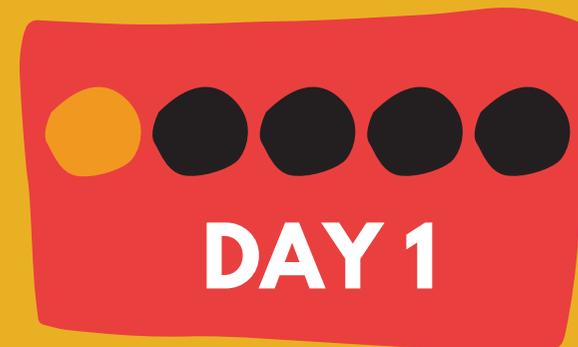


DATA DIET

Now that you have a basic idea of what you can do to protect your data, let's set in a routine. This routine (or Diet) will help you learn about what you can do long-term to protect your data.

Our Data Diet is a 5 day program that has three elements consisting of Something to Do, Something to Give Up and Something to Learn. The idea is to find simple ways in which we can build a more healthy and balanced data diet.

OVERVIEW OF DIET



Something to Do

Start Afresh: Clear browsing data and use incognito



Something to Give Up

Cleanse MyActivity: Go to MyActivity and turn-off Youtube, Webpage and Location history from being stored. Also turn off ad personalisation



Something to Learn

Round the Clock Tracking: Watch a video on how we are constantly being tracked

Something to Do

Start Afresh



DAY 1

On Chrome:

1. Go to Settings
2. Go to Privacy and Security
3. Click 'Clear Browsing Data'
4. Choose the advanced option and choose what to delete. Make the time range the last 7 days

Use Private Browsing after clearing data

Personal Browsing Mode:

Check out a project by Tactical Tech called [Me and My Shadow](#) for more advice on customizing Chrome to not track you.

Additionally, you can customise your browser to not allow third party tracking on incognito mode.

Something to Give Up

Cleanse MyActivity



DAY 1

1. Go to myactivity.google.com
2. The first things you'll see are three boxes that say 'Web and App Activity, Location History and YouTube History.'
3. Click on them at a time
4. For Web and YouTube History, you'll need to click on saving Activity and then turn off the blue marker
5. For Location History, you can see the turn off option right after you open it
6. This will pause Google from collecting and storing your data
7. Alternatively, you could choose the auto-delete option under each of these three categories and choose an auto-delete time that works for you

Something to Give Up

Cleanse MyActivity



DAY 1

8. Go back to the home page and go to Other Google Activity (on the left)-> Other Activity-> Manage Ads Settings-> Turn off ads personalisation. Also open the drop down menu and unselect the ticked box on personalized ads.

9. To find out more about myactivity and the kind of information Google has on you, check out the activity in Module 2: Tracking My Data Footprint

Something to Learn

Online Tracking



DAY 1

Watch this video by Deutsche Welle on how all of us are constantly being tracked online.

[How you are being tracked in the web | Online Tracking explained](#)

What does all this tracking mean in terms of the profiles that are generated about you?

Go back to our section on machine bias and criminal law in Module 3 to look at how profiling reflect our biases.



OVERVIEW OF DIET



Something to Do



Alternatives: Go through this list of alternative apps and download what works for you



Something to Give Up

App Permissions: Rethink about what apps you need



Something to Learn

Other Alternates: Watch a video on alternative apps

Something to Do

Alternatives



DAY 2

Go through our list of alternative apps and download what works for you.

Privacy Badger: A browser ad-on that prevents advertisers and other third parties from tracking where you go and what websites you access. To learn more, visit their website [here](#).

DuckDuckGo: An alternative search engine. DuckDuckGo does not profile users and send them targeted ads. You can learn more about them on their website [here](#).

Mozilla Firefox: Firefox is an internet browser. It's privacy oriented (the organisation itself is a non-profit) and monitors and blocks third-party cookies.

Something to Do

Alternatives



DAY 2

VPNs: A Virtual Private Network (or VPN) creates an encrypted connection (or tunnel) between you and the internet, allowing you to stay anonymous. Advertisers will have a harder time tracking you across sites and selling your data.

Since there are a lot of VPNs to choose from (some offer paid subscriptions), take a look at the ones available on PC Mag [here](#).

Of course, these are just some alternatives. To get a more extensive list of alternates for Maps, Gmail and Meet, check out Tactical Tech's Data Detox Kit's Alternative App Centre [here](#).

Something to Give Up

App Permissions



DAY 2

We all have to deal with apps constantly asking us for permissions and most of the time, we give in to them. However, it's important that we ask ourselves WHY. Why does this particular app need access to my phone's features?

