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LCLM4002_LON

Digital Skills

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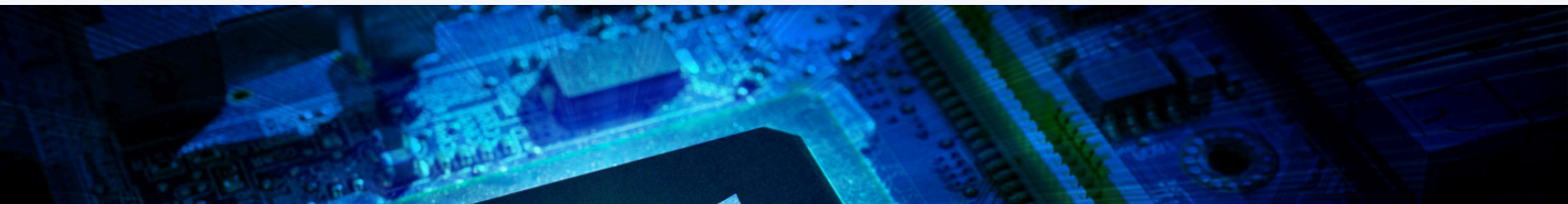
Basic Digital Safety



BASIC DIGITAL SAFETY

STRONG PASSWORDS

We are often told to choose strong passwords and avoid using the same ones for many accounts.
This is extremely important for your email. Hackers have access to all of your accounts if you use the same password across them. For your email, always use a strong, unique password that you don't use anywhere.

2-STEP VERIFICATION

Enable 2-step verification (2SV) to protect your accounts, including social networking, banking, email, and shopping. Often referred to two-factor authentication, it gives you an extra layer of protection, preventing hackers from accessing your data even if they know your password. Setting up 2SV on all of your important accounts—even ones with strong passwords—is recommended by the NCSC.

UPDATE SOFTWARE

You should update the apps and software on your mobile device as soon as new updates become available. Apart from protection against viruses and other malware, updates often include new features and upgrades.
Never ignore a notification to update your device or apps. Using these updates is one of the most effective ways to protect yourself online.

USE ANTIVIRUS

Using reliable antivirus software is important in addition to practicing secure internet habits. It helps in protecting your data and devices against dangers such as malware, viruses, spy apps, and more advanced attacks. Make sure your antivirus program is up to date at all times to protect yourself from the most recent online threats.

SUSPICIOUS LINK

Clicking online should be done carefully to avoid attacking your devices and personal data with viruses. Never click on links from unfamiliar sources, spam emails, online tests, clickbait, vouchers, or pushy adverts.
Stay away from opening attachments or clicking links in emails you have doubts about.

References :

(2018, december 17). Retrieved from National Cyber Security Centre: https://www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/always-back-up-your-most-important-data

Lab, A. K. (2024). Retrieved from Kaspersky: https://www.kaspersky.com/resource-center/preemptive-safety/top-10-preemptive-safety-rules-and-what-not-to-do-online