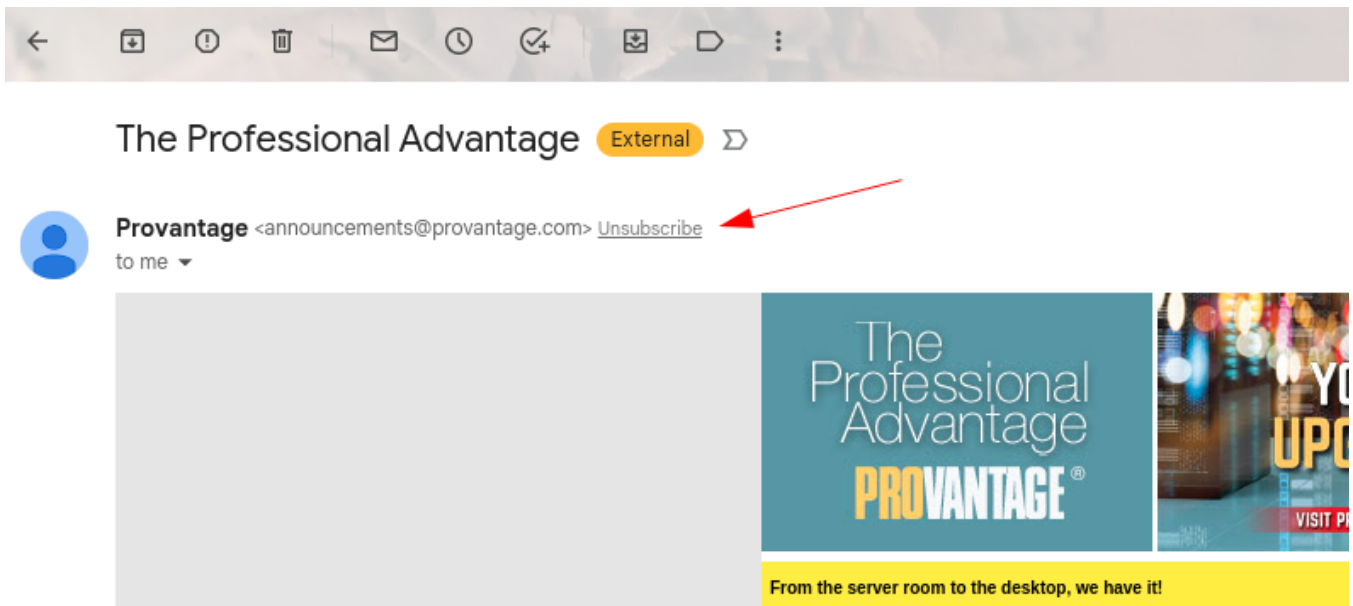


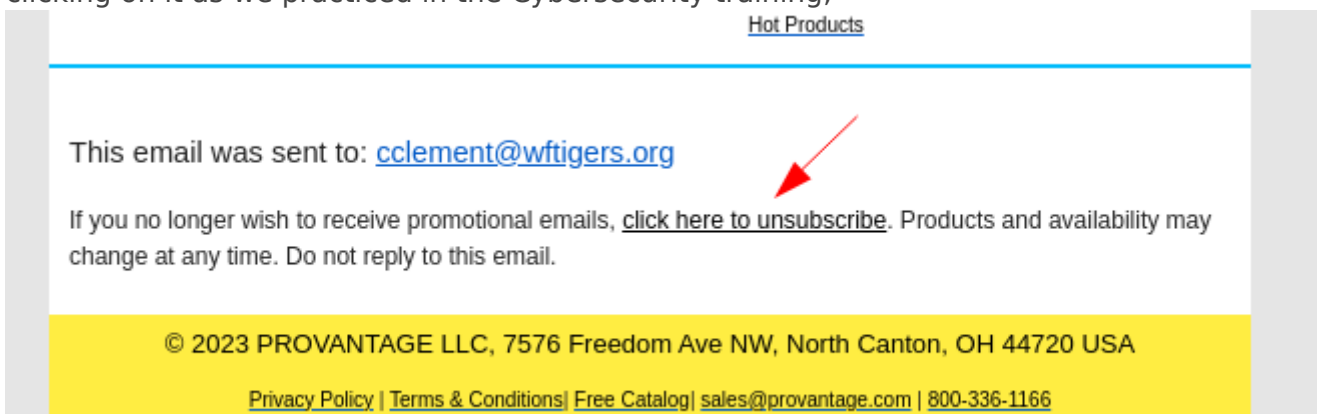
Gmail - Unsubscribe from Mass Emails

The longer you use an email address the more likely it is you will start receiving mass emails that you either no longer want or for which you never signed up. Here are two quick ways to unsubscribe from unwanted mass emails. *Note option one is the safest and easiest option.*

1. Google has added an unsubscribe link next to the address of messages it recognizes as mass emails. If you no longer wish to receive emails from the sender, simply click the Unsubscribe link.



2. If there is not an unsubscribe link provided by Gmail, there should be a link toward the bottom of the email. The exact wording will vary depending on the sender but it will typically have the word unsubscribe. Remember to hover and check the link before clicking on it as we practiced in the Cybersecurity training,



With the second method, there is often another hoop or two to jump through. Typically a webpage will load prompting you to confirm you want to unsubscribe.

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