

DIGITAL SAFETY

KEY PRACTICES FOR PROTECTING YOUR PERSONAL INFORMATION AND DIGITAL DEVICES

In our increasingly digital world, understanding basic digital safety is crucial. This guide provides key tips and practices to help you stay safe online, protecting your personal information and digital devices from cyber threats.

An online attack occurs every 39 seconds
(Muntingh, 2021).

There were 3,205 data compromises reported in 2023 in US alone & 353 million individuals were impacted by data compromises (Statista, 2024).

12% of internet users have experienced some form of harassment (Muntingh, 2021).

59% of US teens have been cyberbullied or threatened online (Muntingh, 2021).

WHAT IS DIGITAL SAFETY?

It can be described as the measures and knowledge that one should take in order to safeguard himself or herself in the digital environment.

Today we celebrate the

It includes protecting oneself from possible dangers like cybercrimes, identity theft, cyber bullying, and privacy violation. As the use of laptops, mobile devices, or any other technological platforms with internet connection, digital safety is the ability to deal with risks as well as actively using the internet (Donnygamble, 2022).

KEY PRACTICES

USE STRONG & UNIQUE PASSWORDS



Using strong and unique passwords for each of your accounts is one of the most effective ways to protect your information. Avoid using easily guessable passwords like "password123" or "123456." Instead, create complex passwords that include a mix of letters, numbers, and special characters. Regularly update your passwords and avoid reusing them across multiple sites (Stouffer, 2022).

BEWARE OF PHISHING SCAMS



Phishing scams trick you into giving personal information through fake emails, messages, or websites. Always verify unsolicited communications before clicking links or sharing information. Look for generic greetings, urgent requests, and suspicious links (Gillis, 2024).

ENABLE TWO-FACTOR AUTHENTICATION (2FA)



Two-factor authentication adds an extra layer of security by requiring not just a password but also a second form of verification. This could be a text message code, an email, or a biometric verification like a fingerprint or facial recognition. Enabling 2FA on your accounts significantly reduces the risk of unauthorized access (LinkedIn.com, 2024).

USE ANTIVIRUS AND ANTI-MALWARE SOFTWARE



Install and regularly update antivirus and anti-malware software to protect your devices from malicious software. These programs can detect, quarantine, and remove various types of malware, including viruses, ransomware, and spyware. Regular scans of your devices help ensure they remain secure (Kinza Yasar and Rosencrance, 2023).

REFERENCES

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