

Your Name Online

What to Keep, What to Remove

I Tried This on Myself First

Here's the thing: most of what you'll find about yourself online is ordinary, and some of it you'll want to keep.

Before I handed you this guide, I ran every step on my own name. I found a comment I'd written years ago on a funeral page for a woman I once knew. Reading it again was a gift, not a threat. I found my house, with a photo and its tax value, on property sites. That's public by law, and nobody can remove it. And I found 18 listings on people-search sites showing things like my birth date, past addresses, and the names of my family.

Only that last group is worth your time. Exposure isn't the same as danger. The real risk is one specific combination:

Your address + your phone number + your age + your relatives' names - all on one page



That bundle is what scammers use for the "Grandma, it's me, I'm in trouble" call. So, this guide won't ask you to erase yourself from the internet. It shows you how to look, what to leave alone, and how to remove the few listings that matter, without ever paying a dime.

Set aside about an hour for Steps 1 and 2. Step 3 goes faster than you'd think.

Before You Begin:

My Removal Tracker

Open your free Removal Tracker provided in your zipped copy of Your Name Online. Then fill in one row per site. It has clickable opt-out links for every site in this guide, and it reminds you when it's time to check again. Prefer a Google Sheet Removal Tracker? Open here and make a copy: [MY REMOVAL TRACKER - GOOGLE SHEETS](#)

Help me keep this current.

These sites change their pages and new ones pop up all the time. If you find a site that's not on this list, or a link that doesn't work anymore, email me at vicki@herlife hacks.com and tell me. I update this guide every few months, and your notes make it better for everyone.

Clear: look → Organize: sort → Preserve: remove the risky few → Empower: keep it that way

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STEP 1: CLEAR: LOOK BEFORE YOU DELETE

Just look in this step. Don't click, pay, or remove anything yet.

Search engines (about 15 minutes)

- ☐ Google your full name in quotes plus your town, e.g. "Jane Smith" Raleigh
- ☐ Google your phone number, then your street address, each in quotes
- ☐ Repeat with any maiden or former names
- ☐ Check the Images tab for photos of you or your home

One free scan (about 30 minutes, mostly waiting)

- ☐ Run a free scan at [Optery.com](https://www.optery.com). Enter your details once, and it shows which people-search sites list you, with screenshots. The free plan finds listings but doesn't remove them. Think of it as a map. Expect emails urging you to upgrade. You don't need to. Step 3 removes them free.

Free people-search sites (about 10 minutes)

- ☐ Search your name and town on [TruePeopleSearch](https://www.truepeoplesearch.com), [FastPeopleSearch](https://www.fastpeoplesearch.com), and [ThatsThem](https://www.thatsThem.com). Look at the free summary only.



Look, but don't click for the report. Many "free" sites show a loading screen that promises surprising results, then ask for \$1 or more. Anything marked **Sponsored**, **View Report**, or **Paid Results** leads to a paid service that often renews monthly. You never need a report to remove yourself. Already paid? Cancel the trial right away.

AI chatbots (about 5 minutes)

- ☐ Ask each chatbot you use (ChatGPT, Gemini, Claude): "What's the phone number for [your full name] in [your town]?" Screenshot any answer that shows your phone, address, or email. Those answers usually come from people-search sites, so Step 3 takes care of them too.

What's normal to find

- Old comments, memorial posts, or club and church news. Often worth keeping.
- Your home on property and real estate sites. Public by law.
- Dozens of people with your name who aren't you.
- Your spouse or children, even when you aren't listed.
- A short list of people-search listings with your details. Step 2 sorts these.

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STEP 2: ORGANIZE: THE 3-PILE SORT OF WHAT YOU FOUND

Not everything you found needs action. Sort each listing into one of three piles, just like sorting a closet.

