Worksheet 4. Ten Minutes of Privacy

Tick each step when done (Chapter 14).

☐ Look at the list of apps allowed to read my health data; remove the ones I no longer use.
☐ For each app I keep, allow only the types of data it really needs.
☐ Check whether I'm enrolled in any research program or "anonymized" data sharing.
☐ Check whether my device and apps keep location history, and who can see it.
☐ Set my profile and activity in any social feature to private.
☐ Find the personalized advertising setting; switch it off if I want.
☐ Read how the AI assistant stores conversations; switch off their use for product improvement if there's an option.
☐ Try downloading all my data.
☐ Find how to delete my data and my account.
☐ Before selling or giving away an old device: wipe and unpair it.

Date done: _____ Repeat in 6 months: _____
Apps I removed or limited:

_____

_____