



Privacy Protection Self-Assessment Checklist

Score each item:

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

Basic Privacy Awareness

- 1. I understand that incognito/private tabs do not create internet anonymity.
 - 2. I understand that hiding my IP does not automatically hide my identity.
 - 3. I recognise that websites can still use cookies and fingerprinting.
-

VPN and Connectivity Discipline

- 4. I use a reputable VPN when on public Wi-Fi.
 - 5. I understand who my VPN provider is and what trust I am placing in them.
 - 6. I do not assume VPN use alone makes me invisible.
 - 7. My remote business connectivity uses MFA-protected VPN access where applicable.
-

Browser & Session Hygiene

- 8. I separate sensitive browsing from ordinary logged-in browsing where practical.
 - 9. I clear or isolate persistent cookies strategically.
 - 10. I avoid relying solely on private tabs for privacy.
 - 11. I understand browser fingerprinting basics.
-

Device & DNS Hygiene

- 12. My device is patched and malware-protected.
- 13. I understand that endpoint compromise defeats many privacy gains.
- 14. I have reviewed whether DNS or browser leaks reduce privacy assumptions.

Behaviour & Account Discipline

- 15. I avoid logging into unnecessary personal accounts during privacy-sensitive sessions.
 - 16. I do not trust unknown free proxy/VPN tools blindly.
 - 17. I understand that downloads and browser extensions can create privacy loss.
 - 18. I use different trust levels for casual browsing versus sensitive activity.
-

Strategic Privacy Maturity

- 19. I choose privacy tools based on the exact exposure I want to reduce.
 - 20. I understand that privacy is layered rather than absolute.
 - 21. My organisation governs VPN use for remote staff.
 - 22. I understand the limitations of anonymous browsing claims.
 - 23. I review my digital footprint assumptions periodically.
 - 24. I make deliberate trust decisions online rather than assuming tools solve everything.
 - 25. I maintain realistic expectations about online anonymity.
-

SCORING RESULTS

40–50 Points — Strong Privacy Maturity

You demonstrate informed digital privacy discipline and realistic online protection habits.

22–39 Points — Moderate Exposure

You use some helpful privacy tools, but expectation gaps or inconsistent behaviour still create traceability.

0–21 Points — High Visibility

You may believe you are more private online than your current tools and habits actually make you.