Disabling Autoplay on Facebook

Mobile (iOS)
In the Facebook app, select the icon of three lines in the LOWER right corner, then Settings>Account Settings>Videos and Photos>Autoplay, and select "Never Autoplay Videos."

Mobile (Android)
In the Facebook app, select the icon of three lines in the UPPER right corner, then Settings & Privacy>App Settings>Autoplay, and select "Never Autoplay Videos."

Desktop
Click the downward carrot icon in the upper right corner of the home screen (directly to the right of the question mark help icon) and select "Settings." Choose "videos" from the menu on the far left, then switch the setting for "Auto-Play Videos" to "Off."

NOTE: Disabling autoplay on your phone will not disable autoplay when accessing Facebook from a tablet or computer. You must disable autoplay on every device that you use to access Facebook!

Disabling Autoplay on YouTube

Mobile (iOS)
Launch YouTube on your iOS device. Start playing any YouTube video, locate the Up Next section underneath the video that is playing. You will see "Autoplay" to the right of the Up Next section. Press the Autoplay slider and it will turn from blue to grey disabling autoplay for YouTube.

Mobile (Android)
In the YouTube app, select your profile picture in the UPPER right corner, then Settings>Autoplay, then click the slider next to "Autoplay next video." When it turns from blue to gray you have successfully disabled autoplay for YouTube!

Desktop
Go to Youtube.com and start playing any YouTube video, In the top right-hand corner, underneath your profile picture, you will see "AUTOPLAY" Click the slider net to Autoplay and it will turn from blue to gray.

Disabling Autoplay on Netflix

Login to Netflix.com or open the Netflix app and click on the dropdown next to your profile avatar. Click account>Select Playback Settings>Uncheck the box marked "Play next episode automatically" and then make sure to click SAVE!

NOTE: The Netflix autoplay settings can be set for each profile. If you have multiple profiles on your Netflix account you will need to repeat the above steps for each profile in order to disable Autoplay for everyone!