

Cyber Security: How to Protect Your Digital Privacy & Identity

The internet has been a vital part of our lives, and it is undeniable that the data we put online is vulnerable, but it's up to us user to make the internet livable in spite of its flaws. In this webinar, it emphasizes how it is important that we continuously put effort to safeguard our digital information.

As told in the webinar, there are different ways to protect our digital privacy and identity. First thing we can do is we can safeguard our computer by keeping the operating system and applications updated. Also make sure to check the features and disable prompts that appear on applications or software. We can also use virtual private network (VPN) to keep encrypt our data and disable our location. Another thing we can do is to have a strong password combination and use two factor authentications. The next thing we can do is mind our digital footprint by deleting accounts we no longer need. We also need to secure our browsing data by using privacy oriented search engines and be careful on social media by utilizing privacy setting and give only relevant information. Lastly, communicate in safe apps by clearing system logins, using encryption, backup our data, shred the digital files, and avoid unsecured access. In addition, the speaker emphasizes the as online user, we should not be an open book, we have to think before we post. We have to think if what are we putting online is true, if it is helpful, inspiring, necessary, and kind. One thing I will always remember in this webinar is the “less is more”, it is important that we utilize the usage of internet. We should be watchful on what we put online, and if an online platform is not necessary to used, then it is better not to use it.

Our digital information is as serious as valuable things in our life because it became a part of our everyday life. Thus, the cyber security requires constant and conscious efforts to safeguard our digital information.