

# Internet Safety Resources

The following resources and information may be helpful for keeping you and your family safe on the Internet.



## Privacy protections for your online space:

- You have a fundamental right to keep your information private.
- Create strong passwords and diversify how you use them.
  - Strong passwords include at least 12 characters, upper and lowercase letters, numbers, symbols, and no personal information.
  - Choose security questions that you will remember but are difficult for others to guess.
- Check privacy settings on your social media accounts (Facebook, Instagram, Twitter, LinkedIn, etc.). You have the power to determine who can or cannot see your social media posts.
- If you've already been hacked, contact the provider for next steps. Inform your contacts about your updated information (new phone number, email address, social media account, etc.) and to ignore/block any contact they receive from the old account.
- Use your browsers in incognito mode when applicable. This is helpful if you are logging into an account on a public computer or do not want your history/cookies saved.

## Monitoring your kids' safety:

- Utilizing parental controls can help you protect your children from inappropriate content, online grooming, cyberbullying, and other online safety issues. They allow you to determine what content your children can and cannot access on the Internet.
  - You can set up parental controls in the settings section of phones, tablets, computers, televisions, gaming consoles, and even broadband networks. Refer to the user manual of your device for specific instructions.
- Sites like Google and YouTube have "safe search" functions for kids. Using these versions ensure that any explicit content is filtered out of the results.

## Finding trustworthy information on the Internet:

- Sources are more likely to be reliable if:
  - They have been recently updated
  - You recognize the author and publisher or can easily identify their credentials
  - The information is repeated across multiple sources
  - All sides of an issue are presented without bias
- For academically accredited sources, Google Scholar is a great search engine.
- Avoid clicking on advertisements that pop up on your screen. This can mean the site is unsafe.

## Additional resources:

- [National Cybersecurity Alliance's guide \(website\)](#)
- [5 Cybersecurity Tips by Mayim Bialik \(video\)](#)
- [11 Internet Safety Tips \(video\)](#)