



# Internet Safety



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We all spend a lot of time online and even more so these last several months. So the potential of exposing ourselves to predators, online criminals or cyber bullying is extremely high. A lot of times we think of online safety when we think of kids and who they might be interacting with but we also have to think about how criminals can tap into our financial records and personal identifying information.



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## How to keep ourselves safe:

- Keep personal information limited
- Keep privacy settings on
- Don't venture into dangerous websites
- Use a secure VPN connection
- Use strong passwords
- Don't write your passwords down
- Shop only on secure sites
- Be careful who you meet online
- Be careful what you share and download



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There are a lot of benefits to the internet and being online, from virtual learning, educational apps, allowing for remote workdays and being able to shop without entering crowded stores. The bottom line is that we must remember to always stay safe and be vigilant about the websites and people that meet online.