



STAY SAFE ONLINE NOTES - 30TH JULY 2020

This session was run by Liz Stanton from Get Safe Online. It was jam-packed with useful information on how to keep yourself and others safe online. Liz covered a whole range of subjects including phishing, unsolicited letters, apps, social media and much, much more.

The best way to catch up on this session may be via the edited video here – <https://www.youtube.com/watch?v=bKe9bJGIC0I&feature=youtu.be>

Get Safe Online are a not for profit organisation, who provide free, impartial advice. Their website is the place to go for more information on anything relating to online safety - www.getsafeonline.org

10 NEW TO THE INTERNET TIPS

Not just for those who are new to the internet, but a handy checklist and great place to get started - <https://www.getsafeonline.org/new-to-internet/>

TOP TAKEAWAYS FROM THE SESSION

- Update your devices & apps
- Use strong, unique passwords. Don't reuse passwords across accounts/ devices
- Look into 2 Factor Authentication – an additional layer of protection for devices and accounts
- Check your privacy settings regularly on devices, social media and other accounts you use.
- Delete spam/ trash emails & emails you don't need to keep
- Don't use the same email address for everything
- Sign out of websites, don't just close them
- Request what information sites hold on you – Google, Social Media etc
- If it's too good to be true it usually is!
- Share what you've learnt with others