There are a number of reasons why you would want to download videos from Facebook, and by doing so you are highly dependent on the service and version you are using. We’ve compiled a simple method for downloading videos from Facebook:

1. Open the Facebook video you want to download.
2. Right-click on the video and select “Save Video As” or “Download Video” from the context menu.
3. Choose a location on your computer to save the video.

Make sure to export them into a safe place that you can access later. This method works for most Facebook videos, but it may not work for some.

To ensure you get the best-quality video, make sure you are using the latest version of the app.

The above method is simple and effective, but it may not work for all videos. If you encounter any issues, please check the Facebook help center for more information.

By following these steps, you should be able to download your favorite Facebook videos and enjoy them offline.

Note: This method may not work for all Facebook videos, and it is possible that Facebook may change its policies in the future, so it's always a good idea to check their help center for the most up-to-date information.

If you have any questions or if you need further assistance, please feel free to ask.

Happy downloading!