



Common Tips to Keep Yourself Safe Online

As our world becomes increasingly connected digitally, it's more important than ever that we stay aware of potential threats to our safety online.

1. Never give out your passwords, log in details, or account info.
2. Don't respond or click on any links to verify your account information, even if it looks like it's from a real organisation.
3. Never share personal or financial information by text or email.
4. Do not respond to texts from unknown numbers, or any that appear suspicious.
5. If a 'friend' sends you a text with a suspicious link, call them to make sure they weren't hacked.
6. If a business or organisation sends you a text that you weren't expecting, call them to verify its authenticity using the phone number on your bill or statement (or their official website).
7. If you receive an email from a business or organisation and suspect it might not be from who it claims, look carefully at the email address and firstly cross reference it to those provided on the official website. If still not sure, call the phone number listed on the official website and clarify that the email was sent from someone within the organisation.
8. Only shop on trusted and verified websites.
9. Be wary of unexpected deals, contests, or log in requests.
10. Back up your data so it can't be lost.
11. Check and adjust your privacy settings.
12. Log out after using a shared computer.
13. Install anti-virus software and updates.
14. Report abusive or harmful content.

If you receive suspected spam content you can report it to the Department of Internal Affairs:

- Report email spam by **forwarding to reportspam.co.nz**.
- Report text spam for free on your phone by **forwarding the spam text message to 7726**.

You can also contact Netsafe for help with the steps to take should you fall victim to a scam or cyber bullying by submitting a report on netsafe.org.nz/report or by calling **0508 NETSAFE** or emailing help@netsafe.org.nz.