

You Shouldn't Eat All Cookies



What are browser cookies and how they affect you.

What are Browser Cookies?



Cookies are small text files of information created or updated when visiting a website and stored on the user's computer.

Why should I care about Cookies?

Pose a Security Threat

Can contain: Name, EMAIL, DOB, Password, etc.

Anything you enter on a website can be placed in a cookie

Unauthorized Data Collection

Sharing with other websites, data brokers

Why am I asked about Cookies?

European Union Consumer Privacy

GDPR – General Data Protection Regulation

protects your personal information, giving you control over how it's used and ensuring companies keep it safe

ePrivacy Directive “cookie law”

protects your online privacy by regulating cookies, ensuring secure communication, and preventing unwanted marketing messages

US State Consumer Privacy Acts

California	Montana	Nebraska	Florida
Virginia	Oregon	Rhode Island	Texas
Colorado	Delaware	Maryland	New Hampshire
Connecticut	Indiana	Minnesota	New Jersey
Utah	Iowa	Kentucky	Tennessee

What kinds of Cookies are there?

Three ways to classify cookies:

How long they endure

Their provenance

The purpose they serve

Bars and Squares

Drop

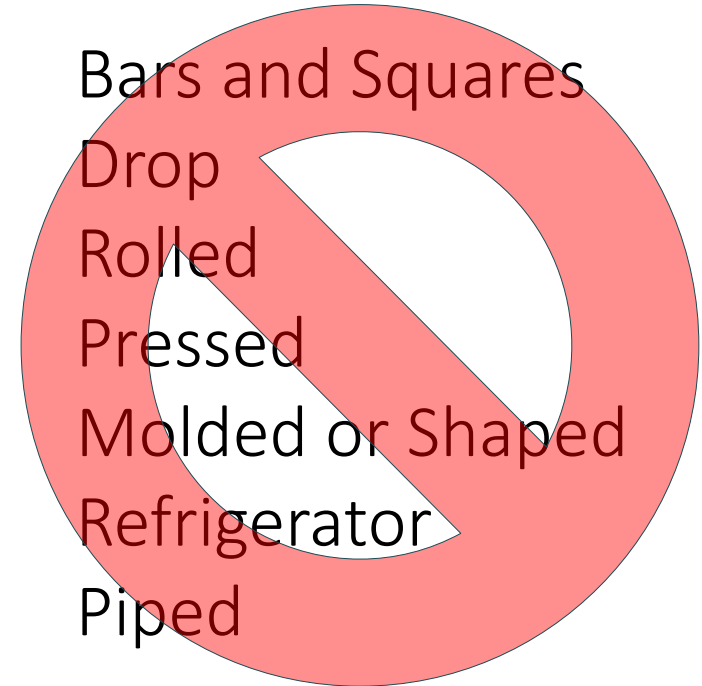
Rolled

Pressed

Molded or Shaped

Refrigerator

Piped



What kinds of Cookies are there?

Duration:

Session cookies – These cookies are temporary and expire once you close your browser or once your session ends.

Persistent cookies — are cookies that remain on your hard drive until you erase them or your browser does, depending on the cookie's expiration date. All persistent cookies have an expiration date written into their code, but their duration can vary.

What kinds of Cookies are there?

Provenance:

First-party cookies — As the name implies, first-party cookies are put on your device directly by the website you are visiting.

Third-party cookies — These are the cookies that are placed on your device, not by the website you are visiting, but by a third party like an advertiser or an analytic system.

What kinds of Cookies are there?

Purpose:

Strictly necessary cookies — These cookies enable essential website functionality, like secure access or keeping items in a shopping cart, and don't require consent but should be explained to users.

Preferences cookies — (functionality cookies) remember your past choices on a website, such as language preference, region for weather updates, or login details for convenience.

What kinds of Cookies are there?

Purpose:

