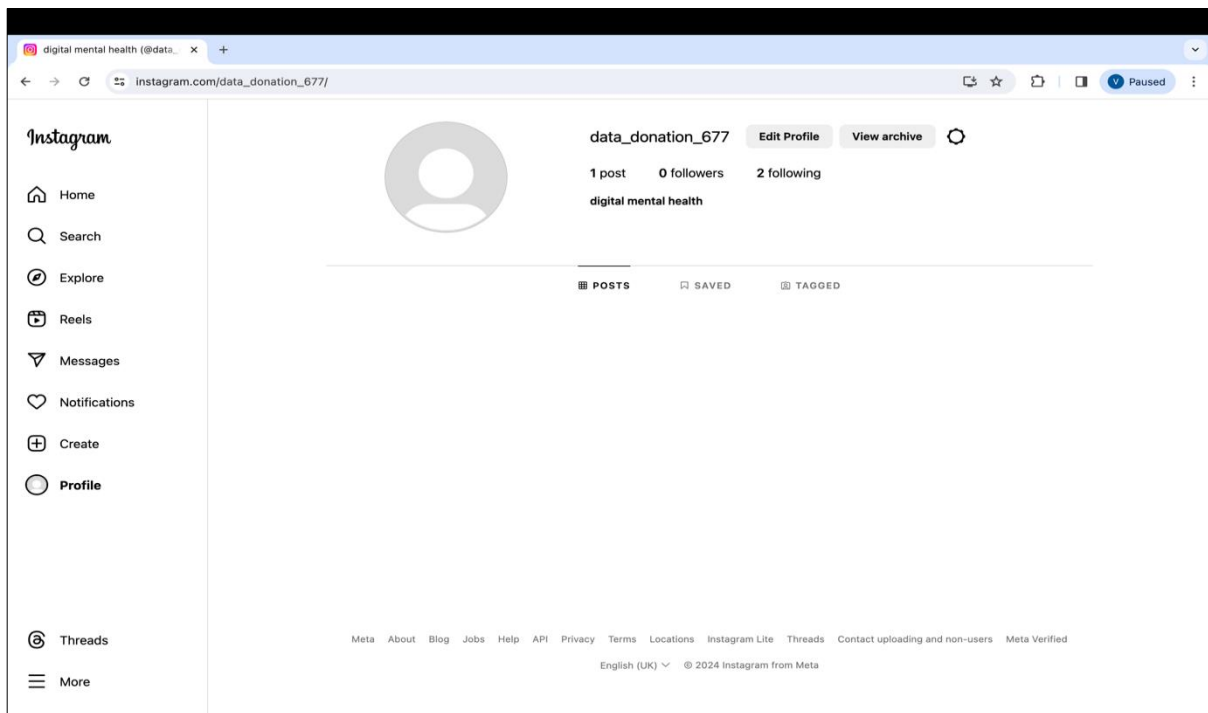# Step by Step Guide – Downloading Instagram DDP on Browser

