

Protect Your Digital Life Cheat Sheet

Simple steps you can take today to boost your privacy and security

Main steps

1 Secure Your Accounts

- Use a password manager (Bitwarden, 1Password).
- Make every password unique and long.
- Use 2-Factor Authentication (app or hardware key, not SMS).
- Change old/reused passwords now.
- Remove accounts you no longer use.

2 Lock Down Your Devices

- Keep phones and laptops updated.
- Turn on full-disk encryption.
- Set auto-lock to 30–60 seconds.
- Use strong passcodes (not birthdays, not 4 digits).
- Avoid Face/Touch ID if worried about forced unlocks.
- Enable remote wipe and know how to use it.

3 Protect Your Privacy

- Use Signal for texts/calls.
- Use ProtonMail or Tutanota for email.
- Browse with Firefox or Brave + privacy add-ons (uBlock Origin, Privacy Badger).
- Turn off location services unless needed.
- Strip GPS data from photos before sharing.
- Limit app permissions to only what's necessary.

4 Stay Safe Online

- Don't click suspicious links or attachments.
- Verify unexpected requests, even from friends.
- Avoid public Wi-Fi for sensitive activity; use a VPN if you must.
- Don't plug in unknown USB drives or cables.
- Be mindful of what you post — assume it's permanent.

5 Be Ready for Risky Situations

- At protests or borders: use a clean/secondary device with minimal data.
- Back up important files before traveling.
- Log out of accounts you don't need on the road.
- If stopped by police:
 - Ask: "Am I free to go?"
 - Say: "I want to remain silent. I want a lawyer."
 - Do not unlock your phone without a warrant.
 - Assume a seized device is compromised; replace or reset it.

References & Emergency Contacts

i Learn More

- p2project.org – Progressive Professionals Project
- eff.org/ssd – Surveillance Self-Defense guides
- privacytools.io – Trusted privacy tools
- aclu.org/know-your-rights – Legal resources
- [Chicago Police Department – Know Your Rights](#)
- [40th Ward – Know Your Rights](#)

📞 Emergency Contacts

- Illinois Coalition for Immigrant and Refugee Rights (ICIRR): 855-435-7693
- First Defense Legal Aid Hotline: 800-529-7374
- ACLU of Illinois Hotline: (312) 201-9740

✅ Remember: Small changes add up. Each step you take makes you safer.