

# Virtual Private Networks (VPNs)

## What a VPN Does:

- Masks your IP address and location
- Encrypts your internet traffic
- Protects you on public Wi-Fi

## When to Use a VPN:

- ☕ On public Wi-Fi (coffee shops, airports, hotels)
- ✈️ When traveling
- 🏠 To hide your browsing from your ISP

**⚠️ Note: Choose reputable VPN providers—some free VPNs sell your data!**

# Not All VPNs Protect You

A 2025 study of 800 free VPN apps found serious security issues:

6%  
of free iOS VPNs request  
deep system access

The Problem:

If the VPN is free, **you're the product**. Free VPNs often log your data and sell it to advertisers or worse.

Better Options:

- 🍏 iCloud Private Relay - Built into iPhone with iCloud+
- 🛡️ Trusted paid VPNs - Norton, ExpressVPN, NordVPN
- 🔍 Research first - Check independent reviews before downloading

25%  
lack a valid privacy manifest  
(you can't see what data  
they collect)