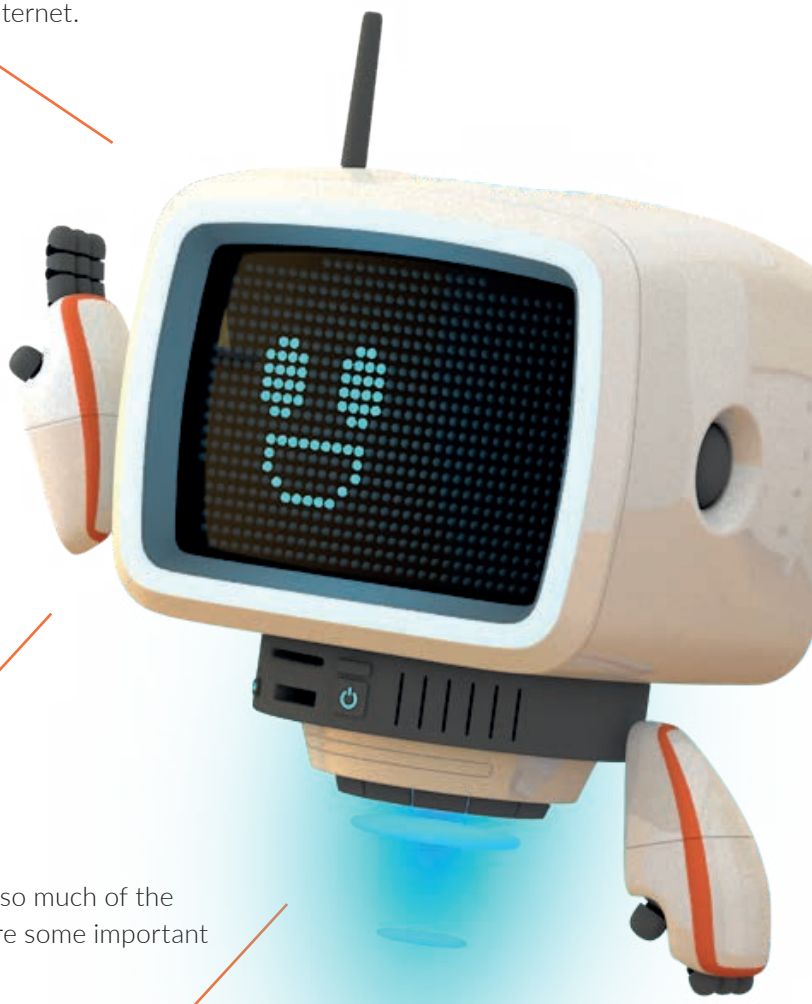
ZUKY'S SAFETY GUIDE

DID YOU KNOW that when your parents were kids, smartphones and tablets didn't exist? Look around you. What do you see? At home, there's a good chance you have a computer, a smartphone and a tablet. These devices are part of our daily lives today, present at schools, houses, banks, offices, stores, hospitals, etc., and they can all connect to the internet.



NOT SURE WHAT THE INTERNET IS?
Think of it like a giant school. People from all over the world can use it to find information or help them with things. That could be finding a restaurant, booking a holiday, buying clothes or books – almost anything.

HOW CAN YOU USE THE INTERNET? EASY!
You can use it to do research for school projects, listen to music and watch videos – even episodes of your favourite programme or sport. You can use to chat with your friends. And, of course, you can use it for gaming. Did you know some TVs can also connect to the internet?

Almost anybody can connect to the internet, and since so much of the information on the internet is publicly available, there are some important things to keep in mind that will help you protect it.

READ ON TO FIND OUT WHAT YOU CAN DO TO BE SAFE.

USE STRONG PASSWORDS

A password is a code that lets you into a device or website. We use passwords to keep strangers from accessing our private information. Passwords should be difficult for others to guess and can include letters, numbers, and symbols. It's a good idea to change them often, and to try not to share them with friends or leave them lying around. You should also use different passwords for different websites. It's best to change your passwords every 60–90 days.

SAFEGUARD YOUR IDENTITY

Don't share personal information about yourself or people close to you on the internet. Your personal information is your name, address, phone number, email address, hobbies, pictures, your school's name, etc. You should be careful about sharing this information on the internet, because it could be misused by strangers.

KEEP PHYSICAL SECURITY IN MIND

Make sure you don't leave your devices unattended or unlocked when you aren't using them, even for a short time. If your device is open, others can use it and might see private data, such as your name, home address, etc.

BE CAREFUL WITH LINKS

Some websites can be bad, and might do things to your device or computer without you knowing, such as steal data it contains. If you receive an unfamiliar link, don't click on it immediately – ask an adult you trust for help.

DON'T TALK TO STRANGERS

Just as in real life, don't talk to strangers or accept invitations from people you don't know.

REMEMBER: THE INTERNET IS REAL

Any actions you take on the internet can have consequences in your real, offline life.

"NO TRUST" IS YOUR MAGIC POWER

Don't trust everything you see or read online. Not everything on the internet is what it looks like.

ALWAYS ASK FOR ADVICE

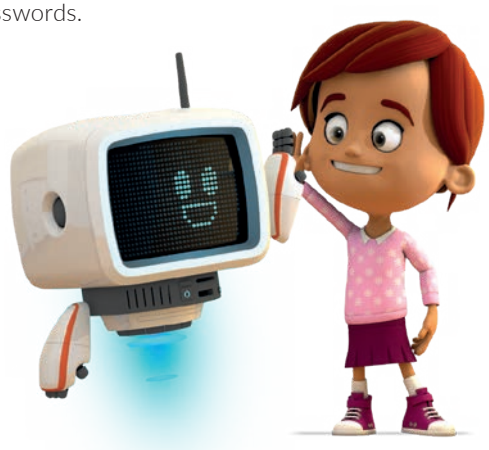
Show your favourite apps to mum and dad and talk about how best to make use of them. When in doubt, always ask your parents or another adult.

DON'T FORGET ABOUT REAL LIFE

It's fine to play online games or surf the internet, but remember to go outside and spend time with your friends and family, too. Technology exists to help our lives, not to replace reality.

Keeping all this in mind, you're in great shape to start your career as a **CYBER HERO!** Now, it's your turn to help your mum and dad – or even your grandparents or friends – do the same. Help them understand how to use the internet wisely. Here are some basic rules:

- Make sure all devices are protected with the latest software updates and strong passwords.
- Be careful what you access or allow on open Wi-Fi networks.
- Behave on the Internet as you would want your kids to.
- Make sure each child has their own, non-privileged account.
- Keep computer just for kids in a visible area.
- Don't use technology at the dinner table, late at night in bed or family events.
- When talking to your kids, stop using technology and look them in the eye.



NEED MORE CYBER HELP?

Visit *ZukyTheRobot.com* to get more advice from our cyber robot, Zuky!