

THE DATA BROKER OPT-OUT QUICKLIST

YOUR ADDRESS IS FOR SALE FOR \$2. TAKE IT DOWN.

People-search sites scrape and sell your name, address, phone, relatives, and salary estimate to anyone. Scammers use them to make "Hi grandma, it's me" calls specific and convincing. Removal is free; they just make it tedious. Do the big 4 and you've cut most of it:

1. **WHITEPAGES:** whitepages.com/suppression-requests
2. **SPOKEO:** spokeo.com/optout
3. **BEENVERIFIED:** beenverified.com/app/optout/search
4. **RADARIS:** radaris.com/control/privacy

THE METHOD: search your name on each, copy the listing URL, paste into their opt-out page, confirm by email. Roughly 10 minutes each.

SET A REMINDER FOR 6 MONTHS. Listings regrow; brokers re-scrape. Two passes a year keeps you thin on paper.

Overwhelmed? The paid version of this problem is a subscription service (DeleteMe and similar, about \$100/yr) that does it continuously. The free version is this sheet plus two calendar reminders.

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