

The 'Dos' and 'Don'ts' of Internet Security? Transcript

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For most of us, the internet is an essential tool in our daily lives. We use it for work. To keep in touch with friends and family. For shopping. Banking, and planning holidays. We even use it to find the answers to simple questions, such as "How big is the universe?"

However, there is a growing concern that the internet is a growing danger to the security of our information. There are a number of simple steps we can all take to minimise this danger.

Do ensure that sites you visit are safe. It is essential that you are vigilant and only use trustworthy sites.

Don't visit sites that contain offensive or illegal material. These sites often contain malicious software that can compromise your systems and expose your organisation to viruses and ransomware.

Do make use of strong, unique passwords. Use a different one for each system and site you use and change them regularly.

Don't share your passwords with anyone. It is your responsibility to keep them secure and known only to you.

Do keep secure information private. Always think before you share. Who else could see this? What could it be used for?

Don't download files from an unknown source and never download anything that isn't work related.

Remember, if you think you've visited a website that has been compromised or if you spot any unusual activity on your systems, do report your suspicions to your I.T department.

You need to be proactive in detecting and reporting any potential threats. Don't leave it to someone else. Remember, security isn't complete without you.