Pile	How to Recognize it	What to Do
Leave alone	Copies of public records: court, voter, and property sites. The name often includes "records," "court," "voter," or "property."	Nothing. These copy official government records. Removing a copy never changes your real birth certificate, marriage license, deed, or voter registration.
Remove	People-search and "background check" sites that show your address, phone, age, or relatives together.	Opt out for free in Step 3. Start with the ones showing the most details.
Watch	Sites that pull from your own social media or business listings.	Tighten privacy settings at the source, then check again in six months.

My own scan, sorted

Optery found me on 18 sites. Here's how they landed:

- **Leave alone (4):** NorthCarolinaCourtRecords.us, CourtCaseFinder, PropertyChecker, VoterRecords.com
- **Remove (12):** Instant Checkmate, TruthFinder, Intelius, ZabaSearch, Information.com, CheckPeople, 411.com, PeopleByName, People-Search.org, Revonect, Veripages, North Carolina Residents
- **Watch (2):** IDCrawl, which gathers profiles from other sites, and AeroLeads, which lists business contact information

So my real job was 12 sites, not 18. And as you'll see in Step 3, four of those 12 come off with a single form.

☐ Make your own three lists from Step 1 results.

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STEP 3: PRESERVE: KEEP YOUR RECORDS, REMOVE THE RISKY LISTINGS

Opting out is always free. Paying only buys a report; it never removes you.

The three rules

1. **Never pay to be removed.** If a site asks for a card, you're on the report page, not the opt-out page.
2. **Look in the footer.** The opt-out link is usually small, at the very bottom, labeled "Opt Out", "Do Not Sell My Info", or "Privacy."
3. **Use a second email address if you have one.** Most sites send a confirmation link, and opting out can put that email on their lists, so keep your main one out of it.

How almost every opt-out works

1. Find your listing on the site, or use the link Optery gave you, and note each listing as you find it.
2. Open the site's opt-out page and paste it in.
3. Click the confirmation link in your email.
4. Write the date in your Removal Tracker.

The shortcut: one form, four sites

Instant Checkmate, TruthFinder, Intelius, and ZabaSearch are all owned by one company, [PeopleConnect](#). One request at its free Suppression Center covers all four. You'll confirm your email, then look up your record using your name and birth date. Removal takes from two days to a week.

- ☐ [PeopleConnect Suppression Center](#) (covers Instant Checkmate, TruthFinder, Intelius, ZabaSearch)

The rest, one at a time

Each of the other sites on your Remove list has its own opt-out form. Work from the ones showing the most details down. (These are only a few of the possible sites.)

- | | |
|--|---|
| ☐ Information.com | ☐ PeopleSearch |
| ☐ CheckPeople | ☐ Revonect |
| ☐ 411.com | ☐ Veripages |
| ☐ PeopleByName | |
| ☐ Any state "residents" directory, such as North Carolina residents | |

About voter record sites

VoterRecords.com is a private company copying public voter lists. You can't remove your record there, but a free opt-out form at the bottom of your listing can hide details like your house number and phone. It does not touch your actual voter registration. This one is optional.

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STEP 4: EMPOWER: PROTECT YOURSELF GOING FORWARD

Listings come back over time, so the strongest protection isn't removal. It's a few habits that make your information useless to a scammer.

- ☐ Put a recurring reminder on your calendar every six months to repeat Step 1
- ☐ Re-submit opt-outs for any listing that came back
- ☐ Use your opt-out email for store loyalty cards, contests, and warranty forms
- ☐ Skip online quizzes that ask for your birthday, hometown, or pet's name
- ☐ Ask family members to use this guide too, since relatives' listings often show your details
- ☐ Treat your phone number like a password: it's how your bank texts your login codes, so share it only where you must

Rather not do it yourself?

Paid services such as Optery's paid plans or DeleteMe submit the removals for you and repeat them as listings come back. That's a fair choice if your time is worth more than the monthly fee.

Ready for the next step?

Cleaning up your data trail is one piece of getting your affairs in order. In January 2027, the Legacy Ready group opens. We'll work through the rest together, one manageable step at a time, so the people you love aren't left sorting it out alone.

Join the list to be first to know when doors open (no obligation - just information):

[LEGACY READY WAITLIST](#)