

What are *YOU* Leaving Behind



ONLINE?



Information & Resources



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What are YOU leaving behind online?



5 Online Safety Tips

1. **PASSWORDS MATTER** – Password protect your computers and devices. Change the default Administrator password on routers, cameras, printers with web interfaces and other additional hardware. For online accounts, use passwords with at least 8 characters (upper and lowercase letters, numbers, and symbols if permitted). Don't use the same password for all accounts – it could put all at risk!
2. **PROTECT PRIVACY** – Never save logins OR documents on public computers. Save your documents in the cloud or on a USB flash drive. Always LOG OUT of your accounts, and do not transmit sensitive information on open public networks (such as free Wi-Fi). “Open” networks have no passwords required. Double check email links, and forbid access to your system that you did not request.
3. **USE 2-FACTOR AUTHENTICATION** – Set up a mobile phone and alternate email address to confirm your identity when logging on from new locations or devices, making transactions or changing account details to keep a stranger from taking over your account.
4. **BE VIGILANT** – Install and use intrusion protection software. If you do not invest in an identity monitoring service, at least utilize your free annual credit report: www.annualcreditreport.com. Paid monitoring services are offered by companies such as Experian and LifeLock.
5. **IS YOUR EMAIL STOLEN?** Stolen data often ends up on the “Dark Web”. Check the free site haveibeenpwned.com that hosts billions of users' data from known security breaches. If your email address is found, change its password immediately and monitor your identity.

What are YOU leaving behind online?



1. **LIMIT EXPOSURE** - Set time guidelines for Internet use on computers and mobile devices. Online time should not take priority over family time, homework, or chores.
2. **A DROP IN THE BUCKET** - Keep a container near the doorway and both children and adults should "unhook" on entering the home. Set the example!
3. **NO SCREENS IN BED** - This could actually stunt brain development, emotional growth, and ability to connect. It's also important because for children on the Internet, "nothing good happens after 9pm."
4. **GET IN THE GAME** - Take a free course on Internet Safety at GCFLearnFree.org! Your children are not "rocket scientists" :-)
5. **INVEST IN A WATCHDOG** - Contact your Internet or mobile service provider about Parental Controls to limit web sites, access hours, and apps.

5 Low-Tech Ways to Protect your Children Online



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A few words about **SCREEN TIME**...

Affects on SLEEP

Scientific research suggests that **MELATONIN**, a hormone known to moderate sleep patterns, is reduced by as much as 50% in people who read from an e-reader rather than from paper. It is expected that the **CIRCADIAN RHYTHM**, the body's "natural clock" is therefore thrown off by as much as an hour and a half, and study participants reading from devices reported feeling not as well rested upon waking.

Affects on CHILDREN

Scientific research indicates delayed **COGNITIVE** development (information processing and comprehension), especially from birth to age 3. These effects may be permanent. When technology bridges the gap usually spanned by a child's senses and imagination, there is no a chance to build those pathways through the brain.

Too much engagement with screens could mean that children are not developing the skills needed to **CONNECT** and make friends, feel **EMPATHY** for others, or sense real-life **CONSEQUENCES** for actions. Stimulation of **PLEASURE CENTERS** with games and fast-moving entertainment sources, mimics brain patterns seen in addicts.

RECOMMENDED DEVICE USE? 1 HOUR PER DAY for younger children, then with great discretion!

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Tools & Resources



GCFLearnfree.org/onlinesafety/internetsafety

GCFLearnfree.org/onlinesafety/internetsafetyforkids

OnGuardOnline.gov

OnGuardOnline.gov

NetSmartz® Workshop

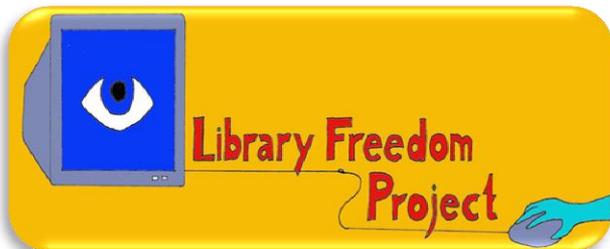
A PROGRAM OF THE
NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN®

NetSmartz.org/RealLifeStories/6DegreesOfInformation



ELECTRONIC FRONTIER FOUNDATION
DEFENDING YOUR RIGHTS IN THE DIGITAL WORLD

eff.org



LibraryFreedomProject.org

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What are YOU leaving behind  online?



Take the Pledge!

Password protect ALL systems, and change DEFAULT passwords on hardware with ADMIN access.

Use anti-virus and firewall protection. There are many free options but paid ones are better.

Always use STRONG passwords and never use the SAME password TWICE.

Never save LOGIN information on any computer or device that you do not own.

Set up 2-FACTOR AUTHENTICATION for online accounts (including Social Media).

Check your credit report for anything unusual, and take action if necessary.

Double check email links, and forbid access to your system that you did not request.

Check for your email address at haveibeenpwned.com and change affected passwords.



_____ (Print name) Date: _____

Signed, _____ (Signature)