



PROTECTING MY PRIVACY AND DEFENDING MY DATA: A HOW-TO GUIDE

WHAT DO YOU WANT TO KEEP PRIVATE?

- Passwords
- Identifiable Information (phone number, address)
- Personal Information (Social Security number, date of birth)

HOW CAN I MAKE PASSWORDS MORE SECURE?

Strong passwords can prevent phishing and spamming attempts.

- Diceware - <https://www.eff.org/dice>
- Two-factor authentication - Use as a secondary way to authenticate such as a text message, email, or phone call.
- Use a password manager

WHAT DATA IS ACCESSIBLE ABOUT ME?

METADATA

Geolocation data, IP address, browser, and operating system data.

SOCIAL MEDIA

Data I've shared, contact information, my contacts, photos, and more.

SEARCH ENGINES

What does Google know about me?
<https://myactivity.google.com/myactivity>

TOOLS TO CONSIDER

PASSWORD MANAGERS

LastPass- <https://lastpass.com>

SEARCH ENGINES

DuckDuckGo- <https://duckduckgo.com>

BROWSERS & PLUGINS

Tor - <https://www.torproject.org/download>
Privacy Badger - <https://www.eff.org/privacybadger>
Adblock Plus - <https://adblockplus.org>

MESSANGER

Signal- <https://signal.org>



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