

Reduce your digital footprint

A plain-English checklist - work through at your own pace. Every item helps.

You don't have to do this all at once. Pick one section at a time. Even completing one section makes you a harder target.

Section 1: Data Brokers

- Search your name on Google and note what comes up
- Visit Google's "Results About You" tool
myaccount.google.com/data-and-privacy
- Request removal from Spokeo
spokeo.com/optout
- Request removal from Whitepages
whitepages.com/suppression-requests
- Request removal from BeenVerified
beenverified.com/svc/optout/search/optouts
- Suppress your background report from Intelius
app.intelius.com/privacy-center/
- Opt out of pre-screened credit offers
optoutprescreen.com

Section 2: Social Media

- Set Facebook profile to Friends only (not public)
- Hide your birthday year on Facebook
- Remove or hide your phone number from your profile
- Review who can see your friends list
- Turn off location tagging on posts
- Remove your employer and hometown if not needed
- Review apps connected to your Facebook account
[Settings](#) → [Apps and Websites](#)

Section 3: Email & Breaches

- Check your email at HaveIBeenPwned
haveibeenpwned.com — *free and safe*
- Change passwords for any breached accounts
- Stop using your main email for contests and sign-ups
Create a free "junk" Gmail for these
- List and close old email accounts you no longer use
- Unsubscribe from email lists you no longer use

Section 4: Google Account

- Review and pause Location History
myaccount.google.com → [Data & Privacy](#)
- Review and pause Web & App Activity
- Remove third-party apps with account access
myaccount.google.com → [Third-party apps & services](#)
- Delete old Google searches if desired
- Check devices signed in to your Google account

Section 5: Passwords & Old Accounts

- Stop reusing the same password across sites
- Set up a free password manager
Bitwarden is free and well-regarded
- Turn on two-factor authentication for email and banking
- Review Google Password Manager to check for old accounts
myaccount.google.com → [Security & sign-in](#) → [Password Manager](#)
- Make a list of accounts you no longer use
- Close or deactivate those old accounts
justdeleteme.xyz (*has direct links to some*)
- Remove saved payment info from sites you rarely use