

## TIPS FOR A SAFER INTERNET

# Helping seniors stay safe and smart online

The internet is a valuable tool for seniors, offering connection and engagement from wherever they are. However, they may face unfamiliar risks.

Reduce security risks by deleting the apps that you don't use.

Enable auto-lock in all devices to lock automatically when unattended.

Understand and use privacy settings, especially in social media platforms.

Create easy to remember but hard to guess passwords.

Report abuse and cyberbullying incidents to your local authorities.

Be cautious of emails and do not click on links unless you know them to be safe.

When meeting an online friend in person, make sure to meet them in a public place and never share personal details.

When accessing medical information online, make sure it's a trustworthy source, and remember that it does not substitute consulting a medical professional.

# #TogetherForABetterInternet