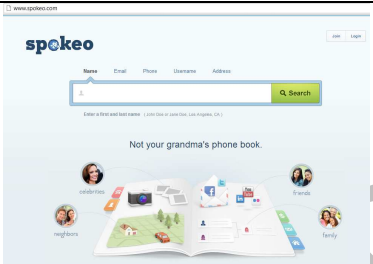


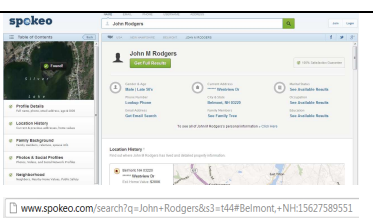

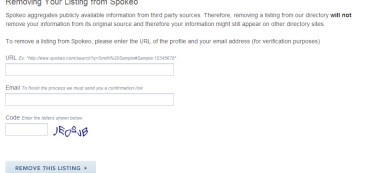
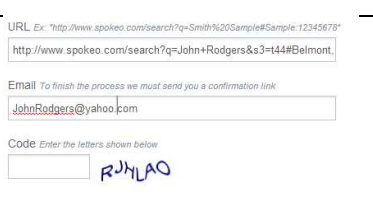

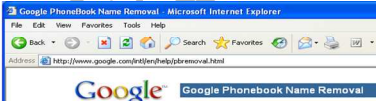

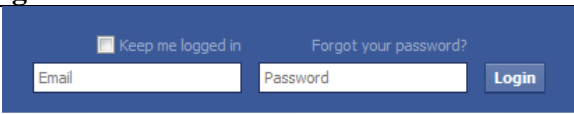
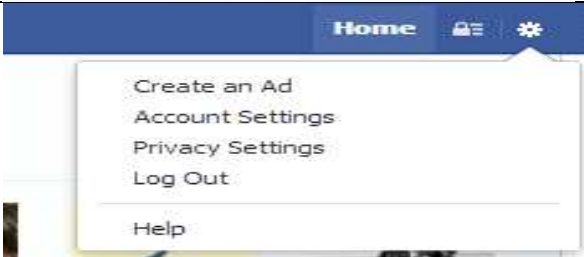




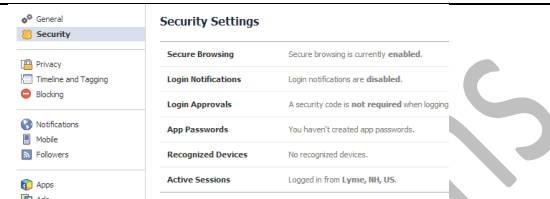
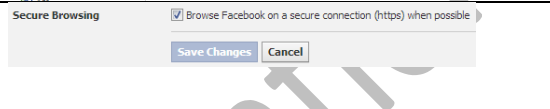
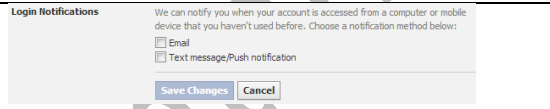

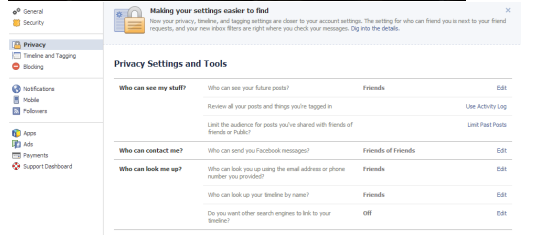
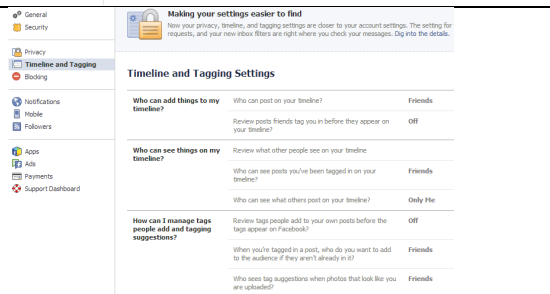
## Investigator Frank's Guide to Removing Your Information From Spokeo

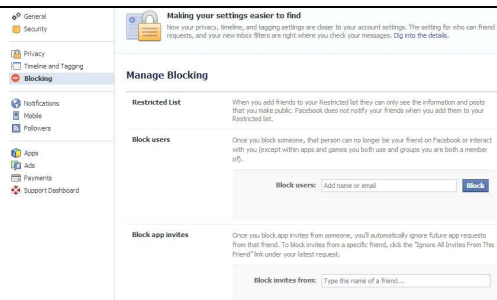
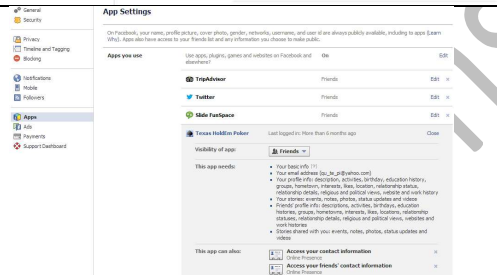

