

Quick Wins: Things Everyone Should Do 👍

-  Use strong, unique passwords (20-25 characters)
-  Use a password manager (Apple Passwords, 1Password, Bitwarden)
- Use a remailer service for online accounts
-  Enable Multi-Factor Authentication (MFA) everywhere
- Setup a Passkey when prompted
-  Keep all software and devices updated

Common Apps That Are Actually Spying on You

Even apps you trust collect far more data than necessary—and sometimes break the law doing it.

BGR - Common iPhone Apps Spying on You



Siri

Recorded private conversations through contractors. Apple paid \$95M settlement in 2025.



Chrome

Tracks you even in "Incognito" mode. Google fined \$425M for tracking opted-out users.



TikTok

€530M fine for making user data accessible to China. Tracks keystroke patterns.



DoorDash

Shares home addresses & order history with marketers. \$375K fine in California.



LinkedIn

€310M fine for unlawful behavioral tracking. Collects device data via push notifications.



Cleaner Apps

70% share location, purchase history, and device IDs with third parties.