BEGINNER · 10 min read · November 9, 2026 · By Kelly Stratton

How to Erase Your Digital Footprint for Free With Claude

Find out which people-search sites are showing your address and phone number, and get yourself off them for free. Claude finds your listings, gets every removal request ready, and walks you through each form, so strangers searching your name find a lot less.

Type your name into a people-search site and you'll probably find your home address, your phone number, your age, every place you've lived, and the names of your relatives, all on one page that anyone can open. The good news: every major site has a free way off, and you don't need to pay anyone to do it for you. With four prompts, Claude becomes your removal assistant. It finds the sites that list you, gets your requests ready, and walks you through every form, one site at a time. Then a few free shortcuts take you off hundreds more sites at once.

> **WHAT IS A DATA BROKER?**
>
> A data broker is a company that collects information about people from public records, old accounts, and marketing lists, then sells or shows it. People-search sites like Whitepages and Spokeo are the data brokers you can see: they put it all on one page with your name on it.

> **WHAT YOU NEED**
>
> Claude, on your phone or computer, with web search on (it's on the free plan too). A spare email address for the confirmation emails (a free Gmail you make just for this works well). Nothing to install, and you can spread it over a few sittings. The sites in this guide are US people-search sites.

PART 1 How Do You Find Out Which Sites Are Showing Your Information?

Ask Claude to look you up the way a stranger would, using web search only, and put every site it finds into a table. You get each site's name, what it shows about you, the link to remove yourself, and what that site asks for. It takes a minute or two, and it's the map for everything after.

Open a new chat in Claude and paste this, with your own name and city:

PROMPT

```
I want to see which people-search and data-broker sites are showing my own personal information. Use web search only. Don't open the sites in a browser. Look me up: [full name], [city, state]. Put every site that lists me in a table with what it shows, the link to remove myself, and what that site asks for.
```

Why "use web search only"? Without it, Claude may try to open each site in a browser, and many of these sites block that with a "verify you're human" check that Claude can't get past. Web search reads the results without opening the sites, so the whole lookup runs in one go.

Why "my own"? Claude is careful about looking up other people. Saying it's you keeps the request clear.

Make it a spreadsheet. If you see a **Create a spreadsheet** button under Claude's answer, click it. If not, type "make this a spreadsheet." Now you have a checklist you can tick off as you go.

Claude may say it can't confirm a few of the biggest sites. That's normal. Finish all four prompts first, then check those sites yourself in Part 5.

Keep this chat open. Prompts 2 and 3 go in the same chat, so Claude already has your table.

PART 2 How Does Claude Get Your Removal Requests Ready?

In the same chat, ask Claude to prepare one removal request for each site in your table, in the format that site uses: form fields for sites with a form, an email for sites that take email. It uses the same name and details on every one, so nothing gets mixed up between sites.

PROMPT

```
Now get my removal requests ready, one for each site in the table, in whatever format that site uses. Keep my name and details exactly the same in all of them.
```

What comes back:

- **Form sites:** the exact entries to type into each box.
- **Email sites:** a ready-to-send email with the subject line, plus the address to send it to.
- **Two blanks for you to fill in:** your spare email address and each listing's web address. Claude can't fill these in for you, because only you can open your listings.

Depending on your account, Claude may put the requests in a document next to the chat instead of in the chat itself. Either way, it's the same requests.

Check the names Claude used. If a listing shows you with a middle name or an old last name, Claude may include it. Make sure every name and city is right before you send anything.

PART 3 How Do You Send Them Without Getting Stuck?

Ask Claude to walk you through the sites one at a time: the link, exactly what to type, what to click, and to wait until you say “done” before moving on. You do the clicking, including the “I’m not a robot” boxes and the confirmation emails. Claude keeps your place so you never lose track.

