

Your online self is not a mirror, nor is it entirely of your own making - certain qualities & behaviors make corporations A LOT of money, & they spend a chunk of that money designing platforms that encourage users to engage in a certain way (called either "persuasive" or "addictive" design).

In other words, the more easily we fall into traps, fit nicely into boxes, & flow smoothly in an algorithm, the better for them! The first step in protecting our online autonomy is recognizing, then resisting, the ways our online selves are out of our own control.

Um, ok, but what do i DO??

Make mindfulness more than a buzzword – pay attention to how online spaces & social media are making you think & feel, & be conscious of how you want to engage/ be engaged with

Start taking small but purposeful actions to be more secure online – better passwords (including for your phone!), use a more secure messaging app with friends, delete apps you don't use, change the default permissions for the ones you do

See the other side of this zine for more ideas & extra resources - Every little thing you do, more than nothing, really makes a difference!!!

*(in any area, not just online)



It's an online world & we're just livin in it! (or trying to..)

But just like the case against abstinence-only sex ed, there are more ways to protect ourselves online than just logging off forever!

Going off the grid is honestly just not an option most of the time, & there are plenty of good reasons to want be plugged in. Nothing says we have to ignore the one for the other.

It *is* possible to protect your privacy, security, & autonomy online, & stick it to Big Tech at the same time.

There's really no getting around it :

Social media, & most of the apps we use are "tree" ... kind of, right? We don't pay in cash, but the companies that run most of our online life make **BIG MONEY** off us when we use their services by gathering, using, & selling data about us. No bit of information is too small or unimportant to cash out.

This means your data may get sold to advertisers or br&s, shared with law enforcement, or turned against you by r&com baddies & creeps.



Autonomy for the Very Online