

# 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

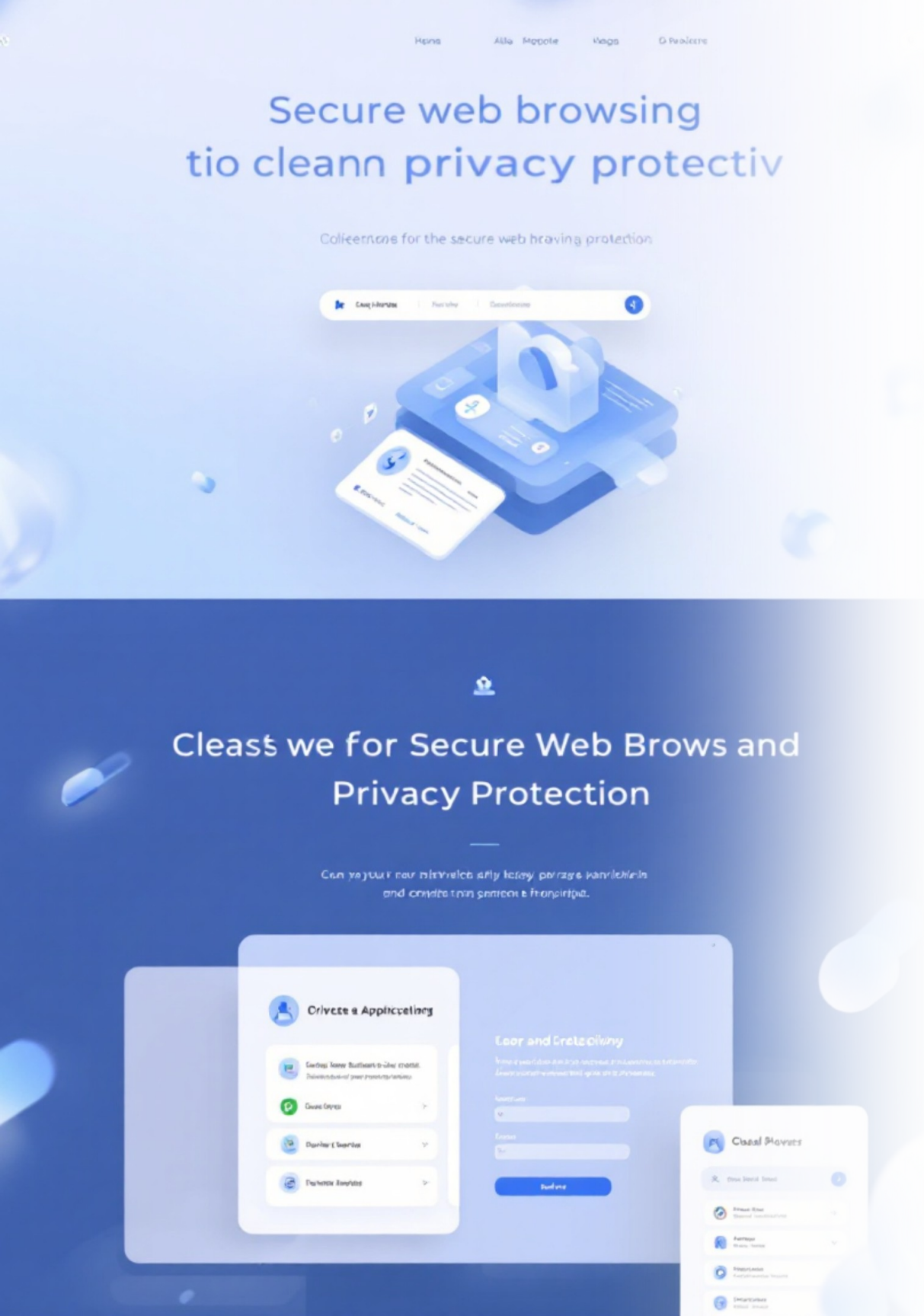
## Manage Location Tracking

- 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





## 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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