Cleaning Up Your Online Profile

If you have a **Facebook** account, perform a "Privacy Checkup". Ensure your posts and likes are as private as possible. https://www.facebook.com/help/443357099140264

If you use **Google** or **YouTube** services, perform their "Privacy Checkup". Ensure only the right friends and family can see your activity. https://myaccount.google.com/general-light

On **LinkedIn**, go to the header menu, select "Privacy & Settings", then select the "Privacy" tab. Consider how much sensitive detail you are providing about your workplace, their tools, and processes, and yourself. Consider restricting certain data on your profile to only connections and members.

PeopleFinders: http://www.peoplefinders.com/manage/ This one's super easy; just use the search box to find your profile, and then click the opt-out button.

Whitepages: There are two distinct types of profiles – free and paid. They have little to do with one another in terms of removal. For the free side, you will have to sign up for their service to remove entries, (which includes email verification). Once logged in, you simply need to paste the link to your entry here: https://secure.whitepages.com/me/suppressions

BeenVerified: https://www.beenverified.com/f/optout/search. Simply enter your name and location, select your entry or entries, enter your email, and click the verification link that is immediately sent to you.

Spokeo: http://www.spokeo.com/ You will once again need to search for yourself, but this time all you need to do is copy the full URL of your page(s). Then, head here: http://www.spokeo.com/opt_out/new, paste that link and enter your email address.

FamilyTreeNow: https://www.familytreenow.com/optout They will require you to search for yourself through the opt-out page, then click a red "opt out this record" at the top of your entry. (You must repeat this process from the start for every profile you wish to remove.)