Tips for Protecting Personal Information Online

Online privacy is becoming increasingly important. In this presentation, we will discuss key techniques to safeguard your personal data and keep you secure.

Why Online Privacy Matters

Zen and Focus

Your online identity shapes the way you experience the internet. A more private experience helps you stay focused and grounded.

Protect Your Assets

Identity theft and cybercrime can cause financial ruin and take an emotional toll. Safeguarding your information is an essential part of risk management.

Personal Boundaries

We all need space and privacy in our lives. Taking control of your online information helps maintain healthy boundaries and demonstrates self-respect.

Strong Passwords and Two-Factor Authentication

Password Best Practices

Create strong passwords and update them regularly. Do not reuse passwords across accounts and do not write them down.

Two-Factor Authentication

Enable 2FA whenever possible to add an extra layer of security to your accounts. This method will ask you to verify that you are the owner of the account through your email or phone number.

Biometric Authentication

Biometric authentication methods, like facial recognition and fingerprints, can further secure your devices and online accounts but are not foolproof and should be used with caution.

Limiting Personal Information Shared Online

1 Check Your Privacy Settings

Set up your privacy settings on social media to limit the amount of personal information that you share publicly.

2 Be Cautious with Links

Be wary of clicking on links and refrain from providing personal information to unknown parties.

3 Use Pseudonyms

Where possible, use pseudonyms or nicknames online to reduce the risk of unwanted attention and identity theft.

Avoiding Phishing Scams and Suspicious Links

1 — What is Phishing?

Phishing scams are designed to lure you into providing personal information, typically through fraudulent communication methods like emails, text messages, and phone calls.
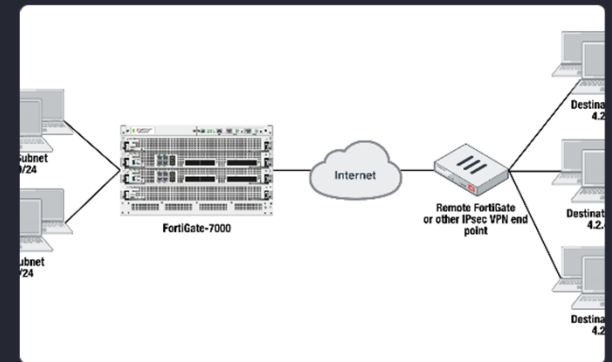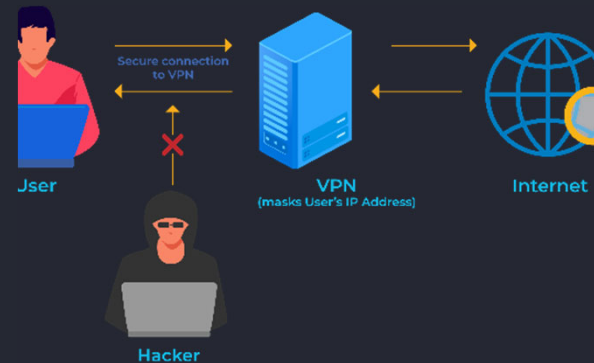
How to Identify Phishing Scams

2

Be wary of unsolicited emails and messages, watch out for red flags like poor grammar and spelling mistakes; verify the sender identity; and be suspicious of any request for personal information or money.

3 — How to Protect Yourself

Install anti-virus software & a firewall, keep your software up to date, don't use public wifi for sensitive activities, & backup your files. Report fraudulent activity as soon as possible to the appropriate parties.

Using a Virtual Private Network (VPN)

Jser

Secure connection
to VPN

VPN
(masks User's IP Address)

Internet

Hacker

FortiGate-7000

Internet

Remote FortiGate
or other IPsec VPN end
point

What is a VPN?

A virtual private network is a service that allows for a more private and secure internet experience by encrypting your internet traffic and hiding your IP address from others.

Why Use a VPN?

VPNs can protect your privacy online, hide your location, and keep your data secure when using public Wi-Fi.

How to Choose a VPN

Consider factors like security features, server locations, and subscription costs. Be sure to select a reputable VPN provider.

Regularly Reviewing Privacy Settings
and App Permissions

1 — **Check Your Privacy Settings**

Review your privacy settings on social media and other online platforms regularly to ensure that they are set to your desired level of privacy.

Update Your Apps — **2**

Keep your apps and operating system up to date with the latest security patches and updates to prevent vulnerabilities.

3 — **App Permissions**

Be mindful of the permissions requested by apps and services that you use and only grant access to the features that you need. Remove unnecessary apps from your devices.

Conclusion

Protect Yourself

By following these tips and staying informed on the latest security measures online, you can pave the way for a safer and more secure digital future.

Stay Vigilant

Cyber threats are constantly evolving, so it's essential to remain vigilant and proactive in protecting yourself online.

Take Action

Take active steps to improve your online privacy and protect your personal information today.