Unfortunately, we can't provide a guide on how to evaluate each and every app. All we can say is, remember you are not obligated to give out data to apps that don't need it.

For example, it's fine if a Maps App requests your location when you're using the app but is it okay to accept that same request when Social Media App asks you?

Something to Give Up

App Permissions



DAY 2

On your phone, Go to Settings->Apps and Permissions-> App Permissions

Go through individual app permissions and turn off anything that isn't needed, like unwanted intrusions on location data, contact information or body sensors.

Also go through Tactical Tech's Data Detox Kit for tips on how to improve basic phone privacy [here](#).

Something to Learn



DAY 2

Watch this great video by All Things Secured on reducing your reliance on Google Products:

<https://www.youtube.com/watch?v=6ziYwwuNmns>



OVERVIEW OF DIET



Something to Do

Take back control of your cookies



Something to Give Up

Clear your Cookies: Set a reminder on your phone to go through and clear your cookies once every week



Something to Learn

The Problem with Cookies

Something to Do

Take Back Control of your Cookies:



DAY 3

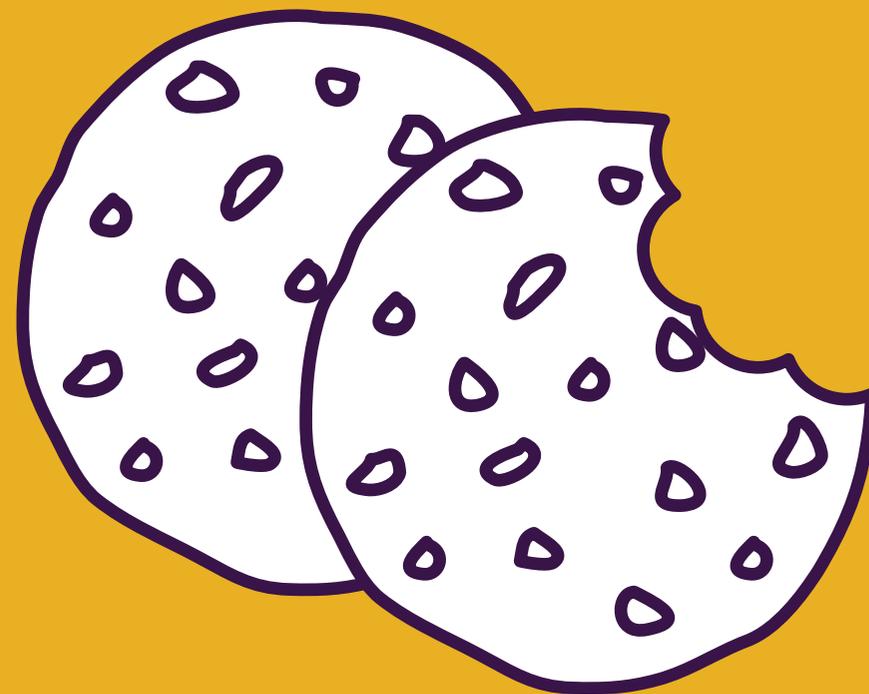
1. On Chrome: Go to Settings-> Privacy and Security-> Cookies. Select the Option 'Block Third Party Cookies.' This will prevent you being tracked and profiled across sites. Also select the 'Do not Track Request' option. This requests websites not to track you, although they are not obligated to comply.
2. On Firefox: Go to Settings-> Privacy and Security-> Enhanced Tracking Protection-> Custom. Select Tracking Content, Cryptominers and Fingerprinters. Under Cookies, choose the 'All Third Party Cookies' option.

Something to Give Up



DAY 3

Set a reminder on your phone to go through and clear your cookies once every week



Something to Learn

The problem with Cookies



DAY 3

But wait, what are cookies? Unfortunately, cookies online aren't nearly as nice as they sound! They are essentially information about you that is gathered and stored on your browser every time you visit a website. Only that particular website has access to the cookie.

Some of these are helpful. For example, when you open your email on your browser you're already signed in because the website stores your password in the form of cookies that keep you logged in.

However, they are also problematic as third party cookies are used to track user activity across different sites. This is why when you look for phones on Amazon, you later see phone ads on other websites.

The Good News: Cookies are stored in your browser, which means you can restrict them.

