*(in any area, not just online)

What needs to change for you to be more autonomous?

What gets in the way of your autonomy?

control.

Mhat does autonomy mean in Ywon idgir alil ruoy

Um, ok, but what do i DO??

our online selves are out of our own

recognizing, then resisting, the ways

brotecting our online autonomy is

better for them! The first step in

flow smoothly in an algorithm, the

fall into traps, fit nicely into boxes, &

In other words, the more easily we

nsers to engage in a certain way

designing platforms that encourage

they spend a chunk of that money

corporations A LOT of money, &

certain qualities & behaviors make

is it entirely of your own making -

Your online self is not a mirror, nor

(called either "persuasive"

"addictive" design).

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!!!



"Eventually, to behold is to become beholden to."

Jenny Odell

How to Do Nothing



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

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

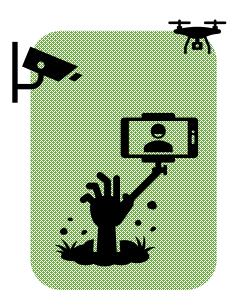
Going off the grid is honestly just not an option most of the time, & there are plenty of good reasons to want be plugged in. Nothing says we have to ignore the one for the other.

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

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

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

There's really no getting around it:



Autonomy for the Very Online

The Finsta Project: Issue 2