

PASSWORDS



- Password Managers help as you only need to remember one strong password
- Writing passwords down is better for some people, if you can keep the passwords safe at home
- Read our full guidance on passwords

VIDEO CALLING



If using Zoom, you can read our guidance here.

- Generate a unique ID & use a password
- Lock the meeting
- Be careful about sharing photos of Zoom calls on social media

SOCIAL MEDIA



- Regularly check your security and privacy settings
- Be wary of messages and posts that encourage you to click links, download attachments or transfer money
- Avoid things such as 'personality quizzes', which often ask for lots of personal information!

WI-FI SECURITY



- Change your router username and password
- To find out how to do this, search online or call your Internet Service Provider

PERSONAL SECURITY: TOP TIPS

[Click here to read full personal security blog](#)

2FA



- Set up 2FA to have a second layer of security on your accounts
- You can read our full 2FA guide here.

GAMING



- If children are using your tablet or smartphone, change the settings to airplane mode
- Both children and adults should not share personal information that could identify them or their location