

■ FREE DOWNLOAD • 2026 EDITION

Consumer Privacy Checklist

Your complete guide to protecting personal data online in 2026

7

Privacy Rights
You Have

45

Days Max
Company Response

4,000+

Data Brokers
in the U.S.

WHAT'S INSIDE THIS CHECKLIST:

- ✓ 7 legal privacy rights you can use TODAY
- ✓ Step-by-step action plan (Today → Long-term)
- ✓ 7 critical mistakes to avoid
- ✓ Best free tools to protect your data
- ✓ FAQ: answers to most common privacy questions

THIS CHECKLIST IS FOR YOU IF...

- You use social media, shop online, or use free apps
- You want to stop companies from selling your data
- You don't know what data is collected about you
- You want simple steps — no legal or tech knowledge needed

- 1 Right to KNOW What Data Is Collected**
Request a full list of your data from any company within 45 days E/
- 2 Right to DELETE Your Personal Data**
Ask companies to erase your info — they must respond within 45 days E/
- 3 Right to OPT OUT of Data Sale**
Stop companies from selling your data — GPC browser signal automates this 2!
- 4 Right to CORRECT Inaccurate Information**
Fix wrong data that affects your credit, insurance, or job prospects MEDI!
- 5 Right to LIMIT Sensitive Data Use**
Health, location, SSN — restrict to service only, no ads/profiling E/
- 6 Right to NON-DISCRIMINATION**
Companies cannot penalize you for exercising any privacy right KNOW
- 7 Right to APPEAL a Decision**
If denied — appeal internally, then escalate to state AG or FTC MEDI!

◆ **PRO TIP:** Enable Global Privacy Control (GPC) in Firefox/Brave — 2 min setup, auto opts you out of ALL sites.

QUICK REFERENCE TABLE

Right	Best For	Difficulty	Your Action	Response
Know	All online users	Easy	Submit access request	45 days
Delete	Former customers	Easy-Med	Submit deletion request	45 days
Opt Out	Everyone	Easy	Enable GPC / click link	15 bus. days
Correct	Financial/insurance	Medium	Submit correction form	45 days
Limit Sensitive	Health/location apps	Easy	Submit limit request	15 bus. days
No Discrimination	Everyone	Know It	File complaint if violated	Varies
Appeal	Denied requests	Medium	File appeal / go to AG	60 days

4-STEP ACTION PLAN

TODAY

■ 15 min

- › Enable GPC in Firefox/Brave
- › Change app location to 'Never'
- › Download your Google data

THIS WEEK

■ 1-2 hrs

- › Submit access requests to top 5 data brokers
- › Download your Facebook/Meta data
- › Check your credit report at AnnualCreditReport.com

THIS MONTH

■ 2-3 hrs

- › Submit deletion requests to all brokers found
- › Dispute any inaccurate credit data
- › Install uBlock Origin browser extension

LONG-TERM

■ Quarterly

- › Re-submit opt-outs every 90 days
- › Subscribe to EFF.org newsletter
- › Review new app permissions monthly

✓ DAILY PRIVACY HABITS

- Check app permissions weekly
- Use private/incognito for sensitive searches
- Never 'Allow All' cookies without thinking
- Use strong unique passwords (use a manager)
- Enable 2FA on all important accounts
- Avoid signing in with Google/Facebook
- Review privacy settings monthly

7 MISTAKES TO AVOID

- 1 'I agreed' = no rights left**
WRONG. State laws override ToS. You always have rights.
- 2 Only opting out from 1 company**
4,000+ data brokers exist. Cover the top 20 at minimum.
- 3 Not following up on requests**
Brokers re-add data in 3-6 months. Set quarterly reminders.
- 4 Clicking 'Allow All Cookies'**
Use uBlock Origin or Consent-O-Matic to auto-reject.
- 5 Ignoring app permissions**
Check: Settings → Privacy → Permission Manager monthly.
- 6 Assuming all U.S. states are covered**
No federal law yet. Check your state at IAPP.org.
- 7 Never filing a complaint**
Report ignored requests to state AG or FTC.gov — free.

BEST FREE TOOLS

- GPC Signal** FREE
Auto opt-out from all sites
- uBlock Origin** FREE
Block trackers & cookies
- DeleteMe** \$129/yr
Remove from 750+ brokers
- ProtonMail** FREE
Encrypted email
- EFF.org** FREE
Privacy guides & law updates

? FREQUENTLY ASKED QUESTIONS

Q How much does exercising privacy rights cost?

A Completely FREE. Access, deletion, opt-out requests cost nothing. Optional tools like DeleteMe (\$129/yr) help automate.

Q How long before I see results?

A Opt-out: 15 business days. Access/deletion: 45 days. Full data broker removal: 3-6 months.

Q Do these rights work if I already clicked 'I Agree'?

A YES. State privacy laws exist independent of any terms of service. You can exercise them at any time.

Q Do rights apply to Google, Meta, TikTok?

A Yes — all are subject to CPRA and similar state laws. Use their self-service privacy dashboards

Q Is there a federal privacy law in the U.S. in 2026?

A Not yet. The American Privacy Rights Act passed the House in 2024 but has not been signed into law.

Q What if a company ignores my request?

A That is itself a violation. File a complaint with your state AG or FTC at ReportFraud.ftc.gov.

■ STATES WITH ACTIVE PRIVACY LAWS (2026)

California	CPRA	Colorado	CPA	Virginia	CDPA	Connecticut	CTDPA
Texas	TDPSA	Florida	FDBR	Oregon	OCPA	Montana	MCDPA
Indiana	IDPA	Tennessee	TIPA	Iowa	ICDPA	Delaware	DPDPA

Don't see your state? Check the full list at IAPP.org | GDPR applies for EU-based services globally.

■ START TODAY — 3 ACTIONS IN 15 MINUTES

1. Enable GPC in Firefox/Brave
2. Submit deletion to Acxiom.com
3. Download your Google data

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