

# KEEPING SAFE ONLINE

## **Be careful what you share**

Once something is online, it's out of your control. If you don't want friends or family to see it, don't post it.

## **Use a complex password**

It should be hard for other people to guess your password and it's a good idea to change it regularly.

## **Check your privacy settings**

Check who can see what you post and whether your accounts are public or private.

## **Lookout for the latest scams**

Online threats are evolving all the time, so make sure you know what to look out for.

## **ADDITIONAL STEPS FOR CHILDREN AND YOUNG PEOPLE**

### **Don't meet people you don't know in person**

Even if you get on with them online, you never know who they really are.

### **Protect your identity**

Don't give out personal information such as your number, where you live or what school you go to. If you are using social media, check your privacy settings and make sure only friends can see your posts.

### **Keep a healthy balance**

Take regular breaks away from the screen.