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/

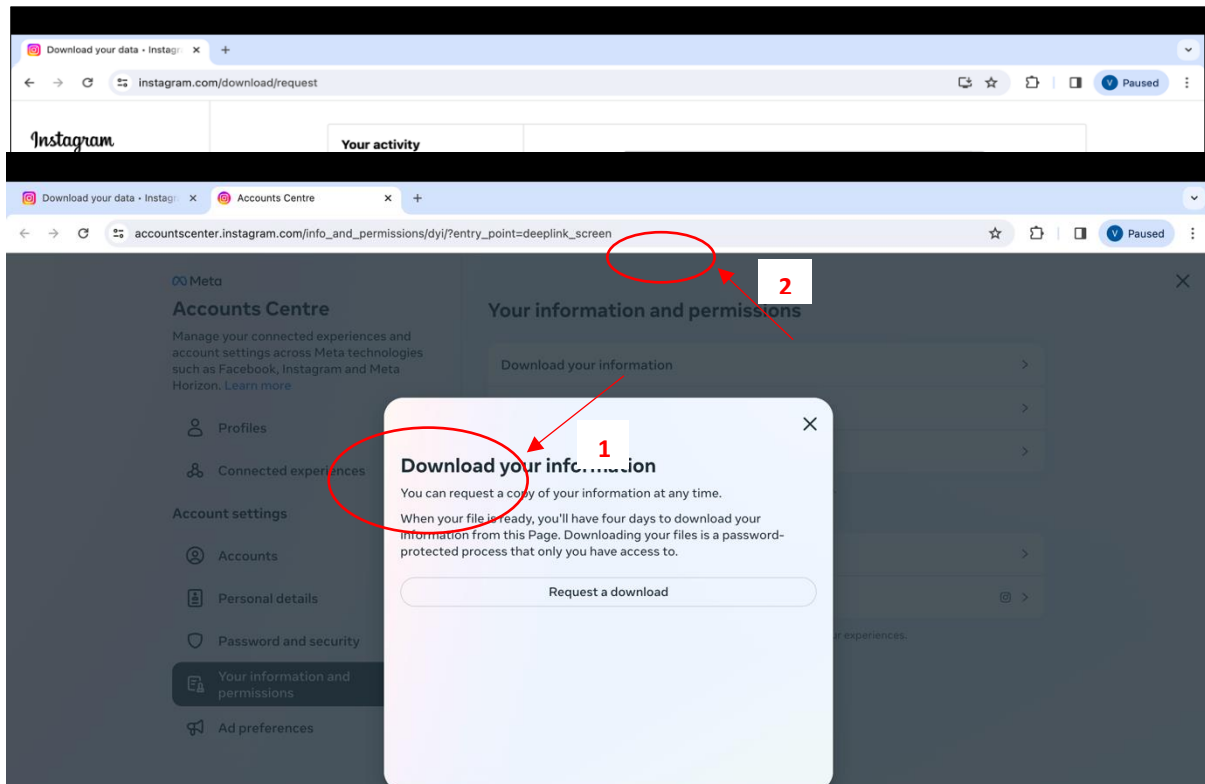## Step 1 – Open Instagram profile

Step 2 – Open 'Your Activity'

Step 3 – Select 'Download your Information'
Click 'Continue'

