



Personal OSINT Exposure Checklist

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This checklist is designed for everyday individuals and families. It focuses on publicly observable open-source intelligence (OSINT) signals that increase the risk of scams, identity theft, harassment, impersonation, and targeted phishing. It reflects what a motivated external actor can learn without privileged access.

How to use: Review each item, mark Priority (H/M/L) based on potential impact, and mark Status (OK/Fix/N/A) based on your current state. If you are doing this as part of a CM-SEC engagement, keep evidence (URLs, screenshots, notes) in the case file.

Individual Name: **Date:**
Role / Context (optional): **Organization (optional):**
Assessor / Point of Contact: **Review Type:**
Notes (optional):

1) Identity, Address, and Contact Exposure

Focus: names, usernames, addresses, phone numbers, emails, and linkable identifiers.

Full legal name and common name variants are not paired with a home address on easily found pages.

Priority: H M L

Status: OK Fix N/A

Personal phone number is not publicly listed on profiles, bios, resumes, or directory pages.

Priority: H M L

Status: OK Fix N/A

Personal email address is not publicly listed (use an alias/contact form for public-facing needs).

Priority: H M L

Status: OK Fix N/A

Reverse phone/email lookups do not reliably connect to a home address or full identity.

Priority: H M L

Status: OK Fix N/A

Usernames/handles are not reused across many sites (reduces easy account correlation).

Priority: H M L

Status: OK Fix N/A

Public-facing profiles avoid posting date of birth, hometown, or other high-correlation details.

Priority: H M L

Status: OK Fix N/A

Old accounts and abandoned profiles have been cleaned up or set to private.

Priority: H M L

Status: OK Fix N/A

Shared household members do not unintentionally publish address/contact details in public posts.

Priority: H M L

Status: OK Fix N/A



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2) Data Brokers and People-Search Suppression

Focus: reducing how quickly someone can find your address and family connections through data broker sites.

- Top people-search/data broker listings reviewed for you and key household members.

Priority: H M L

Status: OK Fix N/A

- Opt-out/suppression requests submitted and documented (site, date, confirmation).

Priority: H M L

Status: OK Fix N/A

- Search results re-checked after opt-outs for residual cache/index exposure.

Priority: H M L

Status: OK Fix N/A

- Name variants checked (middle initial, alternate spellings, prior names).

Priority: H M L

Status: OK Fix N/A

- Old resumes, bios, PDFs, and cached pages containing personal details removed or de-indexed where feasible.

Priority: H M L

Status: OK Fix N/A

- If you own a domain, WHOIS privacy is enabled and contact details are not publicly exposed.

Priority: H M L

Status: OK Fix N/A

- Package delivery and online store profiles do not expose a home address publicly.

Priority: H M L

Status: OK Fix N/A

- Any public directory listings (professional groups, clubs) are reviewed for address/phone leakage.

Priority: H M L

Status: OK Fix N/A

3) Social Media and Public Profile Hygiene

Focus: posts, photos, friends lists, and settings that leak location, routine, or relationships.

- All major platforms reviewed for visibility (Facebook, Instagram, X, TikTok, LinkedIn, YouTube, etc.).

Priority: H M L

Status: OK Fix N/A

- Privacy settings verified (friends/followers lists, tagged photos, contact details restricted).

Priority: H M L

Status: OK Fix N/A

- Geotagging disabled; check-in features minimized; location history reviewed.

Priority: H M L

Status: OK Fix N/A

- No real-time location posting (restaurants, events, travel) until after leaving the area.

Priority: H M L

Status: OK Fix N/A

- Older posts reviewed for home identifiers (street signs, house numbers, landmarks, school logos).

Priority: H M L

Status: OK Fix N/A



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Tagged photos and mentions are monitored; tagging requires approval where possible.

Priority: H M L

Status: OK Fix N/A

Profile photos/banners do not reveal sensitive details (badges, license plates, mail, house exterior).

Priority: H M L

Status: OK Fix N/A

Family members (and close friends who post about you) understand basic privacy expectations.

Priority: H M L

Status: OK Fix N/A

4) Communities, Messaging, and Side Accounts

Focus: information leakage through forums, gaming platforms, chat apps, marketplaces, and hobby communities.

Discord/Slack/community profiles do not display real name, city, workplace, or personal email/phone.

Priority: H M L

Status: OK Fix N/A

Gaming handles are not tied to real identity across platforms when privacy is desired.

Priority: H M L

Status: OK Fix N/A

Forum posts and public comments do not include address hints, routine details, or identifiable photos.

Priority: H M L

Status: OK Fix N/A

Dating profiles and classified ads do not use the same photos/handles as public social profiles.

Priority: H M L

Status: OK Fix N/A

Marketplace listings (Facebook Marketplace, OfferUp, etc.) avoid meeting at home and avoid home photos.

Priority: H M L

Status: OK Fix N/A

Payment apps (Venmo, Cash App, etc.) are set to private; friend lists and transaction history are not public.

Priority: H M L

Status: OK Fix N/A

Fundraiser/crowdfunding pages avoid posting home address, personal phone, or full family details.

Priority: H M L

Status: OK Fix N/A

Online wishlists/registries (Amazon, baby registry, etc.) are private and do not expose shipping address.

Priority: H M L

Status: OK Fix N/A

Public calendar links, invite links, or event RSVPs do not expose personal schedules.

Priority: H M L

Status: OK Fix N/A



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Messaging apps are configured to limit discoverability by phone number (where supported).

Priority: H M L

Status: OK Fix N/A

Old usernames and public chat logs are reviewed for doxxing breadcrumbs (schools, old jobs, neighborhoods).

Priority: H M L

Status: OK Fix N/A

5) Public Records and Document Exposure

Focus: filings and documents that can expose addresses, family ties, or personal identifiers.

