



CYBERSECURITY - 10 TIPS

The internet and mobile phones are great tools for communication, expressing yourself and for learning. It is therefore very important to make sure that these tools are used responsibly so that everyone stays safe and has an enjoyable online experience.

1. Use **STRONG PASSWORDS** - a combination of upper and lower case letters, numbers and symbols. E.g. #P@\$wOrd!
2. Use *secure web browsers* when sharing sensitive information - those with https at the start of the URL and a padlock, or some other indication that it is secure, when sharing sensitive information.
3. Update your operating system regularly and make sure you have anti-virus software installed on your computers, tablets and phones.
4. **Avoid opening or responding to emails from people you do not know and are not expecting.** They could contain viruses or malicious software. Also, be wary of unusual requests via email from persons you do know. Contact your friend some other way to verify the authenticity of the email.
5. **DO NOT** give out private information about you, your family and friends over the internet or mobile phones.



6. **Only accept friend requests from people you know and trust.** It should not be a popularity contest when it comes to friends and followers online!

7. *Think before you post!* Who might see that photo, video or comment? Where might it end up? Once you hit 'Send', although you can delete the content, do you know how many people have seen and shared it? It is impossible to permanently delete content once it has been shared online!

8. Make sure your social media accounts are set to Private or Friends Only! Check your privacy settings regularly as they can change without you knowing, especially when apps are updated.

9. Tell your friends to **ask for your permission** before uploading or tagging you in a photo and you do the same.

10. Most importantly, know whom you can go to for help. Speak to an adult you trust if something makes you uncomfortable online.