How to Stay Safe Online

seed foundation
Social Educational Economic Development

TFGBV

The internet is a great resource and an important way to learn, stay connected, and find exciting opportunities.

But it is important to ENJOY WITH CAUTION.

Share with Care: What you post, send, or message to others will last a lifetime and may be seen by people you don't intend--so think before you click.

Be Private: It is okay to speak your mind online, but make sure to learn about and use privacy settings. Use strong passwords, update them regularly, and don't share with anybody. Never reveal personal information to the public, such as your full name, address, or location.

Be Aware: Not everything you read online is true, and not everyone is who they claim they are. Do not meet in person with someone you met online, and don't accept 'friend requests' from strangers.

Report: If someone says something inappropriate or does something that makes you nervous or uncomfortable, disengage immediately, and block and report that person to the platform. Save or take a screenshot so that you can use it as evidence if needed.

Keep Kids Safe: Ensure safe content by using parental controls, secure wifi settings, and setting daily screen limits. Talk to your kids about online safety!

Get Support: If you are experiencing online violence, it is not your fault and you are not alone. You can get help: *talk to someone that you trust, report it to the online platform, go to an NGO - referrals@seedkurdistan.org.*