Like all other apps and software, there are positive and negative effects of each one. VPNs are in that category for these exact reasons. VPNs are sometimes considered a good thing to use because it can act as a defense between you and other users. It can be used as an act of privacy and security. It is good because it can help mask your location. It can help in situations where you are traveling and not in contact with your regular network. It can protect you from going on unsafe websites. On the other hand, VPNs can also have some really bad negative effects. Many VPNs can contain malware that can end up corrupting your data. Sometimes data may leak, which is a result of low security with the VPN. Encryption is not always certain VPNs.