

# Cybersecurity Reminders

KEEP DATA SAFE WHILE  
ON SOCIAL MEDIA



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**Now more than ever, consumers spend increasing amounts of time on the internet, especially on social media. There are 7.7 billion people in the world with 3.5 billion people with an online presence. That means about one-in-three people in the world use social media!**

Social media gives people a platform to voice opinions, make connections with friends, engage with news content, and entertain ourselves. However, with the trending growth of social media, every picture you post and status you update, you are sharing information about yourself with these social media companies and the world.

How can you make sure you and your information stay safe online? Here are several tips to help you safely navigate the social media world.

- **Do not post sensitive information.** Such as your full name, social security number, address, birthdate, phone number or where you were born. This is the perfect way to set yourself up for having your identity stolen.
- **Do not post questionable content.** You never know who may come across your social media pages. Remember, there is no 'delete' button on the internet.
- **Do not broadcast your location.** Be aware that many social media platforms allow you to "check in" and broadcast your location or automatically adds your location to photos and posts. You could be telling a stalker where to find you or a thief that you are not home. Disable "checking in" on any social media platform that allows you to do so.
- **Speak up if you're uncomfortable.** Report any instances of cyber bullying you encounter, or if you feel someone may be in danger.
- **Be aware of what you post online.** Consider the potential risks and dangers for the types of information being posted.
- **Be sure to know who you are connecting with online.** Remember to accept connections with only people you know in real life.
- **Review the level of privacy you have selected for your social media platforms.** If possible, ensure that the social media privacy settings are set appropriately and geo-tagging or location tracking is off.