

Quick Guide — The Right to Object

What This Is

This guide explains, in plain English, how to use the *Lawful Objection Template* to tell any organisation to stop using your personal data when you believe it's being handled unfairly or without your consent.

It's based on **Article 21 of the UK GDPR**, which gives you the right to **object** to data processing.

When You Can Use It

You can use this notice if an organisation:

- Uses your details for **marketing or profiling** without consent.
- Tries to **link your information** to a digital ID or external database.
- Keeps or shares your data after you've asked them not to.
- Claims a "legitimate interest" that you don't accept.

How To Use It

1. **Download** the Lawful Objection Template.
2. **Fill in** the organisation's name and contact details.
3. **Read the letter** carefully and add your own name.
4. **Sign and date** the letter.
5. **Send it** by post or email to the organisation's DPO or head office.
6. **Keep a copy** for your records.

What To Expect

- The organisation should confirm receipt.
- They must stop using your data **unless** they can prove a lawful reason that overrides your rights.
- If they ignore you, raise a concern with the **Information Commissioner's Office (ICO)**.

Optional Transparency Upload

If you wish, you may later upload a redacted copy of your correspondence via the **Secure Upload Portal** [link to be added later].

Disclaimer:

This guide is for educational and informed-consent purposes.

It is not legal advice.

Always use due diligence before taking action or submitting personal information.

