



THE GREAT LOG OFF

HOW TO TAKE YOURSELF OFF SOCIAL MEDIA—ALL THE WAY OFF

THIS IS THE COMPANION TO THE BROADCAST. YOU DO NOT NEED THE SHOW TO USE IT. WORK IT WITH A PEN IN YOUR HAND.

READ THIS FIRST. WALKING OFF SOCIAL MEDIA IS NOT ONE DECISION. IT IS THREE. PICK YOUR LEVEL, THEN WORK THE PAGES FOR IT.

LEVEL ONE — LOCKDOWN. YOU STAY. THE DOORS GET LOCKED. (SECTION 6)

LEVEL TWO — THE RETREAT. ACCOUNTS GO DARK, NOT GONE. REVERSIBLE.

LEVEL THREE — THE FULL LOG OFF. THE ACCOUNTS ARE DELETED. PERMANENT.

THERE IS NO WRONG ANSWER HERE. THERE IS ONLY THE ANSWER YOU ACTUALLY DO.

AND ONE WARNING BEFORE YOU START. DELETING THE APP OFF YOUR PHONE DELETES NOTHING. THE ACCOUNT IS STILL SITTING THERE, PUBLIC, WORKING FOR SOMEBODY ELSE. THE PHONE IS NOT THE ACCOUNT.

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SECTION ONE — THE TWENTY MINUTES BEFORE YOU DELETE ANYTHING

DONOTSTART WITH THE DELETE BUTTON. START HERE, OR YOU WILL LOSE THINGS YOU CANNOT GET BACK AND LOCK YOURSELF OUT OF ACCOUNTS THAT HAVE NOTHING TO DO WITH SOCIAL MEDIA.

- [] MAKE THE LIST. EVERY ACCOUNT YOU HAVE EVER OPENED, INCLUDING THE DEAD ONES FROM TEN YEARS AGO. THE DEAD ONES ARE THE DANGEROUS ONES — OLD PASSWORD, NO TWO-FACTOR, NOBODY WATCHING.**
- [] DOWNLOAD YOUR DATA FIRST. EVERY MAJOR PLATFORM HAS AN EXPORT TOOL. REQUEST IT, WAIT FOR THE EMAIL, SAVE THE FILE SOMEWHERE THAT IS NOT THE PHONE. THIS CAN TAKE A DAY OR TWO. START IT TONIGHT.**
- [] FIND THE LOGINS THAT LEAN ON IT. ANYWHERE YOU EVER CLICKED SIGN IN WITH FACEBOOK OR SIGN IN WITH GOOGLE. GO TO THOSE SITES AND SWITCH THEM TO AN EMAIL AND PASSWORD BEFORE YOU DELETE. THIS IS THE STEP EVERYBODY SKIPS AND EVERYBODY REGRETS.**
- [] KILL THE BILLING. SUBSCRIPTIONS, BOOSTS, ADS, IN-APP PURCHASES. REMOVE THE SAVED CARD. NEVER LEAVE A CARD ON AN ACCOUNT YOU ARE NOT WATCHING.**
- [] SAVE THE PEOPLE. THE PHONE NUMBERS AND EMAILS YOU ONLY HAVE INSIDE THAT APP. WRITE THEM DOWN. ON PAPER IS FINE.**

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[] TELL YOURPEOPLEWHERE YOU WENT. A SHORT NOTE: I AM COMING OFF THIS. HERE IS MY NUMBER. THEN GO.

SECTION TWO — THE UNIVERSAL EXIT

THE MENUS ARE DIFFERENT ON EVERY PLATFORM AND THEY MOVE THEM ON PURPOSE. THE SEQUENCE NEVER CHANGES. LEARN THE SEQUENCE AND YOU CAN LEAVE ANYTHING.

ONE. DOWNLOAD YOUR DATA AND WAIT FOR IT TO ARRIVE.

TWO. STRIP THE PROFILE. PHOTO OFF. BIO EMPTY. LOCATION, EMPLOYER, SCHOOL, BIRTHDAY, PHONE NUMBER — CLEAR THEM OUT. WHAT IS ARCHIVED ELSEWHERE STOPS BEING ACCURATE THE DAY YOU CLEAR IT.

