Using the Internet Safely

In today's digital age more and more young people are using the internet. While the World Wide Web may be an amazing resource for information and a great place for social interaction, if not used safely it can be full of many dangers. To stay safe on the internet, the following tips will come in handy:

✓ **Choose strong passwords and never give out your password to anyone**

✓ **Keep privacy settings 'high'**

✓ **Don't give out personal details to strangers - real name, address, phone numbers - and don't befriend people you don't know**

✓ **Don't fall prey to phishing scams**

✓ **Limit the information you share on Social Media and think carefully before posting anything online**

✓ **Have multiple e-mail accounts**

✓ **Use an anti-virus programme, an anti-spyware programme, and a firewall**

✓ **Secure your wireless router**

✓ **Turn off file sharing and network discovery when using a public wireless network**

✓ **Only download files and software from trusted sources**

✓ **Do not open suspicious e-mail attachments or emails from people you don't know**

✓ **If you see something online that makes you feel uncomfortable, unsafe or worried, leave the website and tell an adult**

✓ **Never agree to a private chat with someone unless you know them in real life**

✓ **Remember that not everyone online is who they say they are**

✓ **Do not respond to 'nasty' messages or anything which makes you feel uncomfortable**

✓ **Be mindful when installing programmes or agreeing to terms**

St Helena Government