



Practical Digital Privacy Improvements

Your data is being stolen and sold.

Every time you use your phone, computer, or tablet you are sharing little bits of your private life. Corporations and governments collect this personal information to profile, target, or scam you.

Recommended tools

Many widely used digital tools collect and share user data. This guide recommends free alternatives that:

- * Use encryption to protect your information
- * Avoid advertising-based business models
- * Are developed as open-source software

Web browsing *Firefox + uBlock Origin extension*

This simple setup prevents websites from tracking your activity.

1. Install Firefox from mozilla.org
2. Add uBlock Origin from Firefox's free extension store

Firefox is independently developed and doesn't share browsing data with advertisers.

Messaging *Signal*

Signal is an app that encrypts all messages and calls automatically.

1. Install from your device's app store
2. Verify your phone number during setup

Signal's encryption protocol is industry standard and publicly verifiable.

Email *Proton Mail*

Proton Mail encrypts email content end-to-end. Make a free account with basic features.

1. Create account at <https://proton.me>
2. Use when you sign up for new things
3. Use for private communications or sensitive information.

Proton Mail cannot read or scan user emails for advertising.