OVERVIEW OF DIET



Something to Do

Instagram Feed Exercise



Something to Give Up

WhatsApp: Give up Convenience



Something to Learn

Filter Bubbles

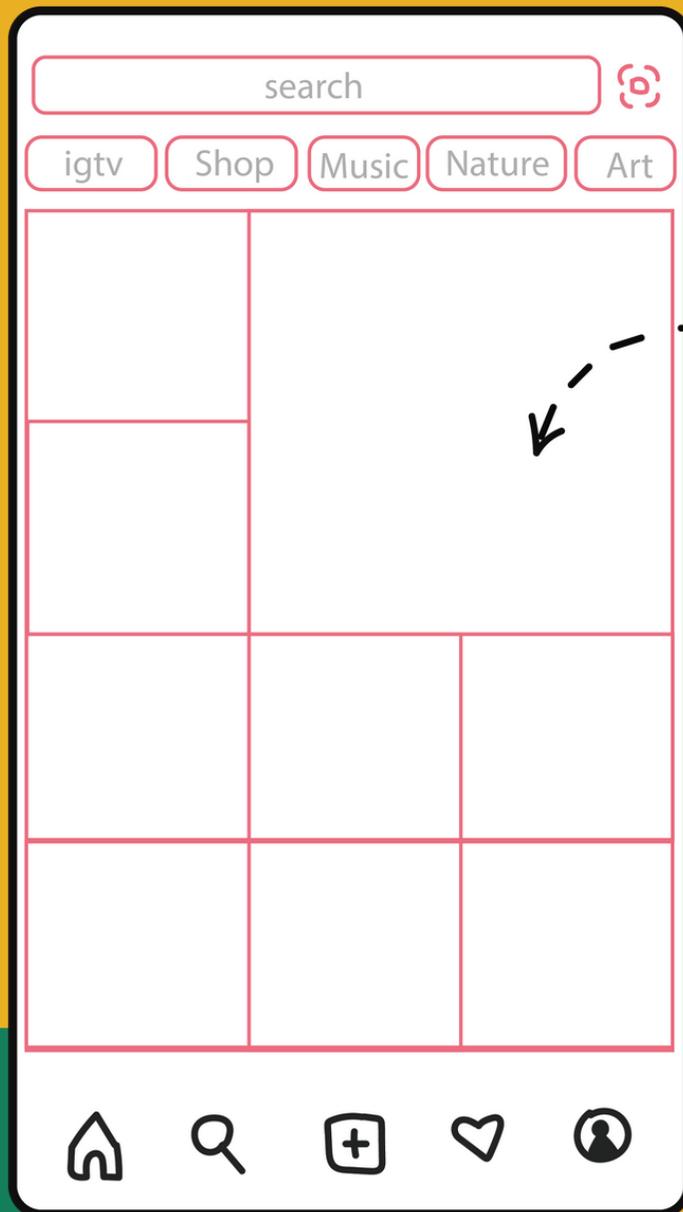
Something to Do

Instagram Feed Exercise



DAY 4

Visit Module 2: Tracking my Data Footprint and do the Instagram exercise.



Something to Give Up

WhatsApp: Give Up Convenience



DAY 4

Why are the recent changes to WhatsApp's privacy policy problematic for your data? Check out Internet Freedom Foundation's article on this [here](#).



Something to Learn

Filter Bubbles



DAY 4

Check out [this article](#) on Filter Bubbles from the Reuters Institute on how social media algorithms curate your content based on stories or posts you're already clicking.

OVERVIEW OF DIET



Something to Do

How the Internet is becoming increasingly indispensable in our daily lives



Something to Give Up

My Data and Surveillance



Something to Learn

A Public Distribution Maze/Mess

Something to Do

How the Internet is becoming increasingly indispensable in our daily lives



DAY 5

Imagine someone gave you the choice between choosing food, the internet, shelter, clothing, employment or your mobile phone. What would be your first choice? What would be your second? Rank these six things in order of preference and write a brief line or two on your reason behind each rank.

Now, read Digital Empowerment Foundation's piece on the importance of the internet in people's lives [here](#).

Reflect on the importance of internet in people's lives (and yours) and how this gives undue power with those in control of the it.

(Hint: think along the lines of the internet being owned and controlled by fewer parties unlike those other resources).

Something to Give Up

My Data and Surveillance:



DAY 5

Stop giving up unnecessary data over to the government. To learn more about the extreme repercussions of governmental control over personal data, read the piece on China's Social Credit System in Module 3: The Implications of my Data.

Have you checked out Project Panoptic by Internet Freedom Foundation, or the resources from Centre for Internet and Society? If not, go back to the case studies for more on this.



