

Norfolk & Suffolk Crime Prevention

Guidance Note

Online Security – Social Networks



SUFFOLK
CONSTABULARY



NORFOLK
CONSTABULARY
Our Priority is You

You've signed up to a social network and you're ready to start updating your friends with your latest news and views... but before you start posting comments, stay safe online with the advice below.

Hello world, my personal details are... Check out the social networks privacy settings which determine who is going to see your data. These can change over time with new updates from the provider, so it's worth keeping an eye on them.

Are you a friend or foe? Having over a 1,000 online friends may sound like you have lots of people interested in you as a person... but can you account for each of your online friends? Ask yourself 'who am I actually sharing my information with'?

Are you sure you wanted to post that? You are liable for what you post online, so don't post comments that bully or cause offence. Posting a comment can be like talking to a friend in a public setting. You may think you're only talking to your friend, but others might be able to hear what you're saying! So telling everyone about how you're going to be away this weekend may be the

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perfect advice to a burglar... especially if you've already revealed other personal information like your home address. Personal information can be obtained in not only what you write, but also in photos or videos that you might upload.

I never said that! Avoid hackers obtaining your information and posting obscene or hurtful comments on your behalf. Remember to log out when you've finished your session and never reveal your passwords, changing them often. Use a strong password, preferably a mix of numbers and upper and lowercase letters. If using a smartphone to update your social network, remember to lock your screen afterwards.

I tried to delete that! Pictures, videos and comments in the digital world can spread like fire. Within seconds, a comment you tried to stop by deleting it could be copied or forwarded half way around the world spreading amusement or outrage - all of which can be traced back on you.

Is that the real me? Think about your online reputation. When people look at your profile, the pages you like, the people you follow, the comments you post... what does it say about you? Although some posts may seem fun now, could they affect the decisions of future employers, universities or friends?

Is that the time? You can spend hours on a social network, either posting or reading your friends comments. Health professionals have raised concerns at the amount of time people spend with their online friends, especially when it results in less face to face time with 'real' friends.

Use social networks wisely and safely to enhance your social life but not to hinder or cause problems in your real life.

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