Property-related records reviewed for direct linkage to your name and home address (risk-based).

Priority: H M L

Status: OK Fix N/A

Voter registration/public registry exposure reviewed where applicable (state rules vary).

Priority: H M L

Status: OK Fix N/A

Court records, liens, and public notices reviewed for address/phone exposure (risk-based).

Priority: H M L

Status: OK Fix N/A

Business registrations, professional licenses, and club rosters do not list your home address.

Priority: H M L

Status: OK Fix N/A

Public PDFs and bios do not include personal phone/email or residential address.

Priority: H M L

Status: OK Fix N/A

If you publish content (blog, portfolio), contact details use controlled aliases.

Priority: H M L

Status: OK Fix N/A

Old school/association directories are checked for address/phone leakage where possible.

Priority: H M L

Status: OK Fix N/A

Emergency contact details are not published online (especially in volunteer/sports rosters).

Priority: H M L

Status: OK Fix N/A

6) Credentials, Breaches, and Account Recovery

Focus: preventing account takeover and reducing the impact of leaked credentials.

Known breach exposures checked for your emails/usernames; remediation tracked.

Priority: H M L

Status: OK Fix N/A

Password manager in use; no password reuse across major accounts.

Priority: H M L

Status: OK Fix N/A



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MFA enabled on critical accounts (email, social, cloud storage, banking) using an authenticator app or hardware key.

Priority: H M L

Status: OK Fix N/A

Recovery email/phone is secured, current, and not easy to guess or socially engineer.

Priority: H M L

Status: OK Fix N/A

SMS-based MFA is minimized for high-value accounts; SIM-swap risk reduced where feasible.

Priority: H M L

Status: OK Fix N/A

Account recovery questions are not guessable from OSINT (schools, pets, hometown, etc.).

Priority: H M L

Status: OK Fix N/A

Primary email inbox rules/forwarding reviewed to detect malicious persistence.

Priority: H M L

Status: OK Fix N/A

Device and browser sessions reviewed periodically; unknown sessions revoked.

Priority: H M L

Status: OK Fix N/A

7) Photos, Files, and Metadata Leakage

Focus: hidden metadata and accidental background details that reveal location or identity.

Images shared publicly have EXIF/GPS metadata removed or sharing settings prevent metadata exposure.

Priority: H M L

Status: OK Fix N/A

Public PDFs reviewed for metadata (author name, username, internal file paths, timestamps).

Priority: H M L

Status: OK Fix N/A

Cloud share links are reviewed for scope (no public access unless intended); stale links removed.

Priority: H M L

Status: OK Fix N/A

Screenshots/photos avoid showing mail labels, prescriptions, boarding passes, QR codes, or barcodes.

Priority: H M L

Status: OK Fix N/A

Video call backgrounds are checked for sensitive details (documents, whiteboards, family photos, addresses).

Priority: H M L

Status: OK Fix N/A

Photos do not show license plates, driveway views, unique house features, or nearby landmarks.

Priority: H M L

Status: OK Fix N/A

Children's photos avoid school names, team schedules, and location-identifying signage.

Priority: H M L

Status: OK Fix N/A



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- Shared family albums and backup folders are permissioned to trusted accounts only.
Priority: H M L Status: OK Fix N/A

8) Routine, Location, and Physical Safety Signals

Focus: reducing stalking risk and real-world targeting by minimizing predictable routine signals.

- Fitness apps and routes are private; maps and public leaderboards do not reveal home/start locations.
Priority: H M L Status: OK Fix N/A
- Real-time travel posting is avoided; hotel/flight details are not shared publicly.
Priority: H M L Status: OK Fix N/A
- Review sites and public check-ins do not create a predictable pattern of locations.
Priority: H M L Status: OK Fix N/A
- Home address is not used as a default meet-up location for sales, deliveries, or services.
Priority: H M L Status: OK Fix N/A
- Vehicle identifiers are minimized in public posts (license plates, unique decals, driveway photos).
Priority: H M L Status: OK Fix N/A
- Smart home device names and Wi-Fi SSID do not include your name/address.
Priority: H M L Status: OK Fix N/A
- Delivery photos and door/front-porch posts avoid showing house numbers and street context.
Priority: H M L Status: OK Fix N/A
- If targeted harassment is a concern, a safe-mailing strategy (PO box/virtual mailbox) is in place.
Priority: H M L Status: OK Fix N/A

9) Monitoring, Takedown, and Response Readiness

Focus: staying ahead of new exposure and reacting quickly to impersonation or doxxing.

- Alerts configured for your name/handle variants and key identifiers (phone, email, unique phrases).
Priority: H M L Status: OK Fix N/A
- Regular self-audit cadence established (monthly/quarterly) with a simple log of changes.
Priority: H M L Status: OK Fix N/A
- Opt-out/takedown log maintained (site, request date, confirmation, follow-up date).
Priority: H M L Status: OK Fix N/A



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Impersonation response steps documented (fake profiles, email spoofing, voice-clone scams).

Priority: H M L

Status: OK Fix N/A

Friends/family know how to verify urgent requests (code word, call-back procedure, separate channel).

Priority: H M L

Status: OK Fix N/A

Key platforms have reporting routes bookmarked for fast takedown requests.

Priority: H M L

Status: OK Fix N/A

If there is credible threat/harassment, escalation contacts are defined (platform, employer, local authorities).

Priority: H M L

Status: OK Fix N/A

Evidence preservation approach is understood (screenshots, URLs, timestamps) without engaging the attacker.

Priority: H M L

Status: OK Fix N/A

Notes / Evidence (optional):

Action plan (physical fixes only): List the top issues you observed and what you'll repair/upgrade first.
