

**Some things are better kept to yourself.**



**What do you share online?**



[www.getsafeonline.org](http://www.getsafeonline.org)

# Be aware of what you share

Thanks to the internet it's easy to share about what you're doing, how you're feeling, your opinions, likes, dislikes, passions and interests. As well as information and updates about yourself, family and friends, keeping everyone up to date about your life.

But what if what you share *doesn't* have the effect you intended it to because it's *oversharing*? Like embarrassing yourself or someone else because of something you posted the night before, your home being burgled because you posted your family holiday pics, or your kids' location being revealed. Or your identity being stolen if a criminal pieces together the personal details in your profile.



## We've put together some expert tips to help you avoid oversharing and its consequences.

- Check that your Facebook and other social media profiles are **set to private**.
- Consider that everything in your profiles, posts, comments and pictures **may be seen by people other than your own contacts**. This includes information about your movements, birthdays, your address, your children, workplace and passport/driving licence.
- If you've used family members', pets' or your favourite sports team names for passwords or memorable phrases, **don't include them** in profiles or posts/comments.
- **Respect children's, other family members' and friends' right to privacy**, which you may be compromising by sharing information, location and photos.
- **What goes online, stays online**, possibly even after you've deleted. Think twice before sharing anything that might affect your or others' current or future relationships or career.
- Remember that granting access to social media data to enter a competition or survey **may be revealing confidential details**. Check terms & conditions.
- **Turn off location settings** on your and children's mobile devices, apps and cameras to avoid giving away where you/they are.
- It's fun to post when you're away from home, but **burglars love social media as much as you**, and your insurance policy may not pay out if your home is broken into.

# Get Safe Online

Get Safe Online is the UK's leading source of information and advice on online safety and security, for the public and small businesses. It is a not-for-profit, public/private sector partnership backed by law enforcement agencies and leading organisations in internet security, banking and retail.

For more information and expert, easy-to-follow, impartial advice on safeguarding yourself, your family, finances, devices and workplace, visit [www.getsafeonline.org](http://www.getsafeonline.org)

If you think you have been a victim of fraud, report it to **Action Fraud** at [actionfraud.police.uk](http://actionfraud.police.uk) or by calling **0300 123 2040**. If you are in Scotland, contact **Police Scotland** on **101**.



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