

SMART GLASSES: CONVENIENCE, BUT ALSO RISK

Before you start recording, think about other people's privacy!

CAMERA



MICROPHONE



WHAT ARE SMART GLASSES?

They look like ordinary glasses, but they contain miniature electronic components, including a camera, a speaker and Bluetooth connectivity. Advanced models also use artificial intelligence (AI) to analyse their surroundings.



Photos and recordings



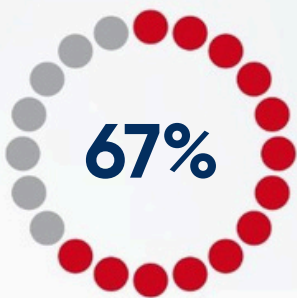
Sound



Calls



AI collaboration



67% OF RESPONDENTS * BELIEVE THAT **SMART GLASSES POSE A THREAT TO PRIVACY.**

* The CNIL survey conducted in January 2026 "The French and connected glasses" (original title: "Les Français et les lunettes connectées").

Smart glasses can record video and audio and, as a result, process personal data.

While using them, protect both your own privacy and the privacy of others.

Remember that any use of data for purposes other than purely personal or household purposes constitutes processing and is subject to the GDPR.

MAIN RISKS



INVISIBLE RECORDING

Images and sound may be recorded without the knowledge of people nearby.



DATA TRANSFER TO THIRD COUNTRIES

Data shared for processing may be transferred to third countries that do not provide an adequate level of protection.



CONTINUOUS SURVEILLANCE

Constant recording of the surroundings may create a feeling of continuous surveillance.



MISUSE INVOLVING AI

Data collected by the glasses may be analysed by AI systems and combined with other information.



SCOPE OF DATA COLLECTED

In addition to images and sound, the device may also collect other data, such as location data.



PRIVACY BREACH

A person's image or conversations may be used without authorisation.

HOW TO USE SMART GLASSES RESPONSIBLY?

Good practices and key principles



1 Read the user manual and the information on personal data processing

These documents should be provided to you by the manufacturer or salesperson.



2 Configure the privacy settings of the device and its associated applications

Limit the permissions granted and use security measures such as strong passwords or authentication systems to protect stored information.



3 Turn off functions when they are not needed

Do not leave the camera, microphone or other functions, such as AI features, switched on without purpose.



4 Inform people nearby

Let others know that you are using smart glasses and that the device may record images or sound.



5 Be mindful of where you record

Do not use smart glasses in toilets, medical consulting rooms, schools or swimming pools. These are places where everyone expects a high level of privacy.



6 Be cautious

Use smart glasses in the same way as you would use a camera or mobile phone – with the same level of caution and respect for others.



7 Ask for consent

Before sharing photos or recordings involving other persons, make sure that you have their consent.



8 Think before you share

Even seemingly harmless content may have long-lasting consequences for the persons concerned.



9 Delete recordings when they are no longer needed

Store data only for as long as necessary. Deleting content regularly reduces the risk of unauthorised access, data loss or misuse.

GOOD TO KNOW

Remember that **you are legally responsible** for the unlawful collection or dissemination of other persons' data.

As a user of smart glasses, **respect the privacy of people around you.**
Obtain their consent before recording or publishing any content involving them.