

press release

#OnlineAmLimit - your network. your life. your limits. –

TLfDI presents its current handout

on "digital self-defense"

in the net!

Erfurt, February 06, 2023

The focus of this year's 20th Safer Internet Day (SID) 2023 is

tet: How healthy is our digital everyday life and what skills do we need

to use digital media consciously and in a balanced way?

The internet and smartphones have become an integral part of our everyday lives. The digital

talization and the associated fast-moving times demand a lot from us. No

Start the day without checking emails and chats or quickly reading the news,

to be up to date. But to what point is media use

still normal and healthy and where are the dangers to our privacy lurking and how

can we protect ourselves and our family?

The Thuringian state commissioner for data protection and freedom of information

(TLfDI), Dr. Lutz Hasse advises: "Minimize your data in the network – your data will

Used to create profiles about you without you knowing. And these profiles

are in turn used to make statements or forecasts about you.

These do not have to be correct, but are nevertheless used. From whom and to

what purpose – unknown!"

To raise awareness and strengthen digital resilience, the TLfDI has developed its "hand

for digital self-defence" and updated

Added tips on smart home technology. After brief references to the current

driving situation, you will be provided with tips on how to increase your digital protection

can. With further links you can get more detailed information. special

elle tips for smartphones, smartwatches and fitness trackers, as well as PCs and

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current applications such as Windows 10 and Windows 11 have also been complete and updated for you. Dangers on the Internet are unfortunately not directly perceptible, but nonetheless omnipresent. Do you have the dangers? recognized, it is important to protect yourself against it.

You can contact us at any time with your questions and problems to protect your privacy

contact the TLfDI at: <https://www.tlfdi.de/kontakt/>

8th edition, January 2023

About Safer Internet Day

Safer Internet Day (SID) is a global day of action for more online security and for a better Internet for children and young people. Since 2004 it has always been on Tuesday of the second week of February and sets a new thematical focus within the framework of the international motto "Together for a better Internet". In Germany, Safer Internet Day is organized by the EU initiative klicksafe coordinated.

Thuringia State Commissioner for Data Protection

and freedom of information

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