

Cyber criminals are always thinking of new ways to get your personal information. Regularly update your security software, and stay informed about how criminals are doing business online.

FOR MORE INFORMATION ABOUT KEEPING YOU AND YOUR LOVED ONES SAFE, PLEASE CONTACT YOUR LOCAL LAW ENFORCEMENT AGENCY.

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THIS INFORMATION BROUGHT TO YOU  
BY THE NATIONAL POLICE ASSOCIATION



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A background image showing a person's hands typing on a laptop keyboard. A credit card is held in the foreground, partially obscuring the keyboard. The image is slightly blurred, focusing on the hands and the card.

## SAFETY GUIDE INTERNET SAFETY

# Staying safe online

The internet has made our lives extremely convenient. We can find information, purchase items, and connect with our friends in a matter of seconds. With use of the internet, however, come a number of risks.

As you use the internet to perform more and more tasks, consider how you are keeping you and your family safe while doing so.

## Password protect all devices

Protect your computer and all other smart devices (remember your phone contains just as much private information, if not more, than your computer). Use passwords that are unusual or unexpected (i.e. avoid important dates, names of pets, etc.).

## Keep antivirus and antispyware software current

Viruses and spyware are not only inconvenient, but can expose you to identity theft or theft of other vital information. Even if you have antivirus software, be careful what you download. Just opening an email attachment from someone you do not know can put you at risk.



## Beware of social media or email scams

If a deal seems too good to be true, it probably is. Do not readily share financial or personal information with someone you do not know.

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## Think about what you post online, and where

Predators often check social media to find out when families are away from their home, or when and where your children are most vulnerable.

If you regularly post photos of your home, children, vacation itineraries, or any information that is personal and / or semi-confidential, make sure to triple-check your privacy settings.

## Kids and the internet

Have several conversations with your kids about:

- What they are using to communicate with each other
- What they are allowed to post or share
- What they are allowed to buy

Remind kids never to reveal any personal information, and never to agree to meet someone in person that they met online.

Talk to kids about cyber bullying, and make sure they know who to talk to if they find themselves victims of bullying, or know someone who is.

There are a number of apps and programs for parents of kids and teens to help monitor, and even limit, internet use. Check out what is available and come up with a plan that works for your family.

