# 5 TIPS FOR ONLINE SAFETY



### Password manager

A password manager keeps your passwords safe and complicated, and it remembers them for you.

## Two-Factor Authentication (2FA)

Even with a password manager, it's still smart to set up a second barrier to stop people from accessing your accounts. In the tech world, this is called 2FA.





### Virtual Private Network (VPN)

Sometimes people can get access to your personal information by viewing your internet traffic. VPNs help to prevent this by hiding your IP address, which helps protect your identity and location.

### **Encrypted messengers**

If your VPN isn't working, someone could intercept a message you sent to someone else. By using encrypted messengers, you can help ensure that your message can only be read by the person you sent it to.





#### **Anti-Doxing Services**

Lots of websites have our information, but in most cases, you can pay to have it removed. Anti-Doxing Services remove critical personal information from websites for a fee. Hiring a reputation management firm to handle this is another avenue.



<sup>\*</sup>This content is based on information provided by <u>Nina Jankowicz</u> and <u>Sarah Sobieraj</u>, featured on <u>Alright, Now What?</u>, a podcast by the Canadian Women's Foundation.