



# WHAT IS A VPN?

**A Virtual Private Network (VPN)** is a simple privacy tool, installed as an app, that shields your identity online.

When active, it hides your true location, encrypts your data, and helps stop companies, ISPs and other third parties from tracking your digital life.

With a VPN you can:

- Browse without revealing your location
- Keep your online activity private
- Protect yourself on public Wi-Fi
- Limit how much data others collect about you



## BUT— IMPORTANT CAUTION:

### **A VPN only hides what can be hidden!**

For example, if your social media accounts still have your address, phone number, and full identity attached...you've just re-identified yourself across all platforms.

## SO MAKE SURE YOU:

- Remove phone numbers, addresses, birthdays, and location permissions
- Turn off ad-tracking
- Delete old unused accounts

**Don't snooker yourself and undermine your VPN by leaving your home address on Facebook.**

Great video that explains about VPN is:

<https://youtu.be/vQmLMGcCO3I?si=O9vQJHOHacd1rGTJ>

## VPNS RECOMMENDED IN COMMUNITY CIRCLES:

**VPNs do come at a cost, but you have to ask yourself, what is my privacy worth?**

1. [VP Net](#) - Tight privacy controls.
2. [Proton VPN](#) - Solid reputation, sold as a package or individual.
3. [Mullvad VPN](#) - Highly recommended.



Get more resources & kit here: [www.MyResistKit.com](http://www.MyResistKit.com)



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