THREE. UNLINK EVERY CONNECTED APP AND EVERY OTHER ACCOUNT.

FOUR. FIND SETTINGS, THEN ACCOUNT, THEN DEACTIVATION AND DELETION. CHOOSE DELETE, NOT DEACTIVATE. IF YOU CANNOT FIND IT, OPEN THE PLATFORM'S HELP PAGE AND SEARCH THE WORDS DELETE MY ACCOUNT. THAT WORKS EVERY TIME.

FIVE. STAY LOGGED OUT. THIS IS THE WHOLE GAME.

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THE THIRTY DAY RULE

ON EVERY MAJOR PLATFORM, DELETION IS NOT INSTANT. YOU REQUEST IT AND A THIRTY DAY CLOCK STARTS. IF YOU LOG IN ONE TIME DURING THOSE THIRTY DAYS, THE DELETION IS CANCELLED AND THE ACCOUNT COMES BACK WHOLE.

SO: DELETE THE APP FROM THE PHONE. LOG OUT ON EVERY DEVICE. REMOVE THE SAVED PASSWORD FROM THE BROWSER SO IT CANNOT AUTO-FILL YOU BACK IN.

THE COMPANY IS BETTING ON THIRTY DAYS OF LONELINESS. THAT IS THEPRODUCT.

I REQUESTED DELETION ON THIS DATE:

MY THIRTY DAYS ARE UP ON THIS DATE:

SECTION THREE — PLATFORM BY PLATFORM

WORKDOWN THE LIST. CHECK THEBOX WHEN THE REQUEST IS IN, NOT WHEN YOU THOUGHT ABOUT IT.

[] FACEBOOK — SETTINGS, ACCOUNTS CENTER,

PERSONAL DETAILS, ACCOUNT OWNERSHIP AND CONTROL, DEACTIVATION OR DELETION. THIRTY DAYS TO CANCEL. UP TO NINETY DAYS FOR THE POSTS TO CLEAR THE SERVERS.

[] INSTAGRAM — SAME ACCOUNTS CENTER, SEPARATE ACCOUNT. DELETING ONE DOES NOT DELETE THE OTHER. YOU MUST DO EACH ONE.

[] THREADS — SEPARATE AGAIN. CHECK IT EVEN IF YOU NEVER USED IT.

[] TIKTOK — PROFILE, SETTINGS AND PRIVACY, ACCOUNT, DEACTIVATE OR DELETE. THIRTY DAY

GRACE PERIOD. [Johnny Action Hotline: 855-88ACTION](https://www.johnnyaction.com) ? Call Anytime 24/7/365



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- [] **SNAPCHAT— USE THE ACCOUNTSPORTALIN A BROWSER, NOT THE APP. THIRTY DAYS DEACTIVATED, THEN GONE. SAVE YOUR MEMORIES FIRST.**
- [] **X — SETTINGS, YOUR ACCOUNT, DEACTIVATE. DEACTIVATION IS THE DELETION. THIRTY DAYS LOGGED OUT AND IT IS DONE. WATCH THE THIRD-PARTY APPS — ONE OF THEM SIGNING IN FOR YOU WILL RESET THE CLOCK.**
- [] **LINKEDIN — SETTINGS, ACCOUNT PREFERENCES, CLOSE ACCOUNT. EXPORT YOUR CONNECTIONS FIRST OR YOU LOSE YOUR PROFESSIONAL ROLODEX.**
- [] **YOUTUBE — THE CHANNEL AND THE EMAIL ACCOUNT ARE TWO DIFFERENT THINGS. YOU CAN REMOVE THE CHANNEL AND KEEP THE EMAIL.**
- [] **PINTEREST, NEXTDOOR, DISCORD, TUMBLR, AND THE DATING APPS — SAME SEQUENCE, SAME MENU WORDS.**

ONE THAT WORKS DIFFERENTLY:REDDIT
DELETING THE ACCOUNT DOES NOT DELETE WHAT YOU WROTE. THE POSTS AND COMMENTS STAY UP, DETACHED FROM YOUR NAME. IF YOU WANT THEM GONE, DELETE THEM BEFORE YOU DELETE THE ACCOUNT.
ASSUME THE SAME IS TRUE ANYWHERE PEOPLE ARE TALKING TO EACH OTHER IN PUBLIC. CHECK BEFORE YOU CLOSETHE DOOR.

