FOR ADULTS 18+ · WORKS WITH ANY APP

Your AI girlfriend privacy checklist



Keep the romance. Keep your secrets. A few simple habits let you enjoy the chat without handing over your real life.

THE GOLDEN RULE

Flirt freely. Share feelings, not facts that identify you.

How it works: three short moments

1

Before you sign up

A private email, a strong password and an easy way to pay.

About 5 minutes

2

Your first chat

Find the exits, then create a made-up you.

About 10 minutes

3

When you leave

Cancel and delete the right way.

About 5 minutes

Tick the boxes right in this PDF, on your phone or computer. Or print it out.

NO TIME? START HERE

The five-minute version

These five habits do most of the work. The rest of the checklist fills in the details.



- [ ] **Use an email just for this app**
  An alias or a new free inbox. Your main email stays out of it.
- [ ] **Use a password you've never used before**
  Let a password manager remember it for you.
- [ ] **Be a made-up you**
  A nickname and an invented hometown. More on page 4.
- [ ] **Keep your characters private**
  Some apps have public galleries. Check before you save.
- [ ] **Pay monthly and know how to cancel**
  Screenshot the cancel page on day one.

Why bother? Your chats are stored on the app's computers, not just on your phone. These habits mean that even if something leaks, nothing points back to you.

BEFORE YOU SIGN UP · ABOUT 5 MINUTES

Get ready like it's a first date

You bring your charm, not your passport.



- [ ] **Create an email address just for companion apps**
  An email alias or a new free inbox keeps the app away from your main account.
- [ ] **Use a brand-new password, saved in a password manager**
  Never reuse the password from your email or bank.
- [ ] **Turn on two-step login for that email**
  Whoever gets into your email can get into your app account.
- [ ] **Choose a username that isn't your real name**
  And not the one you use on social media or in games.
- [ ] **Pay in a way that's easy to stop**
  An app store subscription, or a card with spending alerts switched on.
- [ ] **Check the app is for adults and allowed where you live**
  Adult features can change by country and app store.

Write it down now (future you will thank you)

App name

Email I used

Plan and price

Renews on

Where to delete chats

Where to cancel

Done? You're ready for your first chat.

YOUR FIRST CHAT · ABOUT 10 MINUTES

Find the exits before you get cozy



It takes two minutes now and saves a headache later.

- [ ] **Find these five buttons: log out, delete chats, delete account, download my data, cancel**
  Take a screenshot of each one.
- [ ] **Send a test message, delete it, and check it's really gone**
  If you can't delete messages, share even less.
- [ ] **Check the public or share setting before you save a character**
  Keep her private unless you really want to share.
- [ ] **Turn off message previews on your lock screen**
  So spicy messages don't pop up while friends are around.
- [ ] **Allow the microphone and photos only when you need them**
  Switch access off again in your phone settings.



Meet the made-up you

Name	Sam (a nickname)
Hometown	Maple Hollow (made up)
Job	"I work in an office"

Use the same details every time. She'll remember the story, and your real life stays yours.

Pro tip: save your screenshots in one photo album called "App exits." When it's time to leave, you'll find everything in ten seconds.

KEEP IT VAGUE

Say this, not that

She'll like "Sam from a small town" just as much.



~~My name is Alex Johnson~~	→	Call me Sam
~~I live on Oak Street in Denver~~	→	I live in a small town
~~I work at Acme Insurance~~	→	I work in an office
~~I leave work at 5:30 every day~~	→	I finish work in the evening
~~[a photo of you or your ex]~~	→	Let the app make pictures of her
~~Here's my number / card / ID~~	→	Never, in any chat



Privacy policies are long. You need three words.

Open the app's privacy policy, press Ctrl+F (or Find on your phone), and search for:

"delete"

Good sign: Clear steps to delete your chats and account

Careful: No way to delete at all

"train"

Good sign: You can stop chats being used to train the AI

Careful: Chats used for training, with no opt-out

"sell"

Good sign: They don't sell your data or share it with advertisers

Careful: Data shared with advertisers or "partners"

- [ ] **I searched for all three words, and turned on any "don't train on my chats" setting**

Red flags: walk away

If it feels like a scam, it is.

Gift cards or crypto to "unlock a real girl"
It's a scam. There's no real person behind the paywall.

"Let's move to another app to pay"
Being pushed to Telegram, WhatsApp or another site is a warning sign.

Asking for your photo, ID or address in chat
Real age checks happen on the app's official pages, never in a chat.

A countdown to pay for a whole year
Pressure deals are built to rush you. Pay monthly first.

Breaking up with an app?

Do it properly. About 5 minutes.

- [ ] **Cancel where you paid: the website, or Apple or Google**
  Deleting the app doesn't cancel the subscription.
- [ ] **Delete your chats, then delete your account**
- [ ] **Keep the cancel and delete confirmations**
  Just in case you're charged again.

Look after yourself. An AI girlfriend is for fun, not a replacement for real support. If you're going through a hard time, talk to someone you trust, or call or text 988 (Suicide & Crisis Lifeline, US).

Full privacy guide | Pricing traps | Safety tips | Our app ranking

General guidance for adults 18+, not legal advice. No affiliate links in this checklist. Questions: hello@bestaigirlfriendhub.com · © 2026 Best AI Girlfriend Hub