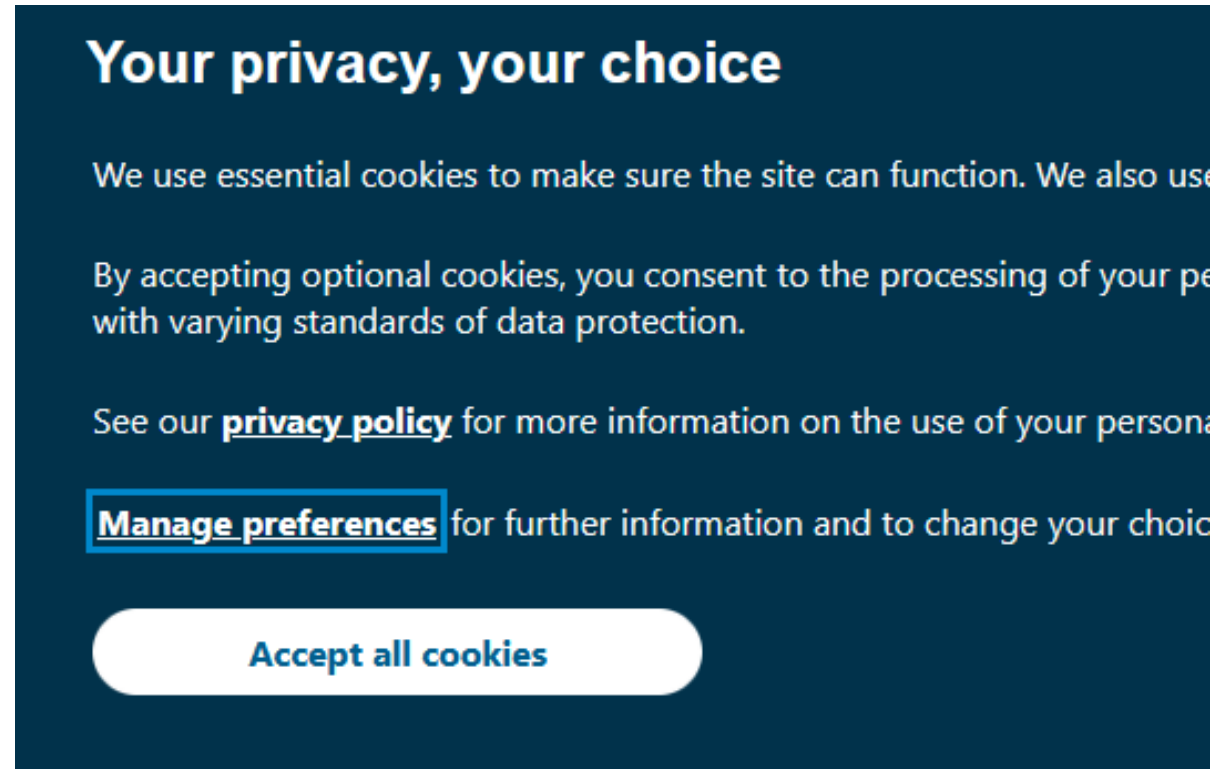
Statistics cookies — (performance cookies) anonymously track how you use a website (e.g., pages visited, links clicked) to help improve its functionality and are often linked to analytics services.

Marketing cookies — track your online activity to provide targeted ads, limit ad frequency, and share data with advertisers, typically as persistent third-party cookies.

Cookie Popups and Dark Patterns

Notice only ONE button.

Making changes is a Link



Your privacy, your choice

We use essential cookies to make sure the site can function. We also use

By accepting optional cookies, you consent to the processing of your personal data, including information that may be used for marketing purposes, with varying standards of data protection.

See our [privacy policy](#) for more information on the use of your personal data.

[Manage preferences](#) for further information and to change your choices.

Accept all cookies

Manage Cookies

Here are the categories listed earlier.

Not quite the same names but similar.

Manage your cookie preferences

Cookies that are strictly necessary

These cookies are necessary for the website to function and cannot be switched off in our systems. They are usually only set in response to actions made by you which amount to a request for services, such as setting your privacy preferences, logging in or filling in forms. You can set your browser to block or alert you about these cookies, but some parts of the site will not then work. These cookies do not store any personally identifiable information.

Always on [Cookie details +](#)

Cookies that measure website use

These cookies allow us to count visits and traffic sources so we can measure and improve the performance of our site. They help us to know which pages are the most and least popular and see how visitors move around the site. We may also recommend content to you based on your website activity. All information these cookies collect is aggregated and therefore anonymous. If you do not allow these cookies we will not know when you have visited our site, and will not be able to monitor its performance.

Off [Cookie details +](#)

Cookies that help with our communications and marketing

These cookies enable us to show marketing messages and first-party ads, and to measure the effectiveness of our social media presence. They're also used to group you in a targeting segment with people who have similar interests. Certain cookies in this category are used to provide you with personalised content based on your previous activity on the site.

Off [Cookie details +](#)

Cookies that help show personalised advertising

These cookies may be set through our site by our advertising partners. They may be used by those companies to build a profile of your interests and show you relevant adverts on other sites. They do not store directly personal information, but are based on uniquely identifying your browser and internet device. If you do not allow these cookies, you will experience less targeted advertising.

Off [Advertising partners +](#)

[Accept all cookies](#) [Reject optional cookies](#) [Save preferences](#)

What can I do about Cookies?

Log out of websites and clear cookies periodically

Set browser to delete cookies

Use privacy friendly browsers: DuckDuckGo, Firefox, Brave

Use Private / Incognito mode

Install Privacy Extensions –

Privacy Badger from EFF <https://privacybadger.org/>

uBlock Origin <https://ublockorigin.com/>