# **Digital Safety for a Safer You**

When you're online, your safety is the top priority. This guide provides simple, effective steps to protect yourself from online hate and harassment.

## **Tip 1: Strengthen Your Digital Defenses**

Think of your online accounts like your home. You need to lock the doors and windows.

* **Use strong passwords:** Combine a mix of uppercase and lowercase letters, numbers, and symbols. Don't use the same password for everything.
* **Enable two-factor authentication (2FA):** This is an extra layer of security. It means that even if someone has your password, they can't log in without a code sent to your phone or email. Always turn this on if it's an option.
* **Regularly review your app permissions:** Check which apps have access to your accounts. If an app no longer needs access, remove its permission.

## **Tip 2: Manage Your Privacy Settings**

Privacy settings are your control panel. Use them to manage who sees your information.

* **Know your audience:** On platforms like Instagram and Facebook, you can often choose to make your profile private. This means only people you approve can see your posts.
* **Limit personal information:** Be careful about sharing your full name, location, school, or other identifying details in your bio or posts.
* **Disable location services:** Turn off GPS location tagging on your posts to prevent others from knowing where you are.

## **Tip 3: Handle Harassment with Care**

If someone is targeting you with hate, you have a few options.

* **Block them:** Blocking is a powerful tool. It prevents them from contacting you, seeing your profile, or commenting on your posts. You don't owe anyone your time or attention.
* **Report the content:** All major social media platforms have a reporting function. Use it. Report the hateful comment, message, or post. Platforms take hate speech very seriously.
* **Mute or filter words:** Many platforms let you mute specific accounts or filter out comments containing certain words or phrases. This can help you avoid seeing hurtful content without having to block every single user.