

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

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

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