



Privacy Policy

Date: December 07, 2025

Updated: January 09, 2026

Welcome to **Notes by Laurette** (www.notesbylaurette.com), a space for reflection and connection through "Spoken Blogs" and written notes. Your privacy and anonymity are paramount. This policy is designed to be transparent about our practices.

1. Anonymous Submissions

The primary function of our platform is the voluntary, anonymous submission of notes and reflections.

- **No Personal Data:** We do not require or collect names, email addresses, or any personal identifiers for individuals submitting notes for publication.
- **Anonymity Guaranteed:** We do not track or store IP addresses, geolocation data, or device identifiers associated with these submissions.
- **Purpose:** Submitted notes are used solely for the intended purpose of the site: reflection, community connection, and creative expression.

2. Subscriber Information (Newsletters & Spoken Blogs)

We only collect personal information if you voluntarily and explicitly choose to subscribe to our Spoken Blogs or Newsletter.

- **Information Collected:** We collect only your email address.
- **Usage:** Your email is used solely to deliver the content you have requested (e.g., newsletters, notifications of new spoken blogs).
- **No Sale of Data:** We do not sell, rent, or share your personal data with third parties for marketing purposes.

3. Disclosure of Licensed Technology

In compliance with 2026 transparency standards for digital media:

- **Audio Production:** Our "Spoken Blogs" utilize licensed voice synthesis technology to narrate original scripts written by Dr. Laurette Abunaw DNP. While the vocal

performance is digitally generated, all content direction, creative input, and editorial approval are strictly performed by a human author.

- **Visuals:** Site imagery is used for illustrative purposes only and may be produced using licensed digital design tools.
- **Human Oversight:** We maintain "human-in-the-loop" oversight for all published content.

4. Your Privacy Rights & Choices

We respect the privacy rights of our global community. Regardless of where you live, Maryland, another U.S. state, or internationally, you have the following rights regarding your subscriber information:

- **The Right to Opt-Out:** You may unsubscribe from our communications at any time using the link provided in every email we send.
- **The Right to Deletion:** You may request that we permanently delete your email address from our records.
- **The Right to Transparency:** You have the right to know how your data is used, as outlined in this policy.

To exercise any of these rights, please contact us at: **notes@notesbylaurette.com**. We will respond to all legitimate requests within 30 days.

5. Cookies and Analytics

We use basic cookies to analyze website traffic (e.g., how many people visit a specific blog post) and improve site performance. These cookies do not identify you personally and are used for internal optimization only. By using the site, you consent to the use of necessary cookies.

6. Security & Third-Party Sites

We use industry-standard practices to protect the email addresses provided by our subscribers. However, we are not responsible for the privacy practices of any external sites linked from our blog.

7. Changes to This Policy

We may update this policy periodically to remain compliant with evolving data privacy laws (such as Maryland's MODPA or international standards). Any changes will be posted on this page.

Contact Us

If you have questions about this policy or your privacy on this site, please reach out via our website:

Website: www.notesbylaurette.com

Email: Notes@notesbylaurette.com