






More Quick Wins

-  Use privacy-focused search engines (DuckDuckGo)
-  Use privacy-focused browsers (Firefox, Safari, Brave)
-  Cover your webcam when not in use
-  Lock your devices automatically
-  Review app permissions regularly

Take Control: Meta/Facebook Settings

Meta Privacy Settings

Stop ad targeting based on external data:

- Go to Ad Preferences → Manage Info
- Select "Activity information from ad partners"
- Choose "No, don't make my ads more relevant"

Disconnect your activity:

- Go to Your Information and Permissions
- Select "Your activity off Meta technologies"
- Choose "Disconnect future activity"