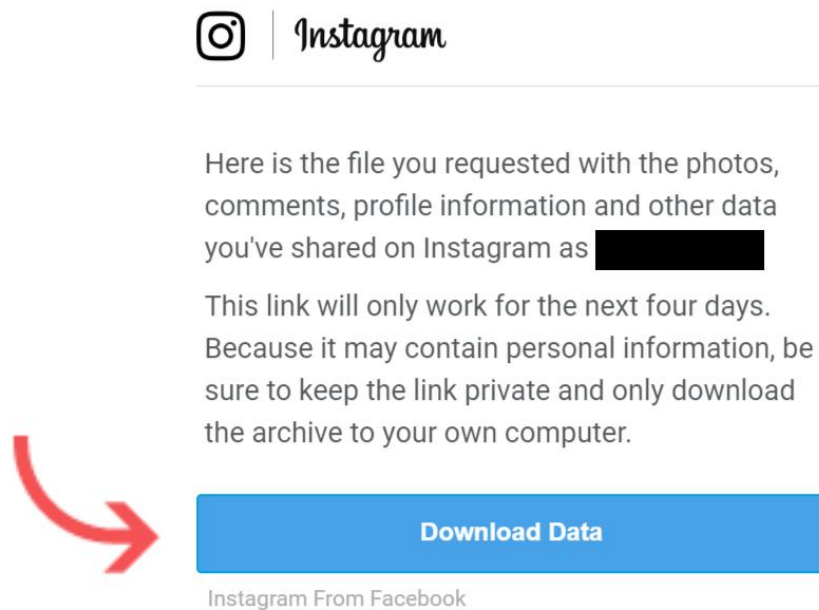


Upload Your Instagram Data

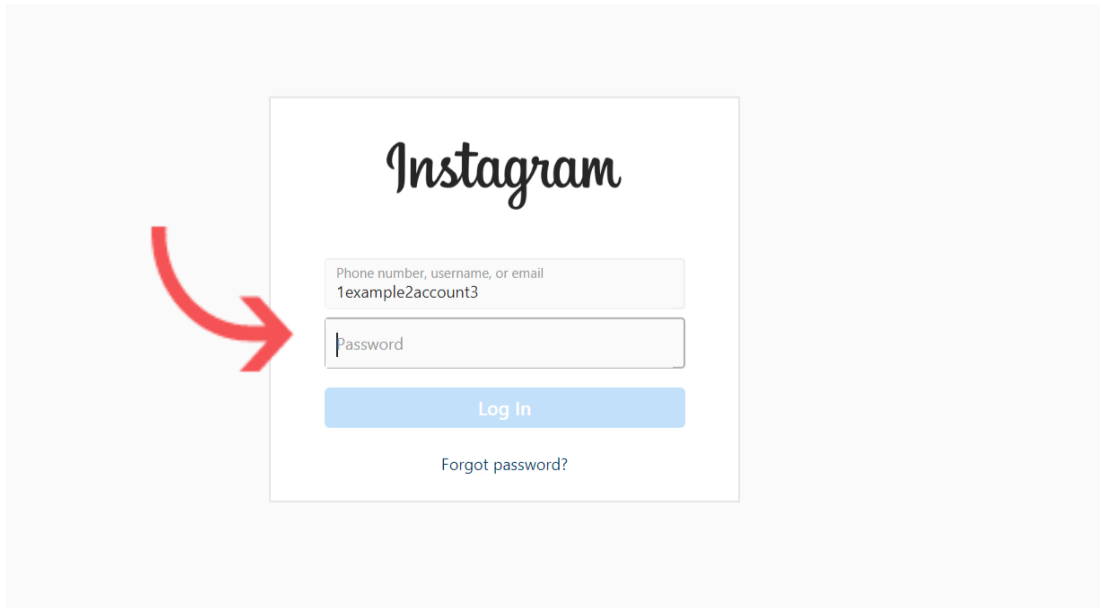
For downloading and uploading your data, we highly recommend that you access Instagram through their website on a computer/laptop, as your Instagram file may be very large, and to conveniently locate the file on a computer. In case of technical difficulties, please email us at stirlab@ucf.edu.

To complete the following steps, you need to have your email account opened up and navigate to the email sent by Instagram, titled "Your Instagram Data".

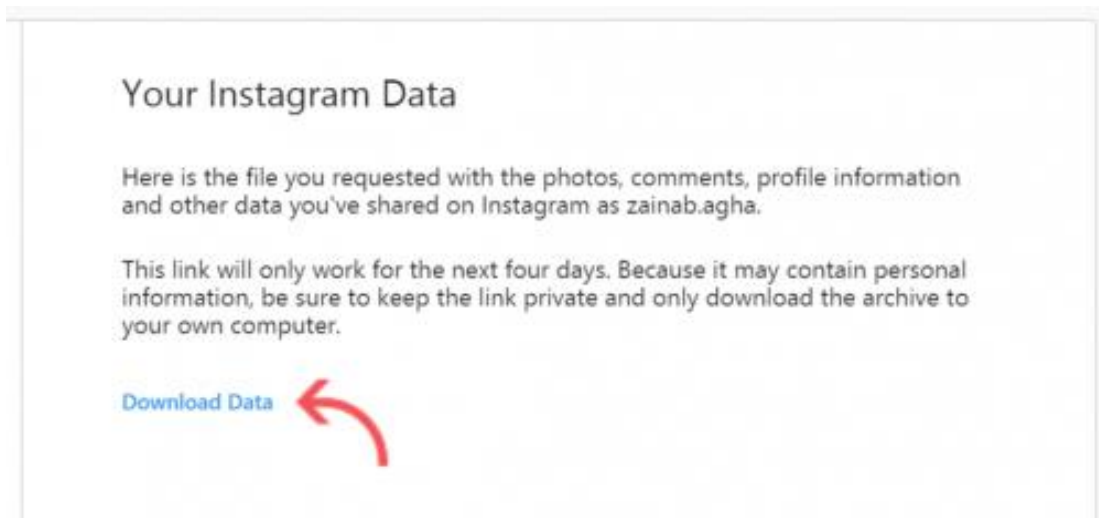
1. Once you have opened the email from Instagram, similar to the one below, click **Download Data**.