SECTION FOUR — THE ACCOUNTS YOU FORGOT
NOBODYREMEMBERSALLOFTHEM.HEREISHOW YOU FIND THEM.

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- [] SEARCH YOUR OWN EMAIL FOR THE WORDS WELCOME TO AND CONFIRM YOUR ACCOUNT. TEN YEARS OF SIGNUPS WILL COME BACK IN ONE SCREEN.
- [] OPEN YOUR PASSWORD MANAGER OR YOUR BROWSER'S SAVED PASSWORDS AND READ THE WHOLE LIST OUT LOUD.
- [] CHECK THE APP STORE PURCHASE AND DOWNLOAD HISTORY. IT REMEMBERS WHAT YOU DO NOT.
- [] SEARCH YOUR OWN NAME AND YOUR OLD SCREEN NAMES. THE ONE FROM HIGH SCHOOL TOO.

WRITE THEM DOWN AS YOU FIND THEM:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

SECTION FIVE — THE ACCOUNT IS GONE. YOU ARE NOT.

THIS IS THE PART THAT SURPRISES PEOPLE. YOU CAN DELETE EVERY ACCOUNT YOU EVER OPENED AND STILL BE ALL OVER THE INTERNET. BECAUSE MOST OF IT WAS NEVER POSTED BY YOU.

- [] SEARCH YOUR OWN NAME. THEN SEARCH YOUR CHILD'S NAME. DO IT TONIGHT AND LOOK AT WHAT COMES BACK.

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- [] TAKE ONE PHOTO OF YOUR CHILD THAT IS ALREADY PUBLIC AND RUN IT THROUGH AN IMAGE SEARCH. NINETY SECONDS. YOU WILL NOT NEED A SECOND OPINION AFTER THAT.
- [] ASK THE OTHER PEOPLE TO TAKE YOU DOWN. GRANDPARENTS. AUNTS. COACHES. THE FAMILY FRIEND WITH THE CAMERA. YOUR ACCOUNT BEING GONE DOES NOTHING ABOUT THEIRS.
- [] START ON THE DATA BROKERS. THERE ARE HUNDREDS. DO NOT TRY TO DO THEM ALL. FIVE A WEEK, LARGEST FIRST, ON A RECURRING CALENDAR REMINDER — BECAUSE THEY REFILL.
- [] ASK THE SEARCH ENGINES TO CLEAR THE OLD PAGES. A DELETED PROFILE CAN SIT IN A SEARCH RESULT FOR WEEKS. EACH MAJOR SEARCH ENGINE HAS A REMOVAL REQUEST FORM.
- [] FREEZE YOUR CHILDREN'S CREDIT AT ALL THREE MAJOR BUREAUS. IT IS FREE. A CHILD'S FILE IS A BLANK CHECK, AND THE THEFT USUALLY IS NOT FOUND UNTIL THAT KID APPLIES FOR A FIRST CAR LOAN AT NINETEEN.

SECTION SIX — IF YOU ARE STAYING: THE SIX MOVES

MOST PEOPLE CAN DO ALL SIX IN ABOUT HALF AN HOUR. THIS IS LEVEL ONE, AND IT IS NOT A CONSOLATION PRIZE. DONE HONESTLY, IT CLOSES MOST OF THE DOOR.

- [] ONE. LOCK THE ACCOUNTS DOWN. EVERY ACCOUNT IN THE HOUSE GOES PRIVATE. THEN SCROLL YOUR OWN FOLLOWER LIST AND REMOVE EVERY NAME YOU CANNOT PLACE. IF YOU HAVE NOT

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READ THAT LIST IN TWO YEARS, YOU DO NOT KNOW WHO IS IN YOUR HOUSE.

