

# Keeping yourself safe online

## Remember:

Always be suspicious

Don't engage

If it is too good to be true, it probably is.

If you get an email saying there is a problem with your account somewhere, call them up and ask about it.

Look at the domain the email address is sent from.

Microsoft tech support doesn't call you first.

Do your research.

Use an ad blocker, uBlock Origin is great! (links on a following page)

## With passwords, remember:

Longer is better than complex (both are great)

Make a password as hard to guess as possible

Use two-factor authentication

Don't reuse passwords

Use a password manager

## For more information, have a look at these sites:

1. For more information on scams, the government is a good source of information:  
<https://www.consumerprotection.govt.nz/general-help/scamwatch/>
2. For more information on Phishing, and staying safe online, check out CERT NZ  
<https://www.cert.govt.nz/businesses-and-individuals/guides/keeping-yourself-safe-secure-online/>
3. For some Facebook specific privacy information, check out this page by Facebook  
<https://www.facebook.com/help/325807937506242>
4. For any other social networks you can think of, check out this link  
<https://identity.utexas.edu/everyone/how-to-manage-your-social-media-privacy-settings>
5. For information regarding Multi-factor authentication, check out this:  
<https://twofactorauth.org/>
6. To see if your data has turned up in a breach:  
<https://haveibeenpwned.com>
7. See how secure your passwords are:  
<https://howsecureismypassword.net>
8. uBlock Origin (adblocker):  
  
Instructions to download this for various browsers is right down the bottom of the page:  
<https://github.com/gorhill/uBlock>
9. Test yourself on how you would fair with misinformation  
<https://yournewsbulletin.co.nz/>

10. CERT is an amazing resource that can't be recommended enough:

<https://www.cert.govt.nz/businesses-and-individuals/guides/getting-started-with-cyber-security/>

11. Heimdial Security have a good, beginner-friendly computer security blog:

<https://heimdalsecurity.com/blog/>

## **Antiviruses:**

### **If you are running an older version of windows:**

Windows defender is called Microsoft Security Essentials, and you can download it here: <https://support.microsoft.com/en-gb/help/14210/security-essentials-download>

(the one you want is the english version, if your computer is less than seven years old, go for the 64 bit version, otherwise get the 32 bit version)

### **If you are running Windows 10:**

Windows Defender is baked into Windows, it works well. If you want to augment windows defender, then look into Malwarebytes

### **If you are running Mac:**

Some well known antivirus programs are:

- Intego Mac Internet Security
- Bitdefender Antivirus for Mac
- Sophos Antivirus for Mac (free!)

**Netsafe - 0508 NETSAFE  
(0508 638 723)**



Some of the services that we offer are one on one learning sessions, group sessions, low cost repairs, community outreach, low cost internet, kids IT club

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