

# 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.