6 Habits for Protecting Your Personal Information

1 Share Only the Essentials

Before you post anything, ask yourself if everyone needs to know about it. Keep sensitive information to yourself (your address, vacation dates, etc.).

2 Adjust Your Privacy Settings

For all the platforms you use (social media, AI, apps, etc.):

- Make sure your profile is private and not public.
- Disable access to any unnecessary information or permissions (your location, your microphone, etc.).

3 Choose Your AI Tools Carefully

- Do your research and choose an AI platform that respects your privacy.
- Never share personal information (medical, financial, etc.).

4 Use a Secure Browser

- Choose a browser that respects your privacy.
- Adjust your browser's privacy settings.
- Use private browsing.

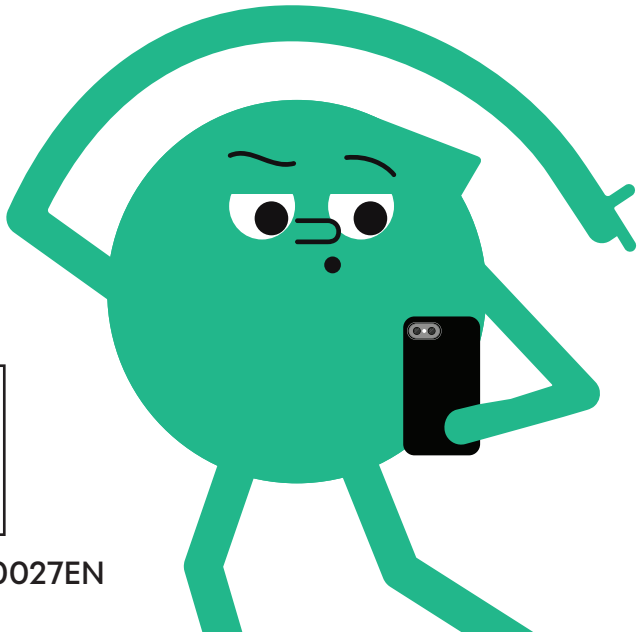
5 Don't Make Unnecessary Accounts

Avoid scattering your information across the internet. Before you make a new account:

- Check to see if you can use the site or app as a guest.
- Use temporary email addresses or aliases.

6 Create Strong Passwords

- Your password should be unique, include a variety of characters (upper case, lower case, numbers, special characters), and be fairly long.
- You can use a password manager to help you.



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