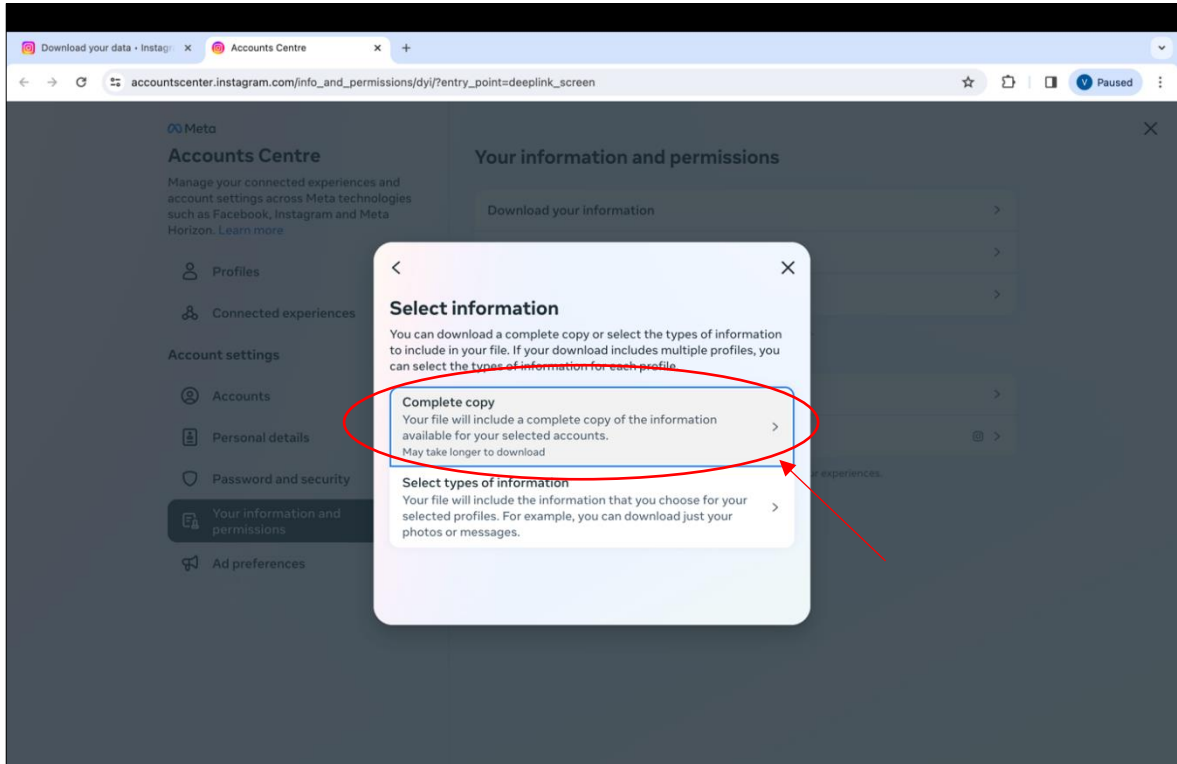Select 'More' in the bottom right corner of the profile page, then select 'Your Activity'.
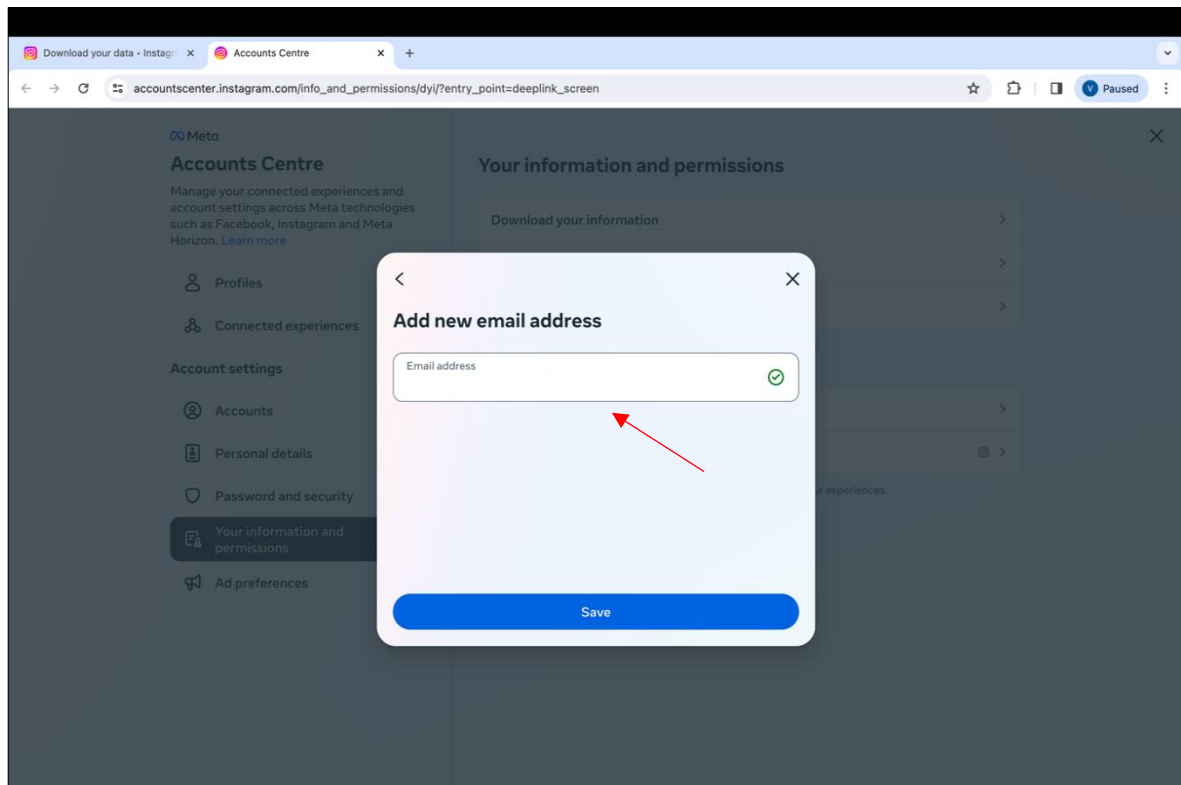

Step 4 – Select 'Request a Download'
This will open a tab with some information and a button saying 'Request a download'.
Select 'Request a download'

