



Ryan T. Sulkin

Team Lead, Data Privacy &
Cybersecurity Practice Group

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Overview

Ryan's practice resides squarely at the intersection of technology and data, and Ryan regularly advises clients with respect to complex technology transactions, including SaaS, cloud, software development, professional services, and outsourcing arrangements.

He also provides risk-based and actionable legal counsel to clients on data privacy and cybersecurity matters across a wide range of data-rich, highly regulated industries, including financial services, payments, health care, higher education, retail, hospitality, and technology. Additionally, Ryan's cybersecurity experience includes designing security programs to protect trade secrets and building data governance programs that have addressed the proper management of trade secrets. He regularly advises clients with respect to CCPA, CPRA (and similar laws emerging in numerous US states), GDPR, HIPAA, GLBA, TCPA, FCRA, COPPA, CAN-SPAM, PCI-DSS, NYDFS, data breach notice laws, and cross-border matters involving global laws and regulations.

Ryan's privacy and cybersecurity counseling often weaves in data management best practices in order to assist clients with building long-lasting internal governance structures for managing data throughout its entire lifecycle, with a focus on core issues such as ownership, licensing, data mapping, data subject rights, record retention, third party vendor management, training, access controls, and secure data destruction. In addition, for the entirety of his career, Ryan has supported clients through data breach response and data breach mitigation efforts, including preventative cybersecurity risk assessments and follow-on implementations. He brings a calm and measured approach to all cybersecurity situations.

Ryan's matters are often multinational in nature and frequently involve emerging technologies, including fintech, Internet of Things (IoT), and connected medical devices. He is a trusted advisor to numerous well-known global consumer and business-to-business brands and invests the time necessary to learn the technologies, business processes, and goals of each of his clients in order to deliver tailored legal advice. A former in-house attorney, Ryan brings a strategic, pragmatic, and business-minded approach that has earned trust and enduring loyalty from his clients.

Representative Matters

- Represented MyFitnessPal, a portfolio company of Francisco Partners, in its acquisition of Cal AI, the founder-led AI-powered calorie counting app.

Credentials

EDUCATION

- Harvard University Law School, 2004, Juris Doctor
- Northwestern University, 2001, Bachelor of Journalism, *summa cum laude*

BAR & COURT ADMISSIONS

- Illinois

Awards & recognition

- Next Generation Lawyer, *The Legal 500*, 2018

News & Insights

- [Connecticut Broadens Data Privacy Act Requirements Effective July 1, 2026](#)
June 3, 2026 | Client Alerts & Insights
- [Benesch Partner Ryan Sulkin Named to 2026 Lawdragon 500 Leading Global Cyber Lawyers](#)
May 18, 2026 | Press Releases
- [Benesch Advises MyFitnessPal on Acquisition of Cal AI, the Viral Calorie App](#)
March 5, 2026 | Press Releases
- [Connecticut Attorney General Issues \\$85,000 Penalty for Deficient Privacy Policies](#)
July 14, 2025 | Client Alerts & Insights
- [Ryan Sulkin Quoted in Bloomberg Law on Oregon's Ban of Precise Geolocation Data](#)
June 25, 2025 | Media Mentions

- [The New Frontier of California Privacy Enforcement: A Tougher Era for Data Brokers](#)
March 11, 2025 | Client Alerts & Insights
- [Privacy Points: 2024 Recap and What to Watch For in 2025](#)
January 29, 2025 | Client Alerts & Insights
- [Utah Generative AI Disclosure Law Takes Effect as Part of Consumer Protection Legislation](#)
June 5, 2024 | Client Alerts & Insights
- [Ryan T. Sulkin featured in Crain's Quick Take on AI | "Legal expert shares what businesses should know about using AI responsibly"](#)
May 14, 2024 | Contributed Content & Presentations
- [Office for Civil Rights Announces Final Rule to Strengthen Reproductive Health Care Privacy](#)
May 10, 2024 | Client Alerts & Insights

Speaking & Events

PAST EVENTS

- [AI Selection & Deployment - Operational and Regulatory Considerations | Ryan T. Sulkin, Jonathan R. Todd](#)
December 18, 2024 | Speaking Engagement
- [Cybersecurity: Interdisciplinary Tips on the New Regulatory Landscape for In-house Counsel | Aslam A. Rawoof, Ryan T. Sulkin](#)
September 25, 2024 | Speaking Engagement
- [Cybersecurity: Interdisciplinary Tips on the New Regulatory Landscape for In-house Counsel](#)
September 12, 2024 | Speaking Engagement
- [Data Privacy Hot Topics | Ryan T. Sulkin](#)
September 11, 2024 - September 11, 2025 | Speaking Engagement
- [Post-Dobbs Updates - What Every Employer Needs to Know Now | Holly F. Gross, Margo Wolf O'Donnell, Yelena G. Katz, Shaylor Steele, Ryan T. Sulkin, and Mark J. Silberman](#)
September 7, 2022 - September 8, 2022 | Firm Events