- [] TWO. STRIP THE KIDS. TAKE DOWN ANYTHING SHOWING A FULL NAME TOGETHER WITH A SCHOOL, A TEAM, A JERSEY NUMBER, AN ADDRESS, OR A ROUTINE. AND TAKE DOWN THE BATH PICTURES, THE BEACH PICTURES, AND THE PAJAMA PICTURES. ALL OF THEM.**
- [] THREE. MAKE THE FAMILY RULE AND SAY IT OUT LOUD. NOTHING ABOUT THE KIDS GOES UP WITHOUT A YES FROM THE KID. THAT APPLIES TO GRANDPARENTS, AUNTS, UNCLES, AND COACHES. ASK FOR THE YES. HONOR THE NO.**
- [] FOUR. TURN OFF FACE RECOGNITION AND AUTOMATIC TAGGING IN EVERY APP THAT OFFERS IT, AND TURN OFF LOCATION TAGGING ON THE CAMERA ITSELF. YOUR PHONE IS STAMPING COORDINATES ON PICTURES RIGHT NOW UNLESS YOU TOLD IT TO STOP.**
- [] FIVE. FREEZE YOUR CHILDREN'S CREDIT AT ALL THREE MAJOR BUREAUS. FREE. EVERY CHILD IN THE HOUSE.**
- [] SIX. START OPTING OUT OF THE DATA BROKERS. FIVE A WEEK, LARGEST FIRST, ON A CALENDAR REMINDER.**

SECTION SEVEN — THE HONEST PAGE

NOT EVERYBODY CAN LOG OFF, AND ANY MANUAL THAT PRETENDS OTHERWISE IS SELLING YOU SOMETHING.

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THERE ARE SMALL BUSINESS OWNERS WHOSE ENTIRE CUSTOMER BASE LIVES ON THOSE PLATFORMS. THERE ARE PEOPLE WITH DISABILITIES FOR WHOM THE FEED IS THE FRONT DOOR TO THE WORLD. THERE ARE KIDS IN HARD HOUSES WHO FOUND THE ONLY FRIENDS WHO UNDERSTOOD THEM ON A SCREEN, AND TELLING THEM TO LOG OFF IS TELLING THEM TO BE ALONE.

SO HERE IS THE MIDDLE PATH, AND IT IS A REAL ONE.

[] KEEP THE BUSINESS PAGE. DELETE THE PERSONAL PROFILE. THEY ARE NOT THE SAME ACCOUNT AND THEY DO NOT HAVE TO LIVE OR DIE TOGETHER.

[] KEEP THE ACCOUNT, REMOVE THE PERSON. NO FACE, NO FULL NAME, NO LOCATION, NO ROUTINE. AN ACCOUNT THAT SELLS SOMETHING DOES NOT NEED TO CARRY YOUR FAMILY IN IT.

[] KEEP THE ROOMS, LOSE THE STAGE. THE GROUP CHAT WITH TEN PEOPLE IN IT IS NOT THE PROBLEM. THE PERFORMANCE FOR STRANGERS IS THE PROBLEM.

AND FOR PARENTS, ONE WARNING. PUSH A FIFTEEN YEAR OLD OFF A MONITORED PLATFORM AND SHE DOES NOT GO READ A BOOK. SHE GOES SOMEWHERE WITH NO MODERATION, NO REPORTING BUTTON, AND NO ADULT ANYWHERE NEAR IT. IF YOU TAKE SOMETHING AWAY, PUT SOMETHING IN ITS PLACE, AND STAY IN THE ROOM.

SECTION FOUR: THE RULES, SIGNED

THE ONE THING THIS WEEK. SIT DOWN WITH YOUR CHILD OR YOUR GRANDCHILD, PULL UP ONE THING

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YOU POSTED THAT THEY NEVER AGREED TO, AND TAKE IT DOWN WHILE THEY ARE WATCHING. THEN SAY THE RULE OUT LOUD.

NOTHING GOES UP WITHOUT A YES.

IT APPLIES TO ME, TO OUR FAMILY, AND TO ANYONE WITH A CAMERA IN THIS HOUSE.

I WILL ASK FOR THE YES. I WILL HONOR THE NO. AND IF I ALREADY PUT IT UP, I WILL TAKE IT DOWN WHEN YOU ASK ME TO.

ADULT: _____

CHILD: _____

DATE: _____

DO NOT BE ALONE WITH THIS ONE. CALL ONE OTHER PARENT AND TELL THEM WHAT YOU FOUND WHEN YOU SEARCHED YOUR OWN KID'S NAME. THAT IS HOW THIS SPREADS, AND SPREADING IT IS THE WHOLE JOB.

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I AM JOHNNY ACTION. AND WE FIGHT BACK.

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