STEP-BY-STEP DIGITAL PRIVACY GUIDE

THE CYBER Mamushka

The Ultimate Digital Privacy Guide

In an era where digital tracking is becoming increasingly pervasive, protecting your privacy has never been more important. Apps, websites, and services constantly collect user data, often without clear consent. This guide provides essential steps to help you minimize tracking, secure your personal data, and take control of your digital footprint.

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1. Stop Location Tracking

📍 **Why it matters:** Many apps track your location—even when you're not using them. This can be used for targeted ads or worse, potential security risks.

✅ **How to disable it:**

- **iPhone**: Go to *Settings* > *Privacy & Security* > *Location Services* and set apps to "While Using" or "Never."
- **Android**: Go to *Settings* > *Location* > *App Permissions* and limit access to only necessary apps.
- **Bonus**: Disable Google Location History by visiting myactivity.google.com and turning off location tracking.

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2. Prevent Apps from Eavesdropping

🎤 **Why it matters:** Apps with microphone access can listen in on conversations, potentially using them for ad targeting.

✅ **How to stop it:**

- **iPhone:** Go to Settings > Privacy & Security > Microphone and revoke access for unnecessary apps.
- **Android:** Go to Settings > Privacy > Permission Manager > Microphone and remove permissions.
- **Extra Tip:** Use a hardware mic blocker or tape over the microphone for additional protection.

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3. Limit App Permissions

🔐 **Why it matters:** Apps often request access to contacts, photos, and messages that are not necessary for their function.

✅ **How to take control:**

- Review and adjust permissions under Settings > Privacy on both iOS and Android.
- Revoke access to contacts, camera, and storage for apps that don't require them.
- Remove unused apps that may still collect data.

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4. Block Website Tracking

🌐 **Why it matters:** Websites use cookies and trackers to monitor browsing activity, often for targeted advertising.

✅ **How to minimize tracking:**

- Use privacy-focused browsers like Brave, Firefox, or DuckDuckGo.
- Install browser extensions like uBlock Origin and Privacy Badger to block trackers.
- **Disable third-party cookies in Chrome:** Settings > Privacy and security > Cookies and other site data > Block third-party cookies.

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5. Disable Always-On WiFi & Bluetooth Scanning

📶 **Why it matters:** Even when not connected, phones scan for WiFi and Bluetooth networks, which can be used to track location.

✅ **How to fix it:**

- **iPhone & Android:** Go to Settings > WiFi & Bluetooth and turn off scanning when not in use.
- Disable Bluetooth when unnecessary to reduce tracking risks.

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6. Use a VPN for Online Privacy

🕶️ **Why it matters:** A VPN encrypts internet traffic, preventing companies and hackers from tracking online activity.

✅ **How to use a VPN:**

- Choose a trusted VPN such as ProtonVPN, Mullvad, or NordVPN.
- Activate it when using public WiFi to prevent data interception.

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7. Reduce Google & Big Tech Tracking

🔍 **Why it matters:** Tech companies collect extensive user data for targeted advertising and profiling.

✅ **How to stop it:**

- Use DuckDuckGo instead of Google Search and ProtonMail instead of Gmail.
- Visit *myactivity.google.com* to review and delete stored data.
- Opt out of personalized ads in *Google Settings > Ads > Opt-out of Ads Personalization*.

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8. Secure Social Media Accounts

🔓 **Why it matters:** Social media platforms gather personal data, and inadequate security increases hacking risks.

✅ **How to enhance security:**

- Enable Two-Factor Authentication (2FA) for all social media accounts.
- Review privacy settings and limit public visibility of personal information.
- Avoid using social logins (e.g., "Sign in with Facebook") for third-party apps.

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9. Delete Unused Accounts

🗑️ **Why it matters:** Old accounts with weak security settings are common targets for hackers.

✅ **How to clean up:**

- Use tools like Have I Been Pwned to check for compromised accounts.
- Delete accounts for unused services and revoke third-party app permissions.

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10. Keep Devices and Software Updated

📱 **Why it matters:** Outdated software often contains security vulnerabilities that can be exploited by attackers.

✅ **How to stay secure:**

- Enable automatic updates for operating systems, apps, and browsers.
- Regularly check for security patches and install them promptly.
- Use reputable antivirus software for an extra layer of protection.

You've Got This!

Personal data security is essential in the digital age. By implementing these measures, you can minimize tracking, secure sensitive information, and regain control over your digital presence.


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