Something to Learn

Public Distribution System Maze/Mess:



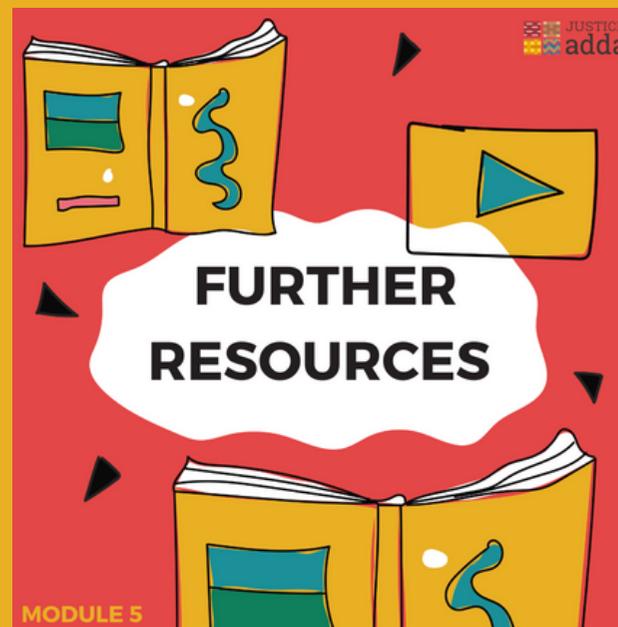
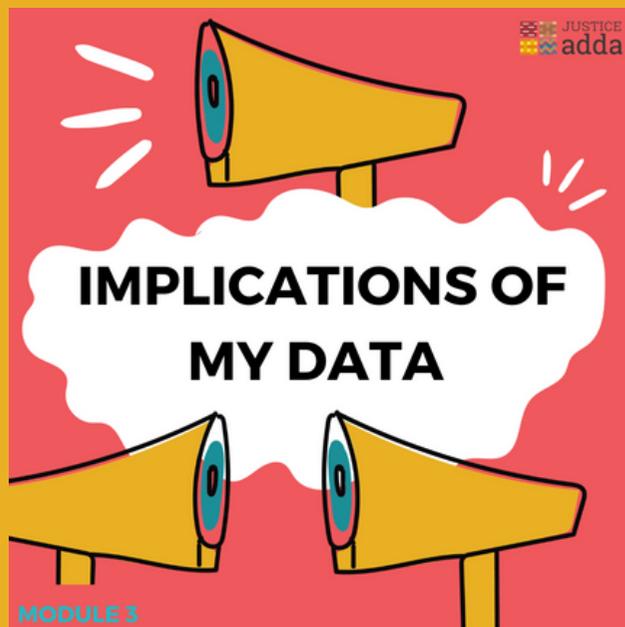
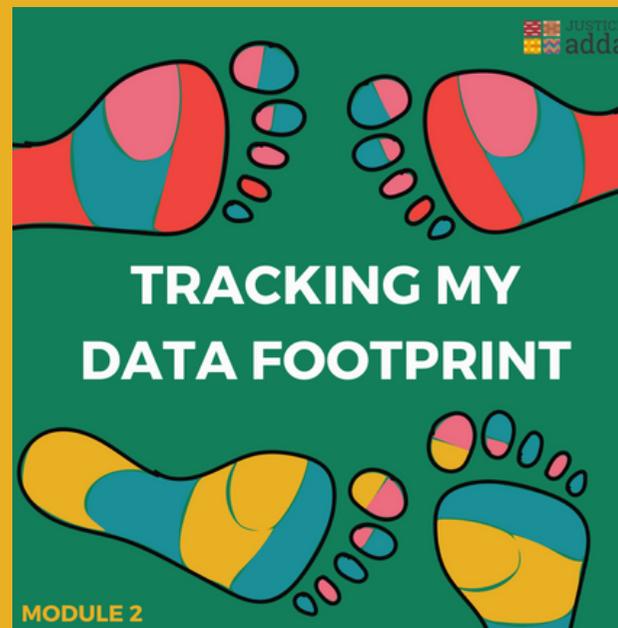
DAY 5

Personal data (through Aadhaar) is playing a critical role in welfare and Public Distribution Systems. By tying Aadhaar to rations, people are forced to overturn excessively private data over to the State just for the sake of subsistence.

However, a lot of the time, these electronic systems aren't implemented properly, resulting in rations being withheld due to technical glitches. Check out this activity to find out more about rations and their inaccessibility from India's poorest in this Economic and Political Weekly article available [here](#).

To know more about concerns surrounding Aadhaar, visit Module 3 of the workbook.

Also Check Out:





This resource has been conceptualised, written and designed by Ravi Mathews, Siddharth deSouza and Sharada Kerkar.