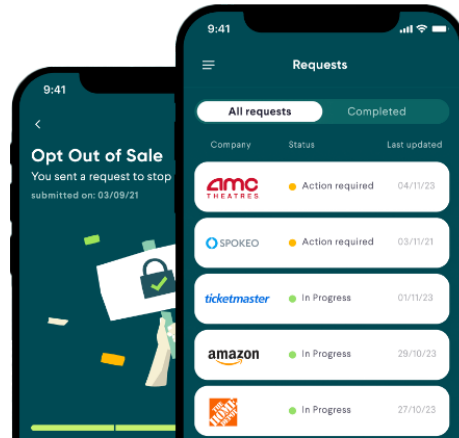


WORKOUT 06

Download Permission Slip



Your Next Steps



On your Mobile Device, download Permission Slip

Permission Slip is a mobile app, available for both iOS and Android, that makes it easy to take control of your personal data. The app shows you what kinds of data companies collect, and lets you decide what to do.



Sign up with your Email, Apple or Google Account

Permission Slip will also ask you what state you live in because different states have different privacy laws — but you already know that from week 3 of our bootcamp!

Start Perusing & Submit At Least One Data Request

Maybe you signed up for Ticketmaster so you could be notified about the Eras tour, maybe you booked an AirBnB for a family trip one time, whatever it may be, if you created an account, these companies have your data, and you have a right to tell them to stop selling your data or to delete your data entirely. With these simple steps, you can Submit a Data Request through Permission Slip:

- PERUSE** companies on Permission Slip, and decide what company you want to submit a data request to
- Click into the **COMPANY CARD**
- Learn more about what types of data the company collects then decide on your
- REQUEST TYPE** do not sell my data or delete my account entirely
- Click **SEND REQUEST** and let Permission Slip do the rest

When you send your first request in Permission Slip, you will be asked to **verify your email** address and phone number, and to sign an agreement authorizing Consumer Reports to act as your agent. By doing this, you give Permission Slip the ability to talk to companies and help manage your data on your behalf i.e. they can do the work for you!

Bonus Step: Enroll in Auto Requests

Maybe you truly are ready for a data cleanse this year! If that's the case, we recommend enrolling in Permission Slips' auto request feature. With auto requests there is no need to click through and select specific companies, because Permission Slip automatically includes a large number of data brokers and tells them to stop selling your data on your behalf — and you know from week 4 just how the data economy works and affects your day to day!

If you've already submitted a data request, you can Enroll in Auto Requests through Permission Slip with these simple steps:

- Look at the bottom tab of the Permission homepage, click a the button labeled **"AUTO"**
- Click the button labeled **"TURN ON AUTO REQUESTS"**
- Allow Permission Slip to send you **NOTIFICATIONS** to get up to date information about your requests
- Wait while **PERMISSION SLIP** does the rest

Then let Permission Slip do the rest! If you've yet to submit a data request, you'll be asked to:

- Add in your **INFORMATION** i.e. legal name, location
- Verify with your **PHONE & EMAIL** or security purposes
- Designate CR to be your **AUTHORIZED AGENT**
- Click the button labeled **"TURN ON AUTO REQUESTS"**
- Allow Permission Slip to send you **NOTIFICATIONS** to get up to date information about your requests

Interested in what's going on behind the scenes of the Permission Slip app? [Read more on How Permission Slip works](#) or check out [Permission Slip's FAQs](#) here.

Why is this important?

- **Because privacy is a right.** This is a fact in many states, and it's one of our fervent beliefs at CR. But that doesn't mean privacy is easy. Anyone who's tried to make their digital life more private knows how much effort it requires. We create data in nearly every interaction we have with companies. Keeping track and chasing after this data can feel convoluted, frustrating, even futile. The right to privacy is only real if you can use it.
- That's why CR built Permission Slip, so you can easily take back control of your personal data. By telling companies to stop selling your data, or to delete your account, you are minimizing the digital trail you leave behind, making it harder for advertisers and data brokers to track your every move.