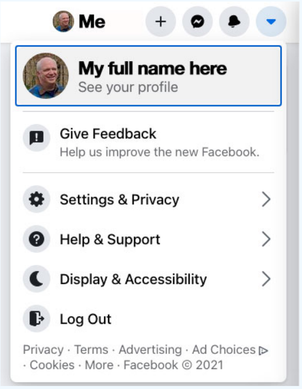
Protecting your privacy.

Quitting Facebook or Google won't do much to improve your privacy online. Facebook monitors nearly 30% of global web traffic, Google tracks 64%. But making a few simple changes to your Facebook and Google privacy settings can address some privacy concerns.

Facebook

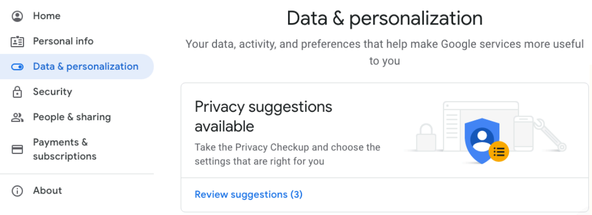

Me
+
My full name here
See your profile
Give Feedback
Help us improve the new Facebook.
Settings & Privacy
Help & Support
Display & Accessibility
Log Out
Privacy · Terms · Advertising · Ad Choices ▷ · Cookies · More · Facebook © 2021

At the top of your Facebook feed is a ▾ icon. Click on it and select "Settings and Privacy" to begin the process of seeing what personal information you are sharing. Review all the options to ensure you are satisfied with the settings.

You should repeat this process annually, as Facebook occasionally revises its privacy practices.

- Under *"General" > Memorialization,* choose a trusted contact to **look after your account after you pass away**
- Under *"Security and Login",* **change your password** to a phrase at least 15 characters long
- **Turn on "Two-factor authentication."** You will now be texted a code number to use in addition to your password to access Facebook.
- **Turn on "Get alerts about unrecognized logins".** This setting will alert you if someone is trying to get into your Facebook account.
- Under *"Your Facebook Information" > Access Your Information > Personal information > About you,* delete your mobile phone number.
- Under *"Your Facebook Information,"* This setting will alert you if someone is trying to get into your Facebook account.
- **Turn on "Choose 3 to 5 friends to contact if you get locked out"**
- Under *"Privacy,"* **choose "Friends"** anywhere you're given an option
- Under *"Profile and Tagging,"* **choose "Friends"** anywhere you're given an option
- Under *"Location"*, **turn off Location History**
- Under "Ad preferences" > Ads shown off Facebook, **set the button to "Not allowed"**

Google



Data & personalization

Your data, activity, and preferences that help make Google services more useful to you

Privacy suggestions available

Take the Privacy Checkup and choose the settings that are right for you

To get started, do a web search on "Google Privacy Settings." You will be presented with a link to sign in to your Google account, click on "Data and Personalization" and review the settings for Google's search engine and its co-owned websites including YouTube and Google Maps. Making changes to your preferences doesn't mean you'll stop seeing ads — just that ads won't be tailored based on your web browsing habits.

- Google tracks you by your email address and your computer's "I.P." address even if you set your browser to "Incognito" or "Privacy" mode. This setting only prevents websites you visit from being logged on your computer. Your internet provider and search engine use the information to provide targeted ads.
- Review all apps that have access to your information from Google.
- Turn off "Location History".
- Turn off "Device Information".
- Enable "Do Not Track".
- Change cookie settings to "Keep local data only until you quit your browser."
- Using an ad blocker won't ensure your privacy. Google, Microsoft and other web companies can and do legally sell information about your browsing habits to third parties.

Websites and apps that don't charge for their services use your personal information to make money. So, remember: **You are the product!**