



Reduce your online exposure

The 5 channels through which your private life leaks — and the 15-minute audit.

THE 5 CHANNELS

1

Sensitive operations on trusted networks only

Banking and purchases wait for home or your own hotspot. A reputable VPN helps on public networks — but doesn't anonymize.

2

Your router counts too

WPA3 encryption (or WPA2 failing that) and the default administrator password changed.

3

Every post has an audience

Before posting: who can see this? Secondary email for non-essential sign-ups.

4

Permissions to the strict minimum

Location, contacts, microphone: an app gets only what its function requires. Delete unused apps.

5

“Sign in with Google/Facebook” sparingly

Convenient, but it tracks your usage and creates a single point of failure. Reserve it for no-stakes services.

The exposure audit — 15 minutes a year

1. Search your name in quotes, then name + city, on a search engine.
2. Open your profiles in private browsing: that's what a stranger sees.
3. Delete or lock down whatever says too much — old posts, forums, directories.

What can't be found can't be exploited.

The annual cleanup

Apps connected to your Google/Facebook accounts: revoke what no longer serves.

Dormant accounts: delete them — every forgotten account is a leak in waiting.

The foundations (passwords, 2FA): see sheet 01 on domaformalis.com