

Vpn vs Proxy: Which is Better for Privacy?

Choosing privacy tools that actually protect you

- 1 Subscribe to a paid VPN with AES-256 encryption like Surfshark or ProtonVPN.
- 2 Verify your VPN provider has published independent third-party audit reports.
- 3 Check your VPN's jurisdiction—choose Switzerland, Panama, or British Virgin Islands.
- 4 Stop using free proxies immediately; 43% leak user data regularly.
- 5 Run an IP leak test on your VPN to confirm zero exposure.
- 6 Use proxies only for speed/unblocking, never for privacy protection.
- 7 Avoid VPN providers based in Five Eyes countries (US, UK, Australia).
- 8 Enable encryption on all apps by using a VPN, not just browsers.
- 9 Research proxy providers' jurisdiction before use; avoid Russia and China.
- 10 Compare VPN prices—quality options start at \$2.49/month, not \$15/month.
- 11 Read your VPN's no-log policy and verify it with audit reports.
- 12 Never assume free tools protect your privacy; they monetize your data.