

Secondhand Confessions Privacy Policy

Last Updated: August 23, 2026

1.0 Introduction

This Privacy Policy explains how Secondhand Confessions ("Secondhand Confessions," "we," "us," or "our") collects, uses, discloses, and protects personal information when you visit secondhandconfessions.com, listen to or interact with the Secondhand Confessions podcast, submit a confession or other message, or otherwise communicate with us through services that we control (collectively, the "Services"). It also describes choices and rights that may be available to you. Third-party podcast players, social networks, and other external platforms have their own privacy practices, as described below.

2.0 Information We Collect

We may collect information that you provide directly to us. This may include your name, email address, telephone number, mailing address, and the content of messages, questions, feedback, survey responses, or other communications you send to us. If you submit a confession, story, episode idea, or similar material, we may collect the submission itself and any contact details, names, personal experiences, or other information that you choose to include. Please avoid including information about another person unless you have the right to provide it, and avoid providing sensitive information that is not necessary for your submission.

When you use the website, we and our service providers may automatically collect technical and usage information, such as your Internet Protocol (IP) address, browser type and version, device and operating-system information, time zone, referring and exit pages, dates and times of visits, pages viewed, links clicked, approximate location derived from an IP address, and information about interactions with website or podcast content. Podcast hosting or distribution platforms may also provide us with aggregated or limited information about streams, downloads, devices, locations, or audience engagement.

We may receive information from vendors that support the Services, including website hosting, analytics, email, security, and podcast hosting or distribution providers, as well as from social networks or other platforms when you choose to interact with us through those services. The information available to us depends on the provider, your settings, and applicable law.

3.0 How We Use Information

We may use personal information to operate, maintain, and improve the website and podcast; receive, review, respond to, and manage confessions and other submissions; communicate with you about questions, requests, administrative matters, show updates, or other messages you have chosen to receive; understand audience engagement and website performance; troubleshoot errors; protect the security and integrity of the Services; prevent fraud, abuse, or unlawful activity; enforce applicable terms and policies; comply with law; establish, exercise, or defend legal claims; and carry out other purposes disclosed when information is collected or with your consent.

Submitting a confession or other material does not by itself guarantee that it will be used or published. If we wish to use identifiable submission content in an episode, on the website, or in related promotional material, our use will be governed by any notice, permission, release, or other terms presented in connection with the submission. We may also use information in aggregated or de-identified form for analytics, audience insights, planning, and other lawful purposes.

4.0 Lawful Bases for Processing

Where data protection law requires a lawful basis, we process personal information as necessary to provide a service or respond to a request; with your consent, including where consent is requested for a communication or a particular use of a submission; to comply with legal obligations; and for our legitimate interests, such as operating and improving the Services, understanding audience engagement, maintaining security, preventing misuse, and managing our communications and business, provided those interests are not overridden by your rights and interests. Where we rely on consent, you may withdraw it at any time, without affecting processing that occurred before withdrawal.

5.0 Cookies and Analytics

We and our service providers may use cookies, pixels, tags, web beacons, local storage, and similar technologies to enable website functions, remember preferences, maintain security, measure traffic and performance, and understand how visitors use the Services. Analytics providers, including Google Analytics where enabled, may collect information about your device and activity over time in accordance with their own privacy terms.

You can control many cookies through your browser settings and, where available, through website consent controls. Blocking or deleting cookies may affect certain website functions. You may also use provider-specific controls, such as the Google Analytics opt-out browser add-on. Because standards for browser-based Do Not Track signals are not uniform, the website may not respond to those signals; where required by applicable law, we will honor recognized opt-out preference signals.

6.0 How We Disclose Information

We may disclose personal information to vendors and contractors that perform services for us, such as website and podcast hosting, analytics, email delivery, communications, data storage, security, and professional advice. These providers may process information only as needed to perform services for us or as otherwise permitted by their agreements and applicable law.

We may disclose information when we reasonably believe disclosure is required by law, subpoena, court order, or other legal process; is necessary to investigate, prevent, or address suspected unlawful activity, fraud, or security threats; or is needed to protect the rights, property, safety, or integrity of Secondhand Confessions, our listeners, or others. We may also disclose information in connection with an actual or proposed merger, acquisition, financing, reorganization, bankruptcy, sale of assets, or similar transaction, subject to appropriate protections. We may share aggregated or de-identified information that does not reasonably identify an individual. We do not sell personal information for money.

7.0 Third-Party Links and Platforms

The Services may link to or be available through third-party websites and platforms, including podcast directories and players, social networks, embedded media providers, and other online services. Those third parties may collect information directly from you and are responsible for their own privacy practices. This Privacy Policy does not govern information collected by a third party on a service that it controls, and we encourage you to review the third party's privacy policy and settings before using that service.

8.0 Data Security, Retention, and International Processing

We use reasonable administrative, technical, and physical safeguards designed to protect personal information against unauthorized access, loss, misuse, alteration, or disclosure. No method of transmission or storage is completely secure, however, and we cannot guarantee absolute security.

We retain personal information only for as long as reasonably necessary for the purposes described in this Privacy Policy, including to manage communications and submissions; operate and improve the Services; satisfy legal, accounting, or reporting obligations; resolve disputes; prevent abuse; and enforce agreements. Retention periods vary according to the nature and sensitivity of the information, the purpose for which it was collected, and applicable legal requirements. We may retain aggregated or de-identified information for longer where it no longer identifies you.

Secondhand Confessions and its service providers may process or store information in the United States and other countries that may have different data protection laws than your place of residence. Where required, we use legally recognized safeguards for international transfers.

9.0 Your Privacy Rights and Choices

Depending on where you live and subject to applicable exceptions, you may have the right to request access to personal information we hold about you, obtain a portable copy, correct inaccurate information, request deletion, restrict or object to certain processing, withdraw consent, or appeal a decision concerning a privacy request. You may also have the right to lodge a complaint with a data protection authority. We will not unlawfully discriminate against you for exercising an applicable privacy right.

You may opt out of promotional emails by using the unsubscribe link in the message or by contacting us. You may manage cookies as described above. To submit a privacy request, use the contact information in Section 12. We may need to verify your identity and authority before completing a request, and an authorized agent may be required to provide proof of authorization. We will respond within the period required by applicable law.

10.0 Children's Privacy

The Services are intended for a general audience and are not directed to children under 13. We do not knowingly collect personal information from a child under 13. If you are a parent or guardian and believe a child has provided personal information to us, please contact us so that we can take appropriate steps, including deletion where required.

11.0 Changes to This Privacy Policy

We may update this Privacy Policy from time to time to reflect changes in our practices, technology, or legal obligations. We will post the revised policy on the website and update the "Last Updated" date. If required by law, we will provide additional notice or obtain consent before a material change takes effect.

12.0 Contact Us

If you have questions, concerns, or requests regarding this Privacy Policy or our handling of personal information, contact Secondhand Confessions by email at secondhandconfessions@gmail.com, through secondhandconfessions.com, or by mail at Secondhand Confessions, 1809 Riverchase Dr, PO Box 36242, Birmingham, AL 35244.