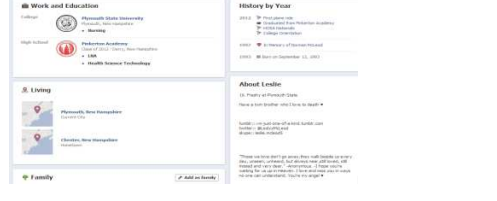
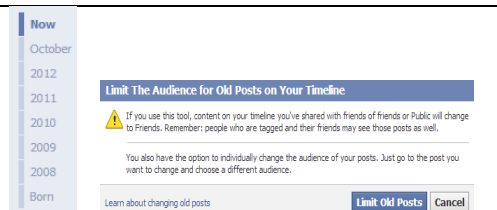
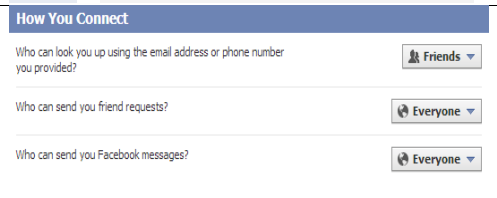
1.	Log onto spokeo.com	
2.	Type in your name	
3.	Choose your state and then city	
4.	When you find your listing copy the URL at the top of the page (it is the <a href="http://www.spokeo.com/search?q=.....">http://www.spokeo.com/search?q=.....</a> )	
5.	Click on Privacy on the bottom right of the page	
6.	Scroll to the bottom of the page and paste the URL from the site that had your information into the URL line	
7.	Type in your e-mail address in the e-mail address line and enter the captcha code to the right of the Code box	
8.	Click Remove Listing and You will get an e-mail from Spokeo with a link inside. Click the link to finish removing your name from the website.	

<u>Google.Com</u>		
1.	Go to <a href="http://www.google.com">www.google.com</a>	
2.	Test whether your phone number is mapped by typing your phone number into the search bar with dashes and hit enter.	(i.e. 603-555-5555)
3.	Two types of link may appear: ❶ to your personal information such as your name and address and ❷ links to any websites where your phone number appears.	
4.	To <b>BLOCK</b> Google from divulging this information, simply go to:  <a href="http://www.google.com/intl/en/help/pbremoval.html">www.google.com/intl/en/help/pbremoval.html</a>	
5.	Complete the form and submit it.	
<u>Smartpages.com</u>		
1.	Go to <a href="http://www.smartpages.com">www.smartpages.com</a>	
2.	Check to see if your personal information is listed.	
3.	To REMOVE your information, send an e-request by e-mail to <a href="mailto:vpcsupport@yellowpages.com">vpcsupport@yellowpages.com</a> or call 866-620-6000	

Deactivating a Facebook Account		
1.	Log into the Facebook account you want to deactivate	 The image shows the Facebook login interface. At the top, there are links for 'Keep me logged in' and 'Forgot your password?'. Below these are input fields for 'Email' and 'Password', followed by a 'Login' button.
2.	In the upper right hand corner click on the wheel in the upper right hand corner and select "account settings."	 The image shows the Facebook account settings menu. A dropdown menu is open, displaying options: 'Create an Ad', 'Account Settings', 'Privacy Settings', 'Log Out', and 'Help'. The 'Account Settings' option is highlighted.
3.	Click on the "security" option in the left hand column and then on the blue "deactivate your account" link in the right hand column.	 The image shows the Facebook Security Settings page. On the left, there is a sidebar with various settings categories: General, Security (highlighted), Privacy, Timeline and Tagging, Blocking, Notifications, Mobile, Followers, Apps, Ads, Payments, and Support Dashboard. On the right, under the 'Security Settings' heading, there are sections for Secure Browsing, Login Notifications, Login Approvals, App Passwords, Recognized Devices, and Active Sessions. At the bottom of the 'Active Sessions' section, there is a link that says 'Deactivate your account.'
4.	If you are attempting to deactivate your child's account, remember that they can reactivate it at anytime by simply entering the password. In order to prevent this, you will have to change the password to something that they do not know. To do this, go back one page to the "general" option in the right hand column and enter a new password that your child will not know and return back to the deactivate page under security.	
5.	Follow the onscreen instructions. Be sure to follow all of the instructions because it will ask you to confirm multiple times. If your child attempts to reactivate the account, they will not have the correct password (because you changed it) and will not be able to update the account. However, you may have to also change the e-mail address the account is associated with because the new password can be sent to that address as well so I would recommend changing the e-mail address as well as the password before deleting the account. This can be done from the account settings page as well	

