

Data detox for your smartphone

Resources for learning

- Step by step data detoxing, broken into a week plan. A great starting point that goes through all the things we talked about:
datadetox.myshadow.org
- [Surveillance Self Defense](http://surveillance.selfdefense.org), from the Electronic Frontier Foundation. This is another useful guide to getting to grips with all of this, and also has information on how to do threat modelling:
ssd.eff.org
- [Panopticklick](http://panopticklick.eff.org), a quick check that analyses your browser settings for how well protected you are, with some suggested actions.
panopticklick.eff.org
- [Lightbeam](http://lightbeam.mozilla.org), a browser add-on that gives you a visualisation of the third party sites you are connecting to.
mozilla.org/lightbeam

Programs to make your computer / phone safer

- A VPN. There are many 'Virtual Private Networks' out there, so it's also good that there is [a VPN comparison site](http://thatoneprivacysite.net) to help you make that choice.
thatoneprivacysite.net
- [Ghostery](http://ghostery.com) is a browser add on reveals trackers that are hidden on web pages, and allows you to choose which ones you want to block.
ghostery.com
- A password manager is a useful tool to make sure you use different passwords for all your logins. There are several out there: **lastpass**, **keepass** and **1password** are particularly popular.

Step by Steps to phone security

Deleting your browser history...

- Android step by step:
Chrome > Settings > Privacy
'Clear browsing data' is right at the bottom.
- Apple step by step:
Settings > Safari > Clear History and Website Data
- Set an alarm on your phone to do this again in one month.

Opt-out of Ads...

- iPhone:
Settings > Privacy > Advertising & Settings > Privacy > Location Services > System Services.
- Android:
Settings > Google > Ads

Is your device encrypted?

- More information on this: howtogeek.com/141953
- Android:
Settings > Security
- iPhone:
Settings > Touch ID > Data Protection Enabled

Ruth Coustick-Deal

Digital Rights Campaigner, OpenMedia: UK Office

OpenMedia.org

Usayd Younis

Documentary film-maker and digital editor at Ceasefire Magazine

ceasefiremagazine.co.uk