10 Tips for Staying Safe Online

Adapted from Esther C. Kane

1. Make passwords strong to decrease the chances they can be “cracked”.
2. Be careful when entering personal information on unfamiliar websites.
3. Always have a secure internet connection.
4. Install anti-virus and malware programs on your computer, phone, tablet.
5. Avoid clicking on links in emails coming from non-friend or trusted sources.
6. Be careful about what you download and where you download from.
7. Be careful about purchasing items through a social media website, like Facebook.
8. Be careful about what you say online.
9. Be extra cautious about who you “meet” online.
10. Designate one person you trust with the “key” to your data.

A WORD ABOUT PASSWORDS

* Make sure at least one other person knows your passwords or where to find them.
* Write all passwords in one place, not on the back of envelopes and receipts.
* Use a paper address book or contacts book to keep your internet accounts, passwords, PIN numbers, security question answers alphabetically by website.
* Make up passwords that do not include your birth year, day, month.
* If using a date make sure it is one that cannot be found publicly.
* Use pet names, initials of siblings, relatives, grandchildren, etc.
* Use the number 3 in place of letter “e”, @ in place of “a”.
* Try using a password app / program, there are several good ones available.