

The internet - the good, the bad and the ugly. We can find endless value in the internet, how it helps us and how it makes our lives easier.

However, we know it pays dividends to take a breath, take a step back and think about how we are using the internet in our lives.

Awareness

Are you aware of the sites you visit, the third party sites you are visiting and how secure they are? Are you being directed to sites that you've never heard of before?



Personal data

Are you sure that your personal data is being used appropriately? Are you sure you are happy with how your data is going to be used and for how long?

Phishing

Be careful of any sites, organisations or individuals who are asking you to confirm details they should already know. Check what their policies are to confirm your identity.

