

## A Guide to Digital Safety

A few simple changes can go a long way toward protecting yourself and your information online.

- Don't know where to start? These [easy-to-follow tips](#) and [best practices](#) will keep you safe with minimal effort.
- Worry about privacy on your smartphone? Whether you are an [Android](#) or [iPhone](#) user, you have options.
- It's surprisingly easy to leave tracks around the internet even if you are paying attention. To better protect your privacy, [follow these suggestions](#).
- It's hard to feel safe when technology is constantly evolving. Luckily, [these five principles](#) can help you see the light.
- Browser extensions are free add-ons that you can use to slow down or stop data collection. [Here are a few to try](#).
- Looking for a more structured approach? Sign up for [our seven-day program to secure your digital life](#), delivered to you via email.

From May 26, 2022 *New York Times* article By [Kashmir Hill](#)