



Privacy, Protected.

*Use AI without giving your life away,
and take back control of your data.*

10 prompts to audit, filter, clean, secure
and watch over your personal data, with AI.

Free for the SYSTINFO community



GOOD TO KNOW

Your data has a price.

In 2026, most free apps, sites and AI assistants run on your data. Protecting your privacy is not about hiding: it is about choosing what you give, and to whom. An AI (ChatGPT, Claude, Gemini, Le Chat) can help you decode a policy, clean a text before sharing it and draft a deletion request. It advises, you decide. Three reflexes first.

- **Share the strict minimum**

Data you do not give cannot leak. Always ask whether the service truly needs it before you hand it over.

- **AI advises, you decide**

It lists the risks and the settings, but you are the one who clicks. Never paste a secret just to see.

- **Privacy needs upkeep**

It is not a box ticked once and for all. A few minutes a month beat one big scare later on.

The right reflex: give the strict minimum, decide yourself, keep it up each month.

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THE METHOD

Five moves, ten prompts.

Protecting your privacy comes down to five moves: frame your exposure, filter what you share, clean your traces, secure your accounts and stay watchful over time. These 10 prompts take you from auditing your data to the routine that keeps it in order.

Every prompt follows the same recipe: Role, Context, Task, Format. Copy the structure, change the brackets.

01 **Frame**

· 2 prompts

02 **Filter**

· 2 prompts

03 **Clean**

· 2 prompts

04 **Secure**

· 2 prompts

05 **Watch**

· 2 prompts



Audit My Traces

PROMPT TO COPY

Role: you are a personal-data protection adviser.

Context: I worry about the traces I leave

online: [your uses, accounts, networks].

Task: take stock of my exposed data.

Format: the list of places where my info travels,
the risk of each, and one first action per point.

What you get

A clear picture of your exposure. Knowing where your data sits is the first step to taking back control, with no panic and no jargon.



The Policy Decoded

PROMPT TO COPY

Role: you are an expert reader of privacy policies.

Context: here is this service's policy: [paste it].

Task: tell me plainly what it does with my data.

Format: which data is collected, who can access it, for how long, and two red flags to notice before I sign up.

What you get

The real contract understood in a minute. Decoding the fine print before you click I agree saves a lot of regret.



The Anonymised Text

PROMPT TO COPY

Role: you are an assistant careful about privacy.

Context: I want to submit this text to an AI,
but it holds personal data: [paste the text].

Task: find and replace anything that identifies me.

Format: the cleaned text, names, addresses and
numbers swapped for neutral labels, and the list
of what you removed.

What you get

The service without the hidden price. Removing names and numbers before sharing lets you use AI without handing over your life.



The Never Rule

PROMPT TO COPY

Role: you are a digital-hygiene trainer.

Context: I use AI every day for [your uses].

Task: draw up my rule of what to never share.

Format: a short list of data to never paste (passwords, ID documents, health, others' details), each with a word on the risk.

What you get

A clear red line, front of mind. A short never list protects you better than a long policy no one reads.



The Deletion Request

PROMPT TO COPY

Role: you are a specialist in data rights.

Context: I want a service to erase my data:
[the service].

Task: write my deletion request, polite and firm.

Format: a short message that invokes my right to
erasure, names the account, and asks for
confirmation within a reasonable time.

What you get

A message ready to send, no words to hunt for. Asking for erasure is a right; AI helps you use it in two minutes.



The Settings Combed

PROMPT TO COPY

Role: you are a guide to privacy settings.

Context: I want to lock down the privacy of [app or network].

Task: walk me, step by step, through the settings to change.

Format: the ordered list of settings to open, what I pick for each, and the safest default.

What you get

A settings tour without getting lost in the menus. A few boxes unticked cut, at a stroke, what the service sees of you.



The Strong Passphrase

PROMPT TO COPY

Role: you are an account-security adviser.

Context: I struggle to manage safe logins, all different.

Task: suggest a simple method for strong access.

Format: the recipe for an easy-to-remember passphrase, the rule to never reuse it, and the value of a password manager and two-step verification.

What you get

Accounts far harder to break into. One long, unique phrase per account beats one clever word reused everywhere.



The Post-Breach Reflex

PROMPT TO COPY

Role: you are an expert in data-breach response.

Context: a service I use has been hacked:

[which one].

Task: tell me what to do, in order, right now.

Format: the three emergency moves, the accounts to watch, and the signs of fraudulent use to spot in the weeks that follow.

What you get

A calm plan instead of panic. Acting fast and in the right order after a breach sharply limits the possible damage.



The Well-Tuned Assistant

PROMPT TO COPY

Role: you are an expert in AI-assistant settings.

Context: I use ChatGPT, Claude, Gemini or Le Chat often.

Task: explain how to limit what it remembers of me.

Format: where to turn off history and training, when to use a temporary chat, and what I gain or lose with each choice.

What you get

AI that is useful but discreet. Turning off history and training, or using a temporary chat, keeps your exchanges yours.



The Monthly Routine

PROMPT TO COPY

Role: you are a digital-hygiene coach.

Context: I want to keep my privacy in order without thinking about it every day.

Task: build me a short monthly check routine.

Format: five checks to run in ten minutes each month, in order, and the one to never skip.

What you get

Peace of mind that lasts. Ten minutes a month beat one big clean-up a year, usually done too late.



THANK YOU · PRIVACY IN ORDER



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