

Top Tips for Protecting Yourself Online

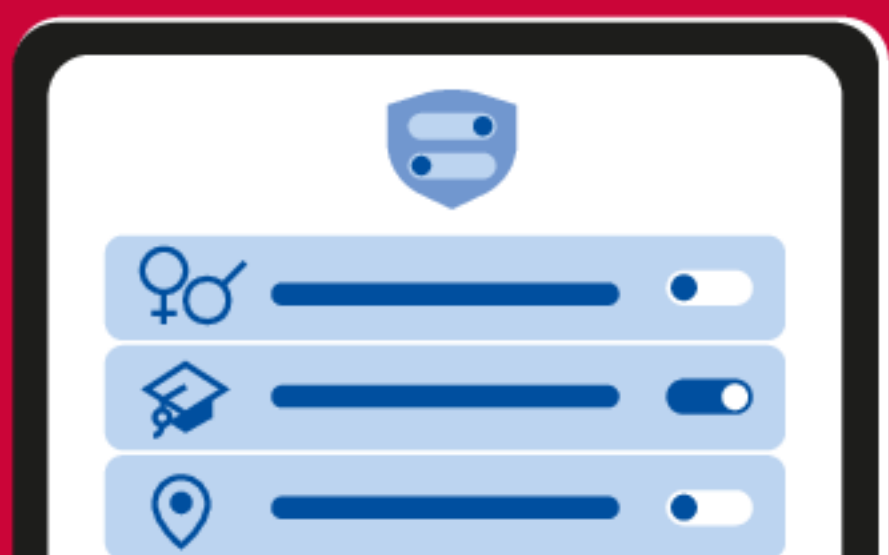
Going online helps you stay connected with family and friends, keeps you up to date with news, gives you access to online learning and much more. But it is always a good idea to keep security in mind and there are lots of things you can do to protect yourself.

1. Be aware of what information you are sharing

When you're completing a profile for an account, only give information that is **necessary** and that you are comfortable giving.

Use the **privacy and security** settings and disable any features you don't need.

If you're unsure about it, **reconsider** creating the profile with that company.



2. Think before you post

Posting when you're emotional is not always a good idea, what you post online stays there **forever**. Even if you delete it afterwards, someone could have saved or forwarded it.

Wait until you are **calmer** then think about it again, do you really want to post that comment?



3. Consider the consequences

If you're posting a photo, have you considered if everyone in the photo is **happy for you to publish it**? You may be giving away information, like where you live.

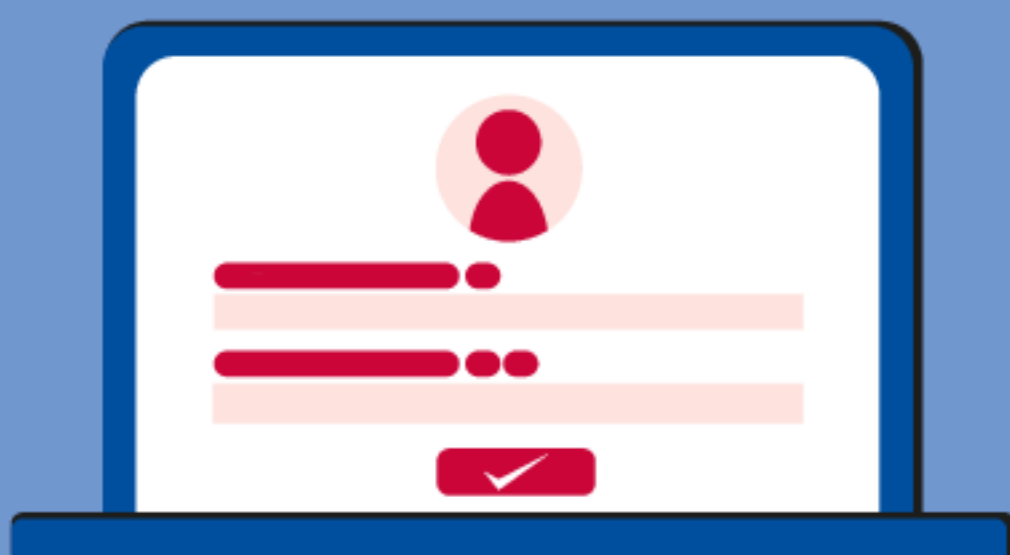
And posting pictures from your amazing holiday is telling **burglars** you are not at home!



4. Pause before you play

Before you take part in that fun game that is doing the rounds on social media, **consider what they are asking you** - your first pet's name, your mother's maiden name?

These are the same questions that are used for security, for example by the bank, so answering them could be giving **important information** to hackers.



5. Make sure you know who you are communicating with

Be aware that **scammers** use social networks, websites and send messages to your phone to steal your information, your money or your identity.

You can **protect yourself** by not giving any personal information, money or account details unless you can verify by another means of communication who you are sharing them with.



6. Stay tuned to cybersecurity news

Following the news and asking family and friends to let you know about **scams** that are in circulation e.g. phishing scams, malicious software (like Flubot) and fake websites can help you stay safe online.

For other sources of information for your country visit
<https://cybersecuritymonth.eu/cyber-first-aid>
Stay vigilant!

