

KEY SETTINGS TO CHANGE ON EVERY PLATFORM, RIGHT NOW.

FACEBOOK / INSTAGRAM

Who can see your posts? Friends only, not Friends of Friends or Public.

Third-party app access. Settings > Apps and Websites > remove everything you don't recognize.

Face recognition. Disable completely.

Location data on posts. Turn off.

Ad preferences. Limit all personalization.

X (TWITTER)

Protect your posts. Settings > Privacy > Audience.

Location in posts. Settings > Privacy > Location Information > remove.

Discoverability. Uncheck "let others find you by email or phone."

Data sharing with partners. Uncheck all.

Personalization. Disable all.

LINKEDIN

Profile visibility off LinkedIn. Off. Stops data brokers from indexing it.

Activity broadcasts. Turn off so contacts aren't notified of every update.

Who can see your connections. Only you.

Profile photo visibility. Connections only, not the public web.

TIKTOK

Private account. Settings > Privacy > Private Account > on.

Suggest account to others. Off.

Location services. Phone Settings > TikTok > Location > Never.

Ads personalization. Off.

Ten minutes per platform, once, and your public footprint shrinks by most of what a stranger could find today.

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