



net privacy & safety guide
how to stop yourself being watched, monitored or hacked

1. Use Firefox or Tor Browser (not chrome or safari)

2. in Firefox use these addons ;

NO SCRIPT (firefox + no script = safe browsing)

<https://addons.mozilla.org/en-us/firefox/addon/noscript/developers>

Ad Block plus (blocks annoying ads)

Ghostery - (stops sites from tracking you including facebook)

<https://www.ghostery.com/>

Disconnect - stops sites from tracking you including facebook)

<https://disconnect.me/>

3. plus virtual private network (vpn) even better (appear to be in another country)

https://www.bestvpn.com/blog/11170/tunnelbear_review/ - free

http://www.cyberghostvpn.com/en_us?affiliate=26951 - free

www.privateinternetaccess.com - \$6 per month

4. Avoid facebook & google when possible

www.unseen.is private chat

wickr (app) private messaging <https://www.wickr.com/>

Yandex - emails stored in Russia (better than U.S.)

<http://www.thewindowsclub.com/yandex-mail-review>

or even better (secure email) : www.protonmail.ch

Encrypted File Sharing www.mega.co.nz (store in NZ) - instead of google drive,
50GB free online storage

5. Community Organisation / Decision Making online

loomio.com - collaborative decision making

democracyos.org is an open source app for collaborative decision making and the
easy governance of organisations and communities.