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
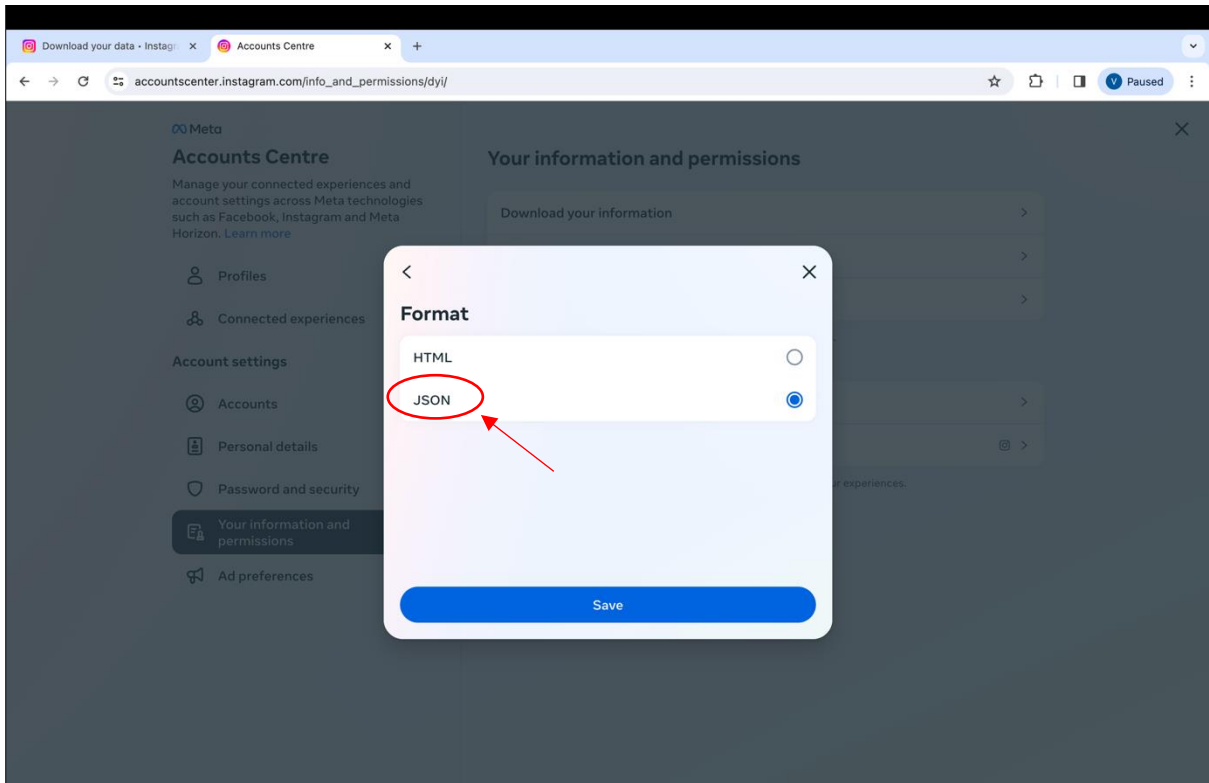
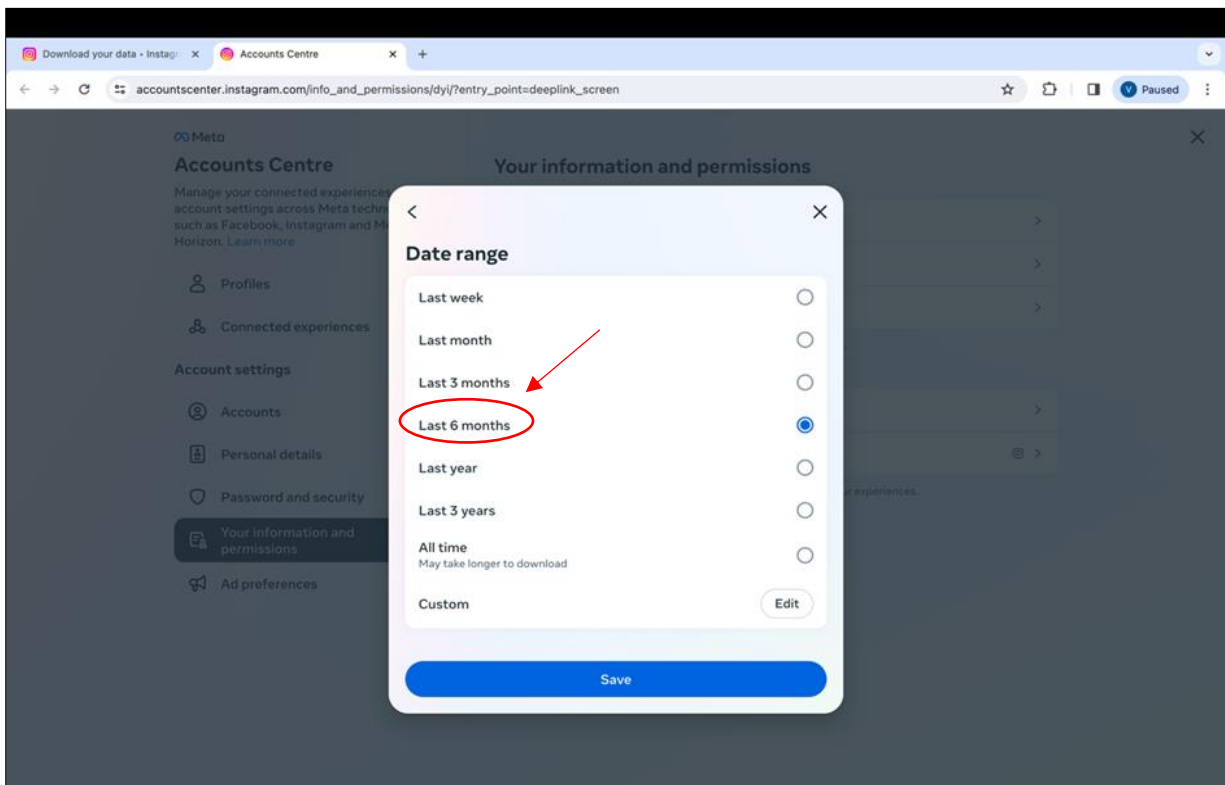

