

# Sum Up: How To Protect Yourself Online

- ✓ Have strong **passwords** & keep them private
- ✓ Know **privacy setting** –take control of your account
- ✓ Only accept people as **friends/followers** if you know and trust them with your information
- ✓ Think before you share:
  - ✓ Do you have **permission**?
  - ✓ Use The Granny Rule!!!
- ✓ Protect your mental health
  - ✓ *Don't compare your reality to social media's illusion*
- ✓ Give technology a place within your life & remember the importance of SLEEP