2. A window will pop up, directing you to the Instagram login page. Next, **Log In** to your Instagram account.



3. You will be directed to the following page. Depending on the size of your data, you may have a single file or multiple files in your data. In case of a **single file**, please click "**Download Data**" as shown in the image below.



In case of **multiple files**, please download **all parts** of the data by clicking on each of the links, as shown below. Please note that each of these will be downloaded as a separate zip file.

Your Instagram Data

Here is the file you requested with the photos, comments, profile information and other data you've shared on Instagram as 1example2account3_20191023.zip

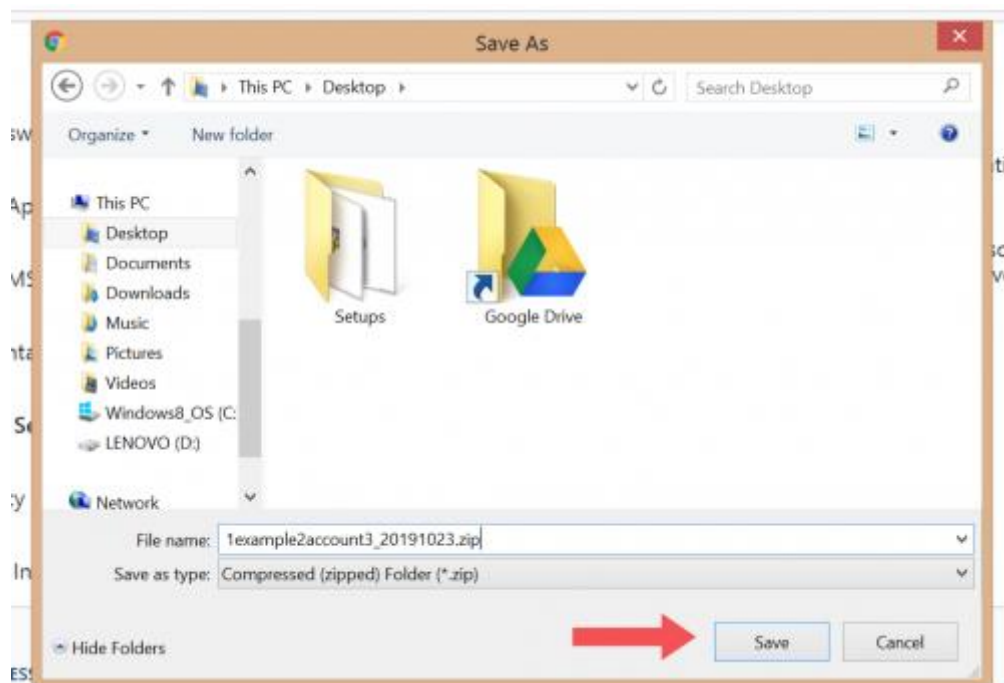
This link will only work for the next four days. Because it may contain personal information, be sure to keep the link private and only download the archive to your own computer.

[Download Data - Part 1](#)

[Download Data - Part 2](#)

[Download Data - Part 3](#)

4. Choose a location on your computer where you can conveniently find the data file. Click **Save**. Please **do not** rename the .zip files.



5. Once you have saved the Instagram file(s) on your computer, go to the location that you have saved the file(s) to review the content of your file(s).

It is important that you delete any content from your file that you do not want to

share with researchers at this time.

To do this, navigate to the location where your Instagram zip file(s) are located. First, unzip the zipped folder. In windows, this can be done by right-clicking and selecting "Extract All". Mac users can double-click on the folder to unzip it.

Next, browse all folders, including "photos", "stories", "videos" to view your Instagram data. You can directly delete any images or videos that you do not want to share with the researchers.

To review the text-based content of your Instagram data, including posts, captions, direct message conversations, links, or etc., you will need to use a text editor to open the JSON files included in the folder(s). You can use notepad or download a JSON editor (e.g. for Windows <https://bit.ly/2Zl4mqk>) to do this. You can edit the file to delete any text-based content that you do not want to share with the researchers. However, it is important that you **only remove the content between quotations** and after the colon on right hand side (e.g. "text": "[Removed content was here]"). Please make sure that this instruction is followed since JSON files have a specific format that if modified in a wrong way, your data cannot be processed, and you will receive an error message on the upload page. In addition, please **do not** delete the JSON files completely as this will prevent your data upload from working.

Please make sure to delete any content (e.g., images, memes, videos, links, etc.) that depicts nudity of a minor (a person under the age of 18). The researchers are required by law to report child pornography found to the proper authorities.

Per Florida Statutes 847.001(9): "Nudity" means the showing of the human male or female genitals, pubic area, or buttocks with less than a fully opaque covering; or the showing of the female breast with less than a fully opaque covering of any portion thereof below the top of the nipple; or the depiction of covered male genitals in a discernibly turgid state. A mother's breastfeeding of her baby does not under any circumstance constitute "nudity," irrespective of whether or not the nipple is covered during or incidental to feeding.

After you have reviewed your Instagram data, rezip your files. In Windows, this can be done by right-clicking the main Instagram folder, selecting "Send To" and selecting "Compressed (zipped) folder" from the dropdown menu. In Mac, this can be done by right-clicking and selecting "Compress". Please use the default names provided when you originally downloaded your zip files.