

BASIC DIGITAL SAFETY

2 STAY SAFE ONLINE

WE'RE OFTEN TOLD THAT THE PASSWORDS TO ACCESS OUR ONLINE ACCOUNTS SHOULD BE REALLY STRONG, AND NOT TO USE THEM ANYWHERE ELSE. THIS IS ESPECIALLY TRUE FOR THE PASSWORDS FOR IMPORTANT DOCUMENTS. IF YOU'VE USED THE SAME PASSWORD ACROSS DIFFERENT ACCOUNTS IT CREATES A HIGHER RISK TO GETTING HACKED, AND CYBER CRIMINALS ONLY NEED ONE PASSWORD TO ACCESS ALL YOUR ACCOUNTS. ALWAYS USE A STRONG AND SEPARATE PASSWORD FOR YOUR EMAIL; THAT IS, A PASSWORD THAT YOU DON'T USE FOR ANY OF YOUR OTHER ACCOUNTS, EITHER AT HOME OR AT WORK TO PREVENT ANY HACKING.

3 STAY SATFE AT HOME

Stay safe at home

The following tips will help to stay safe at home:

- never allow strangers into your home. If somebody does knock on your door and you do not recognise them do not open the door. if they insit with it report it as you may be in danger
 - if you live alone, use only your initials and surname on name plates and in phone directories
 - don't state your phone number when you answer the phone and don't reveal you're alone in your home as you will seem more vulnerable
- If you think there's someone in your home:
- do not go in
 - call the police from a neighbour's house
 - if you're inside, call the police as soon as possible and hide in a safe locked place

1 DIGITAL SAFETY AT WORK

ENSURING OUR PERSONAL SAFETY WHILST TRAVELLING OR WORKING AWAY FROM FAMILIAR SURROUNDINGS IS IMPORTANT. TAKING THE TIME TO CONDUCT RESEARCH ABOUT THE DESTINATION YOU ARE HEADING TO IS A POSITIVE STEP IN BUILDING AWARENESS OF POSSIBLE RISKS AND PROVIDES UNDERSTANDING OF PLACES LESS FAMILIAR TO YOU



REFERENCES

- (ANON., 2023)
- (ANON., 2018)
- (ANON., N.D.)