

Top 7 Tips for Protecting Your Privacy Online

Technology is a necessity in our lives. We depend on it to shop, stream movies, play online video games, or connect with family and friends through social media or video chats. But there are a lot of people online that we don't know and a lot of organizations collecting data about us on the internet. In an increasingly connected world, it is important to know how to protect your family's privacy. Here are seven of our top tips:

Tip 1: Do a digital cleanse

- Review everything you use to connect to the internet and every app or program you use on it. Delete apps or programs you no longer use.
- Remove contacts from your address books that you no longer need.
- Unsubscribe from emails you no longer wish to receive.
- Back up your files and photos and make sure all updates are completed on your devices and apps—now and on a regular basis.

Tip 2: Block unnecessary location tracking

- Turn off location tracking for your camera.
- Many apps track your location when they don't need to.
 - Google Maps? Sure. Temple Run? Not needed.
- Adjust these in the settings of your phone.

Tip 3: Limit the amount of personal data you share

- Restrict what you share on Facebook, Twitter, Instagram, and any other apps.
- When you first download an app, it will ask for permission to access your camera, microphone, contact lists, etc. Only agree to those features that are absolutely required.
- Don't overshare—cybercriminals and hackers can use this information.
- For example—you don't have to share your location, full birthdate, or your mother's maiden name.

Tip 4: Protect your password

- Change your password often.
- Consider using a password manager to create strong passwords and keep track of them.
- Enable two-step authentication (also known as two-step verification) whenever possible.
- Choose a strong password, using at least eight figures and a mix of characters—uppercase and lower-case letters, numbers and symbols.
- Stay away from the obvious (i.e. 'password', 'abc123').
- Don't use the same password for everything.

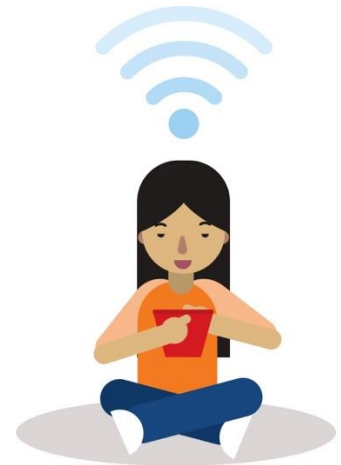


Tip 5: Adjust your privacy settings

- Encourage your family to review their privacy settings in every application they use.
- Review settings frequently, as sites/apps constantly update them.
- Remind your kids that even with privacy settings, nothing they do or post on the apps is truly private.
- Social media services allow you to adjust how much of your information can be viewed by others. Set this so your data is shared with only people you know and trust.

Tip 6: Beware of phishing

- Protect your computer by using security software.
- Ensure your phone has the latest software upgrade.
- Be careful of suspicious-looking emails or text messages, do not respond or click a link if you think it looks distrustful.



Tip 7: Keep information secure

- Remind your kids to not to ever give out private information (i.e. home address or passwords) to anyone they haven't met.
- Don't write a password down. If you need to share it with someone—tell a parent.

There are many wonderful benefits to using the internet. Help your family take advantage of these while making sure they do so in a safe way. Use these top tips for your family and share them with others!