

Privacy Protection Checklist for Women

Take control of your digital privacy with this comprehensive guide. Protecting your personal information online is essential for your safety and peace of mind.



Social Media Privacy Settings

Review Your Profile Visibility

Set your profile to private on all platforms. Control who can see your posts, photos, and personal information. Remove location data from your bio.

Audit Friend Lists & Followers

Regularly review and remove unknown contacts. Be selective about who you accept. Consider creating custom friend lists for sharing different content.

Limit Third-Party App Access

Revoke permissions for apps you no longer use. Check what data apps can access and minimize permissions to essential functions only.

Disable Facial Recognition

Turn off automatic photo tagging features. Prevent platforms from using facial recognition technology to identify you in photos posted by others.

Location Settings & Digital Footprint

Manage Location Tracking

- Turn off location services when not needed
- Disable location history in Google and Apple accounts
- Remove GPS data from photos before sharing
- Use "precise location" only when necessary

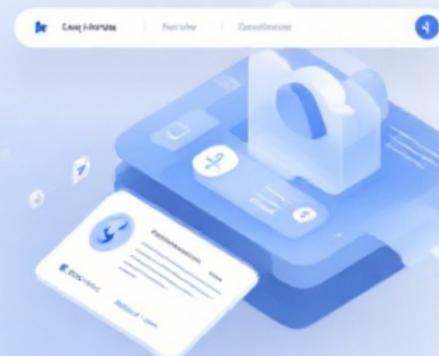
Smart Sharing Practices

- Avoid posting real-time location updates
- Wait until after events to share photos
- Disable "check-in" features on all apps
- Review location permissions quarterly



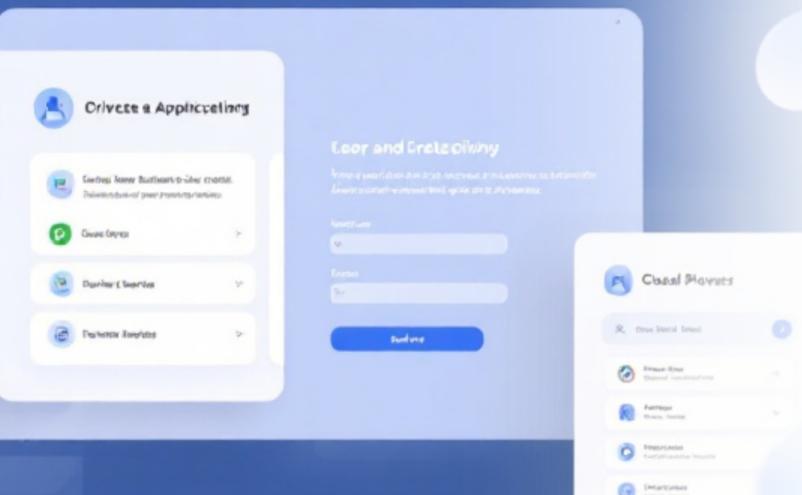
Secure web browsing to clean privacy protection

Collection for the secure web browsing protection



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Privacy Protection

Can you only use services with privacy protection
and conditions shared & transparent.



CHAPTER 3

Search Engine Privacy & Browsing



Use Private Browsers

Switch to privacy-focused search engines like DuckDuckGo or Brave. Enable private browsing mode and clear cookies regularly.



Install Browser Extensions

Add privacy extensions like uBlock Origin and Privacy Badger. Use HTTPS Everywhere to encrypt your connections automatically.



Manage Search History

Regularly delete your search and browsing history. Disable search personalization in your account settings to reduce data collection.

Data Broker Removal & Account Security

01

Identify Data Brokers

Search for your name on people-search sites like Spokeo, Whitepages, and BeenVerified to see what information is publicly available.

02

Submit Opt-Out Requests

Visit each data broker's opt-out page and follow their removal process. Keep records of your requests and confirmation emails.

03

Enable Two-Factor Authentication

Activate 2FA on all important accounts using authenticator apps rather than SMS. This adds a critical layer of security.

04

Use Strong, Unique Passwords

Create unique passwords for each account using a password manager. Never reuse passwords across different platforms.

05

Monitor Account Activity

Regularly check login history and connected devices. Remove any unrecognized access and update passwords immediately if suspicious.

Device Privacy Essentials

Mobile Device Protection

- Set strong passcodes and biometric locks
- Enable automatic device locking
- Keep software and apps updated
- Review app permissions monthly
- Enable "Find My Device" features

Computer & Network Security

- Use a VPN on public Wi-Fi networks
- Enable firewall protection
- Install reputable antivirus software
- Encrypt sensitive files and folders
- Secure your home network with strong passwords



Your Monthly Privacy Audit Checklist

1

Week 1: Social Media Review

Check privacy settings, review followers, audit tagged photos, and update security questions on all platforms.

2

Week 2: Location & Browser Check

Review location permissions, clear browsing history, update browser extensions, and verify VPN functionality.

3

Week 3: Account Security Sweep

Change important passwords, verify 2FA settings, check login history, and remove unused connected apps.

4

Week 4: Device & Data Maintenance

Update all software, review app permissions, run security scans, and check for new data broker listings.



Remember: Digital privacy is an ongoing practice, not a one-time task. Small monthly actions create powerful long-term protection.

About Cybersecurity Non-Profit

Making cybersecurity knowledge accessible to everyone through education, community, and practical resources.

Our Programs

- **Business & Non-Profit Security** — Protecting organizations of all sizes
- **Family Cybersecurity** — Keeping families safe online together
- **Kids Safety** — Age-appropriate digital safety education
- **Senior Digital Safety** — Empowering seniors with confidence online
- **Women's Security** — Specialized privacy and safety resources
- **Parents & Educators** — Tools to guide the next generation

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