



**Protect yourself
when you're online!**

How to stay safe online:

Create strong passwords.

Creating a strong password is important because it helps protect personal information online. A strong password is harder for others to guess, which reduces the risk of unauthorized access to accounts.



Be careful of what you download.

It's important to be careful about what you download because some files or apps could be harmful. They might contain viruses, malware or other malicious software that can damage devices, steal personal information or even compromise online security. By being cautious and downloading from trusted sources.

Turn on privacy settings.

Take control of how companies use data by enabling privacy features. It's important to turn on privacy settings because they give control over who can see your information.



Use an anti-virus program.

It's important to use an antivirus program because it helps protect devices from viruses, malware and other malicious software. Just like how you take precautions to keep yourself healthy, an antivirus program acts as a shield for digital health. It scans for and removes any harmful threats, keeping personal information safe and your device running smoothly.

Think before you post.

Think before you post because once something is out there on the internet, it can be difficult to take it back. What you post can have a lasting impact on your reputation, relationships and even future opportunities. By taking a moment to consider the potential consequences of your posts, can make a huge difference in the future.

