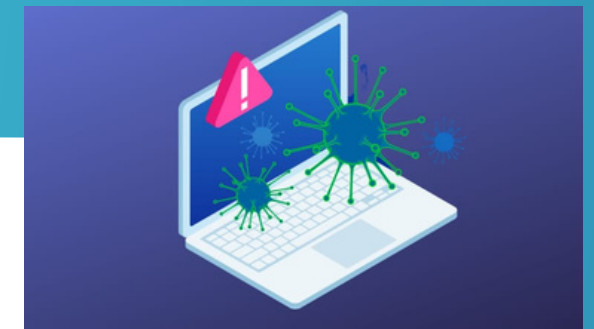


DIGITAL SAFETY

Miriam Naomi Otelas ID: 2321531



WHAT IS DIGITAL SAFETY

Digital safety refers to the practices and precautions we take to protect ourselves and our personal information when using the internet and digital devices.

what does involve?

It involves being aware of potential risks, such as as:

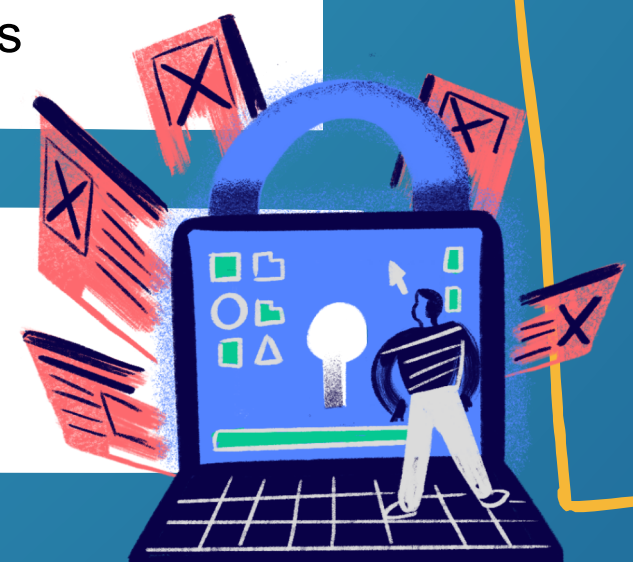
- Cyberbullying
- Identity theft
- online scams
- Hackers
- software viruses



How to be safe?

- Keep your devices and software up to date
- use an antivirus software
- Be sceptical of unsolicited messages or requests for money or personal information
- If something feels off, trust your instinct!
- It is important to use strong passwords
- Be cautious when sharing personal information
- Avoid clicking on suspicious links

How to determine if your device has a digital virus



- Slow performance: If your devices becomes slow or unresponsive, It may be infected.
- Unusual network activity

- Unexpected behaviour: apps crashing, files being deleted, devices restarting on his own.
- Excessive pop-ups or ads



WHAT TO DO?

If you suspect a virus, It is essential to run a reputable antivirus or anti-malware software to scan your device, They can detect and remove any malicious software.

- Few steps you can take:
- Change your passwords, use strong and unique passwords for each account
- Enable two-factor authentication: This adds an extra layer of security
- Report and block suspicious activity: If you encounter cyberbullying, or online abuse, report it to the relevant platform.

References:

Vigderman, Aliza. "A (2024) Guide to Digital Security & Cybersecurity: Stay Safe Online." www.security.org/digital-safety. Accessed 09/04/2024