PROMPT

```
Now walk me through the sites one at a time. For each one, give me the link, tell me
exactly what to type and what to click, and wait until I say done before you go to the next
site.
```

Here’s what that looked like for the first site when I ran it, with my details taken out:

> ***Site 1 of 9: Spokeo***
>
> 1. *Go to spokeo.com.*
> 2. *Search your name and city. Click Search.*
> 3. *Find the listing that’s you and open it.*
> 4. *Copy the whole web address from your browser’s address bar. It should be your listing, not a search results page.*
> 5. *In a new tab, go to spokeo.com/optout.*
> 6. *Paste the link into the box labeled Enter URL here.*
> 7. *Type your opt-out email.*
> 8. *Tick I’m not a robot, then click Opt Out.*
> 9. *Open your email, find the message from Spokeo, and click the confirmation link.*
>
> *Reply **done** when you’ve clicked the confirmation link, and we’ll move on.*

The confirmation email is the step people miss. Most sites don't remove anything until you click the link they email you, and some links expire quickly. Do each site's email before you say "done."

More than one listing on a site? Each listing has its own web address, and each one needs its own request. Tell Claude "there's a second listing" and it walks you through that one too.

How long it takes. Removals aren't instant. Spokeo says its requests are processed in 24 to 48 hours, and other sites can take longer. Give each site a few days, then search your name there again. Still listed? Check that you clicked the confirmation link, then send the request again.

Why Claude doesn't click for you. Many of these sites block automated browsers with a human check, on purpose. Even when you pass the check once, it wears off. So the fastest path is the one above: Claude does the looking up and the reading, you do the clicks.

PART 4 How Do You Keep Your Information Off for Good?

Check again every three months. These sites refresh their data from public records and other sources, so a listing you removed can come back. Save your table from Part 1. In three months, paste it into a new Claude chat with the prompt below. Claude checks the same sites and tells you which ones list you again.

PROMPT

```
Here's my table from last time. Check the same sites again with web search only, and tell me which ones list me again, with the link to remove myself.
```

Paste your table right after the prompt. Then use prompts 2 and 3 for any site that has you back.

Put it on your calendar. A reminder every three months is all it takes. Keep Google's Results about you notifications on, and you'll hear about new results in between.

PART 5 Which Sites Do You Need to Check Yourself?

Once you've finished the four prompts, check Whitepages, TruePeopleSearch, FastPeopleSearch, and BeenVerified by hand. These big sites often keep their profile pages out of search engines, so web search can't confirm whether you're on them. Search your name on each site. If you find yourself, paste the listing's link into the same chat, and Claude walks you through it like the others.

The big four, and where to find the way off

Whitepages
Search your name at whitepages.com and copy your listing's web address. Paste it at whitepages.com/suppression-requests, confirm the listing is yours, and choose to remove it. Whitepages may verify you with an automated phone call.

TruePeopleSearch
Go to truepeoplesearch.com/removal. Enter your name and email and tick the human check. They email you a link, and that link opens the form where you find your record and remove it.

FastPeopleSearch
Go to fastpeoplesearch.com/optout. Enter your email and name and tick the human check. Click the link they email you within 24 hours, then fill in the form so it matches the record you want removed. After 24 hours the link stops working and you ask for a new one.

BeenVerified
Go to beenverified.com/app/optout/search. Search your name and state, pick your record, enter your email, and click the confirmation link they send.

If one of these links has moved, scroll to the bottom of the site and look for "Do Not Sell My Personal Information" or "Opt Out." It goes to the same place.

Search every name you've used. A maiden name, a married name, a middle name, a nickname. Each one can be its own listing, and each listing needs its own removal.

Never pay to see a listing. Some sites offer a "full report" for a fee. You don't need it. The free search shows enough to find your listing and its web address.

> ONE SITE YOU CAN SKIP
>
> Radaris was on almost every opt-out list for years. As of November 2026 its website shows a notice that the domain was transferred by court order, and there's no search or opt-out page to use. If it comes back, add it to your table.

PART 6 What Free Shortcuts Cover Lots of Sites at Once?

Three free shortcuts do more than one site at a time: Google's Results about you tool, one shared opt-out page that covers four people-search sites, and California's DROP, which sends one request to every registered data broker in the state. Do these once you've worked through your table.

