Step by Step Guide – Downloading Instagram DDP on Browser

Before beginning the download process, please ensure:

- You have adequate storage on your device to download the package
- You know your Instagram password

Go to https://www.instagram.com/

Step 1 – Open Instagram profile

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Step 2 – Open 'Your Activity'

Step 3 – Select 'Download your Information'

Click 'Continue'



Select 'More' in the bottom right corner of the profile page, then select 'Your Activity'.



This will open a tab with some information and a button saying 'Request a download'. Select 'Request a download'

Step 5 – Select 'Complete copy'

This will provide you with two option – 'complete copy' and 'selected types of information'. We advise that you select 'complete copy', and use our data donation software to filter out the information you want to donate as this can then be better

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Account settings	You can download a complete copy or select the types of information to include in your file. If your download includes multiple profiles, you can select the <u>types of information for each profile</u> .			
② Accounts	Complete copy			
🚊 Personal details	Your file will include a complete copy of the information available for your selected accounts. May take longer to download			
O Password and security	Select types of information			
E Your information and permissions	Your file will include the information that you choose for your selected profiles. For example, you can download just your photos or messages.			
Ad preferences				

Step 6 – Add your email address

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Manage your connected experiences and account settings across Meta technologies such as Facebook, Instagram and Meta Horizon. Learn more	Download your information	
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Step 7 – Select Format 'JSON'

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Please select 'format' to change the default 'HTML' to 'JSON'.

Step 8 – Select Date range 'Last 6 months'

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Step 9 – Submit Request

Check that the information is correct as shown in the example below (JSON, last 6 months). Select the submit request button, which will then show as a 'pending download'. You should receive an email saying that your data request is being processed.

Step 10 – Wait for download to process

In our experience, this takes a little time. You are welcome to exit the Instagram app while the data request processes. You will receive an email when your data download is ready. If you do not have email notifications on your Mac, we would recommend checking in after 1 day.