Data Detox Kit
Increase your online privacy in 5 easy, practical steps.
https://datadetoxkit.org/en/detox

Password Management
Creating strong passwords is one easy way to protect your data. Use 1Password (https://1password.com), and a password manager to avoid reusing passwords (lastpass or password.gov).

Mobile Privacy
Create a strong password to unlock your device.

Don’t store sensitive information via unencrypted text. Use Signal instead!
Don’t share sensitive information on your phone to a computer.
Regularly back-up data from your phone.
Delete any unused apps on your device.