



Cyber Self Protection

1. Complete the Cyber Protection Form with your Support Worker.
2. Turn off 'location services' on all of your mobile devices
3. Create a brand new email address for you to use
4. Create a brand new password for each account.
5. Change everything you use online to your new email address
6. Never share your current location on the internet.
7. Do not accept any computers, phones or tablets from your perpetrator
8. Trust your instincts – if it seems like you are being 'watched' you probably are
9. Only add people to your social networks that you know in real life and get rid of people you don't know or trust.
10. Never share private or identifiable information on your social media and keep all posts private.