

Diggital safety

Things you do for the overall safety of your
computer and you

Using the
internet
safely and
responsibly

Using the
internet
safely and
responsibly

Never share your
password to anyone

The kit¹ outlines several key steps:

Recognize online harassment: Understand what constitutes online harassment and its potential impact.

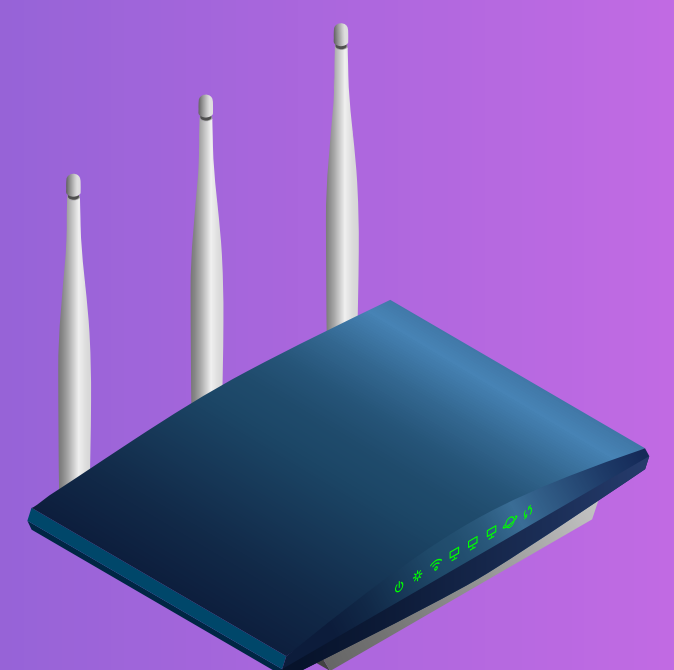
Make a plan to protect yourself: Develop strategies to safeguard against online harassment.

What institutions can do: Advocate for institutional support to address this issue.

Respond to online harassment: Learn effective



Avoid downloading
apps or software
that looks
suspicious



¹<https://www.hsph.harvard.edu/c-hc/wp-content/uploads/sites/78/2024/01/Digital-Safety-Kit-for-Public-Health-2024-1.pdf>