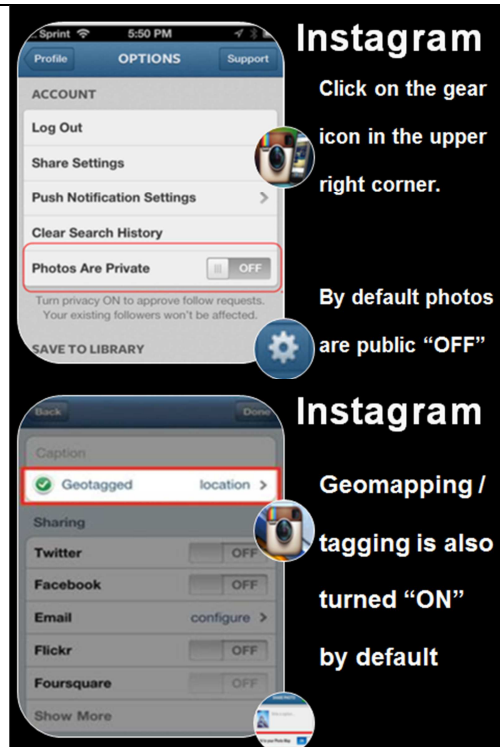
**Changing your security settings: 15 Recommendations**

1.	Click on the wheel in the upper right hand corner to change the account and privacy settings.	
2.	Choose the "Security" option in the left hand column.	
3.	By clicking this box you will use a secure connection to transmit data - ex: <a href="https://www.facebook.com">https://www.facebook.com</a>	
4.	By choosing this option, you will be notified by text or email, every time your account is accessed from a device that you have not previously approved.	
5.	Wait to post that photo. Post photographs and make status updates of time specific events the day after it occurred. Un-tag yourself from any photos that may be questionable or could be taken out of context, and or ask your friends to delete them by clicking on options. Consider limiting who has access to your information.	
6.	Restrict who can post to your timeline and require approval before any postings are made public to prevent information that you may be uncomfortable with from being made public without your knowledge	
		

7.	Restrict people who have questionable pages or cyberbully others, even if they have not targeted your child's account.	
8.	Review application permissions. Is it worth allowing your fine GPS location to play a game or take a quiz? Periodically review your applications, automatic update permission changes and delete those applications that you no longer use or visit infrequently	
9.	Remove your information from search sites. Search engines pull from local newspapers, tax documents, social networking sites, school team lists etc...	
10.	Reconsider your "about" information to include the use of foul language, emoticons or unprofessional / insensitive notations (widowed, its complicated, family members)	
11.	Be mindful that with timeline, old posts are more easily accessible	
12.	Control who can see your information and connect with you.	

13.

- Click on the gear icon in the upper right corner.
- By default photos are public “OFF”
- Geomapping / tagging is also turned “ON” by default



14.

### MAC Screen Capture



Press **Command-Shift-3**.

- The screen shot will be automatically saved as a file on your desktop.



To copy the entire desktop, press **Command-Control-Shift-3**.

- The screen shot will be placed on your clipboard

### Capture A Computer Image:

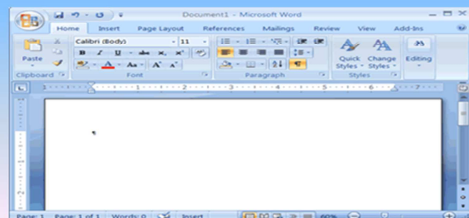
**3** Simple steps to capture an image on the computer screen:

1. Press the “Prt Scrn” button on the keyboard



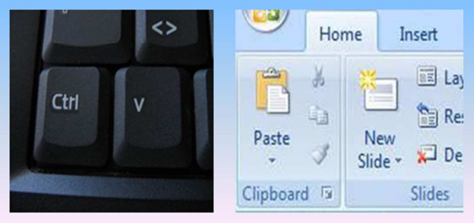
### Capture A Computer Image:

2. Open a Word Processing Document.



### Capture A Computer Image:

3. “Paste” or “Ctrl” and “V”



15.

- Lay down ground rules. No real names, address, family members, school, local places.
- Perform a friend review. Does your child really “know” all of their friends? Block certain entities and place a password on the settings.
- Use video calling with approved friend lists. Help your child set up a parent-approved list of friends.