My privacy every day

From the time you get up in the morning until the time you go to bed at night, you leave behind a trail of personal information about yourself.

You can't control everything, but you can better protect your privacy if you take steps to limit the information that you share and protect your digital footprint.

8:50 a.m.

Open an app on your phone

Apps may collect information about you, including your location, photos, contacts, and access to your microphone. They may share this information with other companies.

Adjust your privacy settings

- Your location and other personal information should only be shared while you are using the app.

12:35 p.m.

Post photos with friends on social media

You post a photo that's super embarrassing for your friend and might even get them into trouble.

Pause before you post

- Think twice before you post information and ask permission before posting photos of others.

12:50 p.m.

Forget your phone at the restaurant

If your phone isn't password protected, anyone could pick it up and see your messages, photos, contacts, and accounts.

Protect your device and accounts

- Lock your phone when you're not using it
- Create long passwords and use a different one for each account.

6:00 p.m.

Return a pair of jeans at the store

The cashier invites you to fill out a survey and provide your email address and postal code in return for a discount. The company may create a profile about you and use your information to send you ads.

Limit sharing of your personal information

- Ask why information is needed and how it will be used.
- Complete only the required fields in forms.

7:30 p.m.

Play videogames online

Gaming companies collect lots of personal information: your name, address, credit card, email, IP address, feedback rankings, digital images and personalized profile. If you haven't set up privacy settings, you may be giving strangers access to information on your profile.

Play with privacy in mind

- Use a made-up name and don't share personal information like your school or address with people you don't know in real life.
- Use privacy controls.

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