**Privacy Diary**

In the chart below, write down every time in a typical week that you lose or give up some of your privacy, both in the real world and online. For every incident, explain whether or not you had the choice to accept the privacy loss.

When you’ve finished, give each example a score between 1 and 5. A score of 1 means you feel you have very little privacy, and a score of 5 means you feel you have as much control over your privacy as you want.

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| **How you gave up your privacy** | **Was it by choice?** |
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**Your privacy score is (Underline): 1      2       3       4       5**