### **Cyber Awareness and Hygiene Tips for Teens and Young Adults**

1. **Secure Your Online Presence**
   * Adjust **privacy settings** on social media to control who can view and download your photos and videos.
   * Share content only with **trusted friends** and contacts.
2. **Be Cautious with Social Media Connections**
   * Be selective about **accepting friend requests** from strangers.
   * **Block** or **remove** anyone making you uncomfortable.
   * Always **logout** from social media accounts after use.
3. **Protect Your Personal Devices**
   * Secure your phone with a **password**, **PIN**, or **biometric lock**.
   * Install apps only from **trusted sources** like the Play Store, App Store, or official websites.
4. **Prevent Fake Accounts and Misuse**
   * If you notice a **fake account** in your name, report it to the **social media provider** immediately.
   * Be mindful of your **appearance** during video chats; these can be recorded and shared without your consent.
5. **Be Careful with Photos and Videos**
   * Avoid using smartphones for **sensitive personal photographs or videos**.
   * Photos taken with smartphones may automatically **sync to cloud storage**. Deleting them from your phone doesn't remove them from the cloud.
   * If someone else has taken sensitive photos, ensure they are deleted from their **device**, **cloud account**, and any **connected devices**.
6. **Protect Yourself from Cyber Stalking**
   * Disable **location services** on social media apps and devices.
   * Don’t share personal information like **phone numbers**, **email addresses**, or **photos** with unknown people.
   * If you feel you're being stalked online, consult friends, family, or report it to **authorities**.
7. **Be Aware of Fake Profiles**
   * Many **fake accounts** exist online; not all information shared is true.
   * Be cautious while accepting **friend requests** from unfamiliar people.
8. **Practice Safe Browsing**
   * Use your own device and a **trusted network** for **shopping** or **banking**.
   * Avoid public Wi-Fi or shared devices for sensitive activities.
9. **Protect Your Data Before Repairs or Selling Devices**
   * **Erase private data** before giving your phone, laptop, or PC for **repair**, **servicing**, or **resale**.
   * Deleted data can often be **recovered** if not properly erased.
10. **Report Inappropriate Content**
    * If you come across **Child Pornography (CP)**, **Child Sexual Abuse Material (CSAM)**, or other **sexually explicit content**, report it to the **social media platform** or the **Cyber Crime Reporting Portal** ([www.cybercrime.gov.in](http://www.cybercrime.gov.in/)).
    * If someone shares such content with you, **inform them** that it’s **illegal** and encourage them to stop.