

DIGITAL WELLNESS

Creating a Healthy Relationship with Technology

Protecting Your Personal Information

DECLUTTERING YOUR ONLINE DATA

When we use services online, we share personal information with them that will remain on their site. It's a great practice to take some time to clean up your online digital traces!



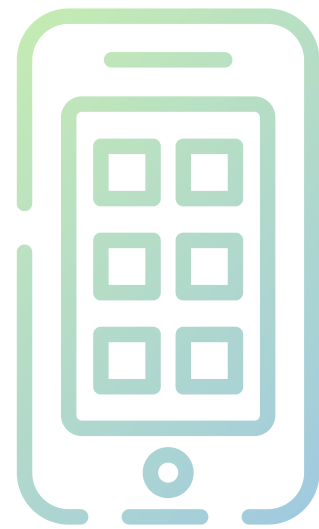
SECURE WAYS TO COMMUNICATE

Having a way to communicate online privately is important for all of us. Using end to end encryption (EE2E) means that only you and the person that you are communicating with can read the content of your messages. WhatsApp, Messenger, Signal, Telegram and some email providers use EE2E.



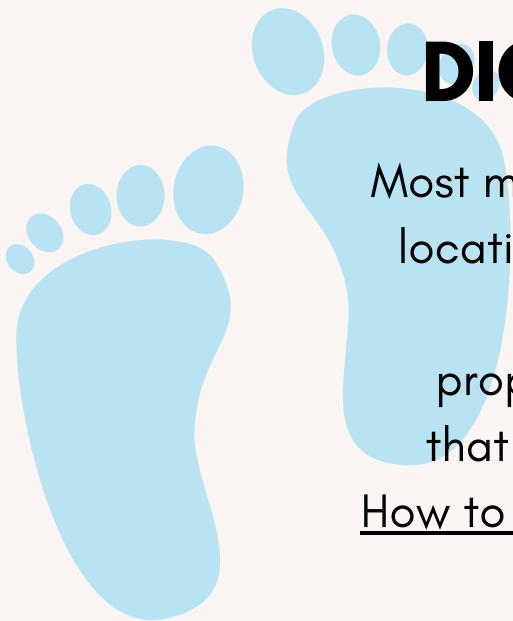
CLEANING UP APPS

Apps on our devices collect a lot of information about us and may be selling it to other companies or data brokers. Reducing the permissions of an app or even removing ones you don't use helps you control what personal information is out there.



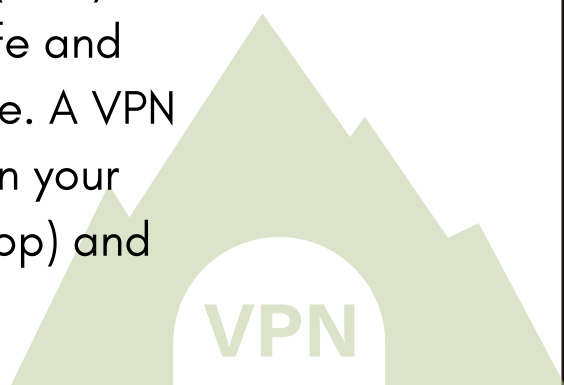
DIGITAL FOOTPRINTS

Most mobile apps are keen to collect your location data. This makes sense for apps that need this information to work properly (eg. maps) but there are apps that don't need to know where you are. How to Turn Off App Location Permissions



VIRTUAL PRIVATE NETWORK

Using a Virtual Private Network (VPN) helps to keep your computer safe and your personal information private. A VPN creates a secure tunnel between your device (e.g. smartphone or laptop) and the internet.



The content of this infographic was gathered by PRIMAL GLOW Communications