

Cyber Wellness Reminder

Term 2 2017

Dear Students,

The school holidays are just around the corner. When spending time online during the school holidays, you should be aware of good practices to keep you safe online.

Good online habits are important to keep our accounts and devices safe from cyberthreats, such as malware, spam, phishing, and hacking attacks.

Are you setting passwords which are too easy to guess? Do you leave your devices unlocked for anyone to see? Are you fooled by pop-up messages? Or have you clicked on any suspicious attachments or links in e-mail messages?

As responsible digital learners, it is important to practise the three Cyber Wellness Principles. They are:

1. Respect self and others
2. Be safe and responsible
3. Be a positive peer influence

The second principle, 'Be Safe and Responsible', reminds you to be aware of the risks of harmful online behaviours, and protect yourselves from dangers you may encounter online. The third principle, 'Positive Peer Influence', reminds you to be a role model of good online habits and look out for friends who may not be practising them. You can advise your friends using these tips:

- Set strong passwords, such as those that contain a mix of numbers, letters, and symbols. A strong password will help to protect your account against hackers.
- Lock your devices and log out of your accounts on shared devices
- Ignore or close suspicious pop-up messages when surfing the web.
- Delete email or SMS messages with suspicious attachments or links, as they could contain malware.

Remember: Good online habits keep us safe!

Have a restful break and happy holidays!