Step 6 – Add your email address

Step 7 – Select Format 'JSON'

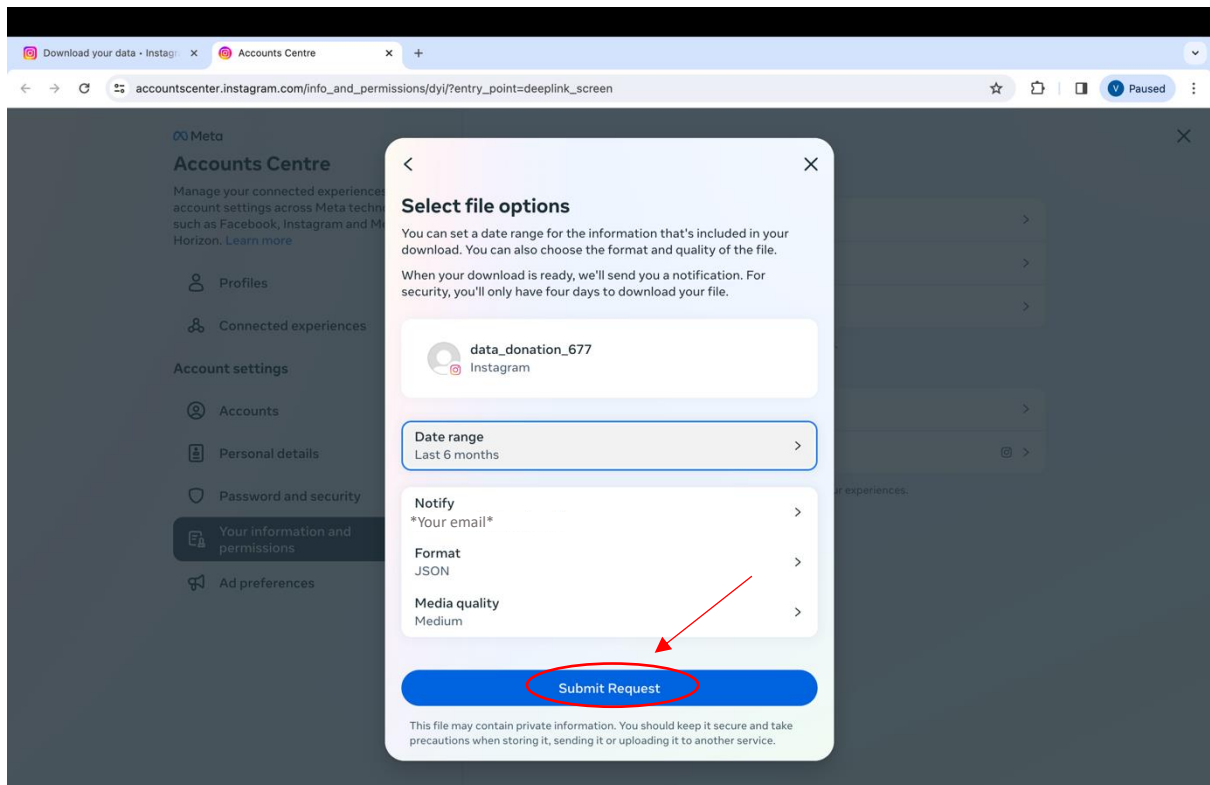Please select 'format' to change the default 'HTML' to 'JSON'.

Step 8 – Select Date range 'Last 6 months'

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.