences.
0	Accounts			

5

# Click "Confirm".

