De-Google Your Digital Life 101

Welcome! This guide is your introduction to leaving Google's ecosystem. Untangling yourself from tech monopolies, although daunting, is a meaningful step towards self-determination. Be kind to yourself! You don't have to be perfect—you just have to start.

Why Should You Reclaim Your Digital Self?

Google's business is to TRACK YOU! They use your information to:

- **Power targeted ads.**
- **Train their AI** without your explicit consent.
- **Comply with government and law enforcement requests,** which can impact access to healthcare and other private decisions.
- **Support projects** (e.g., collaboration with ICE and anti-Palestinian violence) that may not align with your values.

Your goal is digital self-determination: the right to control who accesses your digital self and how it's used.

Phase 1: "Easy Wins and Fundamentals"

ACTION	HOW-TO & TOOLS
Switch Your Search Engine	Go to your browser settings and change the default search from Google to, for example, **DuckDuckGo** or **Brave Search**. **Pro-Tip:** Install **Privacy Badger**, an install-and-forget browser add-on created by the Electronic Frontier Foundation that stops advertisers and trackers from secretly tracking where you go and what pages you look at on the web.
Install a Privacy Browser	Download a more privacy-compatible browser, such as **Firefox** or **Brave,** and set it as your default browser.
Create a New Primary (or Secondary) Email	Sign up for a **Proton Mail** or **Tutanota** account. This is your new main email. **Remember:** You do not need to immediately sign up for a paid plan! You can create free accounts with both services to experiment.

Start Using a Password Manager	This is the most important step! Sign up for **Bitwarden** or **1Password**. Start by saving passwords for all new logins. **To make it easier:** You can export your saved passwords from Chrome or Safari and import them directly into your new password manager.

✅ **Your Goal for Phase 1:** Your daily searching and browsing happens off-Google, you have a new email address, and you're getting comfortable with a password manager.

Great Job!! You're one step closer towards digital autonomy! Ready for next steps? Find the find the full guide using the QR/link below.

De-Google Your Digital Life 101 was adapted from "De-Google Your Digital Life: A Step-by-Step Action Plan" by Ja'Loni at jaloniamor@proton.me

[Link and QR TBD]

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****Internal Note: See the full guide below. Most of this is their work, I just changed some of the language so that "Phase 1" makes sense as a stand-alone *101* resource.**

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[QR to full guide here]