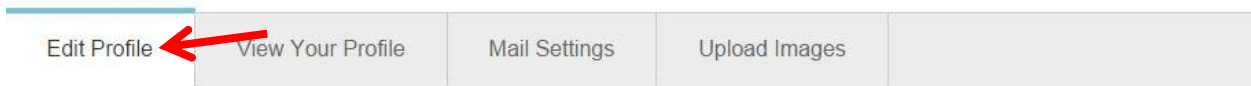


Plenty of Fish Privacy Settings

To access your Plenty of Fish account settings, click “Edit Profile” on the top right of the screen.



Under the “Edit Profile” tab,



If your profile contains sexual language of any kind your account will be deleted.

scroll to the bottom of the page. This will allow you to change your biographical and account information.

ESSENTIAL INFORMATION - You can change your birthday and gender within 2 weeks of signing up. After that, it can't be changed.

Username*	<input type="text"/>	Email*	<input type="text"/> @yahoo.com
Birthdate*	<input type="text"/> - <input type="text"/> - <input type="text"/>	Gender*	Female ▾
Ethnicity*	Caucasian ▾	Country*	United States ▾

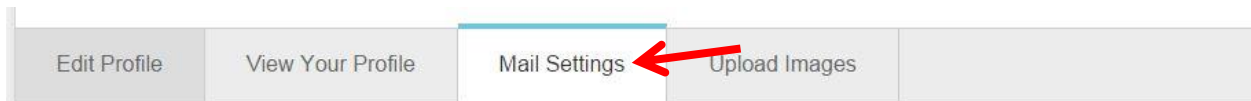
Update Registration

CHANGE PASSWORD - Fill in all fields below to change your password (max 20 characters).

<input type="text"/>	Old Password*	<input type="text"/>	New Password*	<input type="text"/>	New Password Again*
----------------------	---------------	----------------------	---------------	----------------------	---------------------

Update Password

Under the “Mail Settings” tab,



All of these restrictions only apply when someone is trying to make **FIRST CONTACT**.
After a first contact has been made both parties can email each other regardless of these restrictions.

Plenty of Fish

you can select what you would like to receive notifications for. You can also restrict who can contact you based on gender, location, and age.

ADJUST YOUR MAIL SETTINGS

You can limit who is allowed to contact you by setting these options. (Ex. By selecting 'female', you are allowing only women to contact you. etc.)

Gender	<input type="text" value="Anyone"/>	Age Between:	<input type="text" value="Any Age"/> to <input type="text" value="Any Age"/>
Country	<input type="text" value="Any"/>	Within:	<input type="text" value="Any"/>
First contact messages must be:	<input type="text" value="Any Size"/>	Allow a user to see that I viewed their profile:	<input type="text" value="Yes"/>

To see the list of users you've blocked, [Click here.](#)

Email address:
(New mail notifications are sent to this address)

Your Time Zone:
DSST= Start of Daylight Savings Time

Send me an email when I have mail at POF:	<input checked="" type="radio"/> Yes <input type="radio"/> No
Send me an email when someone says yes to me on meet me:	<input checked="" type="radio"/> Yes <input type="radio"/> No
Send me weekly matches:	<input checked="" type="radio"/> Yes <input type="radio"/> No
Send me an email when someone adds me to their favorites:	<input checked="" type="radio"/> Yes <input type="radio"/> No
Allow emails from Local Singles Events:	<input checked="" type="radio"/> Yes <input type="radio"/> No
Allow emails (first contact) from users without images on their profile:	<input checked="" type="radio"/> Yes <input type="radio"/> No
Allow emails (first contact) from only upgraded users:	<input type="radio"/> Yes <input checked="" type="radio"/> No

[Update Mail Settings](#)

The "Frequently Asked Questions" section contains additional information that can be useful, such as how to "Block User"

Block User

To block a user from contacting you:

You must have a message from them in your inbox. Open the conversation with the user you wish to block, and click on the Block User link in the thread, located next to the reply box.

After you block a user, they will still be able to search for your profile but they will not be able to contact you.

To unblock a user:

Open any conversation in your inbox and click Users I Blocked on the right side of the page. Then click Unblock User next to the username of the person you wish to unblock.

If a user has blocked you:

You will not be able to send them a message.

- You may be blocked from messaging a user if you do not meet the criteria they specified in their [Mail Settings](#).

Hide Profile

Hide Profile

To hide your profile:

Click **Edit Profile**. Under the tabbed menu, click the link next to: **"To hide your profile from others, click here"**

- When your profile is hidden, you will not appear in basic or advanced search results.
- You can hide your profile once your account is over 24 hours old.

To unhide your profile:

Click **Edit Profile**. Click Edit Profile. Under the tabbed menu, click the link next to: **"To unhide your profile from others, click here"**

When your profile is hidden, you will not appear in basic or advanced search results.

If you have hidden your profile, the following users will still be able to see your profile:

- Users you contact after you hide your profile
- Users who have messages in your inbox
- Users on your favorites list
- Users who have you on their favorites list
- Users who search your username in Username Search

Plenty of Fish

Delete Your Profile

Delete Your Profile

You are a valued member of the POF community. If you have met someone, we wish you the very best! You are always welcome here in the future.

To delete your POF profile:

Click [here](#). Select To delete your account Click Here, and fill out your username, password, and reason for leaving.

Please note that once you have deleted your account it cannot be reactivated, so we urge you to reconsider!

For some great tips on how to make your profile more desirable, click [here](#).

If you decide to delete your profile, it is recommended that you sanitize the account (remove photos, personal information, ect.) and let the profile sit blank for approximately 6 months. This will allow Google to cache a blank profile.