PROTECT YOUR 'VIRTUAL YOU'

When you are online, you are the product. Websites, as well as platforms like Facebook, TikTok, and Snapchat, track everything you do and are eager to profit from your data.

- If you're on TikTok, delete it — Communist China is stealing your data.
- Be wary of sharing personal data, including personal health records, financial information, and web browsing history.
- Consider using a virtual private network (VPN) or downloading a browser extension to block ads and the data they collect.
- To ensure you are using a secure version of a website, check for a lock icon and "HTTPS" in your search bar.

PLAY IT SAFE

One of the best ways to protect your identity online is to ensure you have rock-solid passwords and software.

- Keep your device software up-to-date to protect private data from hackers.
- Use strong and unique passwords for each online account and change them regularly.
- Set up multi-factor authentication, if available.

BEWARE OF SCAMMERS & PREDATORS

Dangerous people are everywhere — and the internet has become an ideal place for them to take advantage of you.

- Don't click on unknown or suspicious links, and never give money to unknown people or organizations, no matter the urgency.
- Be mindful of what you share online, as scammers and predators can use your personal information against you.
- Seek help from law enforcement immediately if you find yourself the victim of a scam or attack.

SET GUIDELINES FOR KIDS

In 2022, Pew released a survey revealing that nearly half of youth have experienced some form of abuse online. This is especially so for teen girls.

- Talk to your kids about the dangers of posting personal information, clicking on unknown links, and talking to strangers online.
- Double check the privacy settings on your kid's profiles to ensure their information is private and secure.
- Remember: kids under 13 years of age need your permission before creating profiles on most platforms.

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