Three free shortcuts

Google "Results about you"
Go to myactivity.google.com/results-about-you, or tap your profile picture in the Google app and choose Results about you. Add your name, address, phone, and email, and turn on notifications. You can add a maiden name, a nickname, and more than one address or phone number. Google shows search results with your details and lets you ask for each one to be removed, then alerts you when new ones appear. It hides results from Google search. The page itself stays online, so still remove yourself from the site.

One form, four sites
Intelius, TruthFinder, Instant Checkmate, and US Search are owned by the same company, PeopleConnect, and share one opt-out page at suppression.peopleconnect.us. Sign in with your email, click the link they send, find your record, and opt out. One request covers all four.

California's DROP
If you live in California, go to privacy.ca.gov/drop and click Get started with DROP. Confirm you're a California resident (no account needed), add basic details about yourself, and send one free request to every data broker registered with the state, over 600 of them. Your profile shows each broker's status, and it can take up to 90 days for a status to update.

PART 7 Four Rules That Keep This Safe

1. **Use a spare email.** Most sites send confirmation emails, and some send marketing after. Keep all of it out of your main inbox.
2. **Never share your Social Security number or passwords.** No removal request needs them, and no real opt-out page asks for them. If a site does, stop there.
3. **You click every submit.** Claude tells you what to type. You decide what gets sent.
4. **Never pay to be removed.** Every opt-out in this guide is free. A site that wants money to remove you is selling you something.

> WHAT THIS DOESN'T REMOVE
>
> Court records, property records, and voter records come from the government, and people-search sites aren't the only place they live. Anything you posted yourself, like social media profiles, stays until you change it there. And Google's tool hides results rather than deleting the page. What this does do is take apart the one-page profile that lets a stranger find where you live in thirty seconds. That's the part that protects you most.

You've got everything you need. Start with Part 1 tonight. By the end of the week, the strangers searching your name will find a lot less.

FAQ

Questions People Ask About Erasing Their Digital Footprint

Straight answers

How do I remove myself from the internet for free?
Start with the people-search sites, because they're the ones showing your address and phone number to anyone. Every major one has a free opt-out page. Ask Claude to find the sites that list you, get your removal requests ready, and walk you through each form. Then turn on Google's free Results about you tool.

How do I remove my information from people-search sites?
Find your listing on the site, copy its web address, and paste it into the site's opt-out page with a spare email address. Most sites send a confirmation email, and the removal only counts once you click it. Claude can find your listings and give you each site's exact steps, one site at a time.

Can I completely erase my digital footprint?
Not completely. Court records, property records, and anything you posted yourself stay where they are. What you can do, for free, is get off the people-search sites that package your address, phone, and relatives into one page anyone can see. That's the part that matters most for your privacy and safety.

Do I need to pay a data removal service?
No. Paid services do the same opt-outs for you every few months, which is handy if you'd rather not do it yourself. Every opt-out in this guide is free. Never pay a people-search site to remove you, and never buy a report to find out what it shows.

How do I remove my address from Google search?
Use Google's free Results about you tool. Add your address, phone, and email, and Google finds search results that show them and lets you ask for removal. It hides those results from Google search, but the page itself stays online, so remove yourself from the site too.

Will people-search sites add me back?
Often, yes. These sites refresh their data from public records and other sources, so a removed listing can come back months later. Check again every three months with the fourth prompt in this guide, and keep Google's Results about you alerts on so you hear about new results.

What is California's DROP?
DROP is California's free Delete Request and Opt-out Platform. California residents send one request at privacy.ca.gov/drop, and it goes to every data broker registered with the state, over 600 of them. Brokers have had to check for those requests since August 2026.

SOURCES Where This Comes From

- California Privacy Protection Agency, DROP: free for California residents, one request to over 600 registered data brokers. privacy.ca.gov/drop
- Google, Results about you. myactivity.google.com/results-about-you
- PeopleConnect Suppression Center (Intelius, TruthFinder, Instant Checkmate, US Search). suppression.peopleconnect.us
- Spokeo opt-out, including the 24 to 48 hour processing time. spokeo.com/optout
- Google Search Help, Find and remove personal info in Google Search results. support.google.com
- Prompts 1 to 3 were run in Claude on November 4, 2026, on my own name. The Spokeo walkthrough is quoted from that run with my details removed.

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