

# Online privacy tips for older adults

Practice cyber safety to protect your identity and personal information by getting educated, staying aware, and following these tips!

## 1) Social networking

Stay in touch with family and friends by sharing photos and videos, or video.

### Do

- Think before you post information online as personal or private details may be easy to identify from photos or by completing quizzes about yourself
- Check your default privacy and security settings (example: don't save login details, make profile private to friends only, etc.)
- Use unique and strong passwords by using a passphrase (example: a password could be "Dylcic2?" which is a passphrase for "Do you like chocolate ice cream 2?")

### Don't

- Overshare or post unnecessary information on social media e.g., vacation plans while on vacation, pictures containing your street address, etc.
- Respond to requests for money
- Assume people you meet online are who they claim to be



## 2) Online retail and financial services

You can get many of your essential needs and services from the comfort of your own home now with technology that allows you to shop and do your banking online.

### Do

- Be cautious of offers that are too good to be true
- Shop from reputable online merchants and secure websites
- Monitor your financial accounts by checking your statements regularly



### Don't

- Click on unknown links
- Save credit card and banking information online
- Provide online retailers with information that is not needed when making purchases

## 3) Protect yourself

What may seem like a trustworthy call, text, or email, may actually be trying to take advantage of you by using official-looking but fake logos and content.

### Do

- Confirm who you are in contact with by contacting the office or individual directly using known or official channels
- Be careful who you allow and okay access to your information



- Seek legal advice and make sure they know how to protect your information

### Don't

- Send your personal information in email responses
- Give out your Social Insurance Number (SIN), Ontario Health Insurance Plan (OHIP), passport, or driver's license numbers unless there is a legal or valid reason to do so
- Wait to report any suspicious communications to a trusted person and if appropriate, law enforcement

Interested in learning more?

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