



## Digital Privacy Exposure Audit Checklist

Use this checklist to assess your current privacy maturity.

Mark each item:

- Yes = 2 points
- Partially = 1 point
- No = 0 points

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### Device & Permission Control

- I review mobile app permissions at least once every 60 days.
- I remove apps I no longer actively use.
- I restrict microphone, camera, and location access unless necessary.
- I know which devices continuously collect background data.
- I keep operating systems and apps updated.

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### Browser & Web Privacy

- I regularly clear browser sessions/cookies or use privacy-focused browsing habits.
- I avoid staying permanently logged into every platform.
- I limit unnecessary browser extensions.
- I think carefully before searching highly sensitive personal information while logged into major accounts.
- I understand that websites can track me beyond simple cookies.

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### Social & Public Exposure

- I avoid posting real-time travel or absence updates publicly.
  - I limit publication of birthdays, children's details, addresses, or routine patterns.
  - I review social privacy settings several times per year.
  - I assume deleted or temporary posts may still persist elsewhere.
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## Credential & Account Security

- I use unique passwords across important accounts.
  - I use multifactor authentication on email, banking, and critical services.
  - I delete old unused accounts where possible.
  - I do not use predictable security question answers publicly discoverable online.
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## Household & Family Privacy

- My family members understand basic oversharing risks.
  - Children's personal details are not heavily published online.
  - Elderly/non-technical relatives receive scam and privacy reminders.
  - Household smart devices have been reviewed for unnecessary data collection.
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## Professional & Business Exposure

- I separate personal and work-related account behaviour where practical.
  - I understand what my employer or managed business devices may log.
  - My business reviews SaaS, mobile, and employee privacy risks periodically.
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# SCORING RESULTS

### 40–50 Points — STRONG MATURITY

You maintain above-average digital privacy awareness and are actively reducing unnecessary surveillance exposure.

### 22–39 Points — MODERATE EXPOSURE

You have some protective habits, but several routine behaviours are still creating preventable visibility.

### 0–21 Points — HIGH VULNERABILITY

Your digital routines currently allow broad passive data collection and make you significantly more predictable to both commercial trackers and malicious actors.