

# USE OF TECHNOLOGY

Internet is a revolutionary invention which allows us to create every kind of relationship all over the world.

It's important to underline that Internet makes possible to carry out both cultural exchanges and interactions among people coming from other countries.

However, Internet could become dangerous if it's not used in a right way, infact it could generate a lot of illegal and violent acts arisen by bad people:

they're called hackers.

So, if you don't use it carefully, you can become a bull's eye for cyberbullying, identity theft, scams, pornography, phising, etc.



Erasmus+



**NOW YOU CAN GO  
AND DO THE  
CROSSWORD**



**SAFETY  
ON LINE**

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PROS AND CONS

Some rules to avoid these attacks are:

### 1) KEEP YOUR PERSONAL INFORMATION SAFE

It is really important not to divulge your [personal information](#) (such as home address, personal data, current account numbers, etc.) because it could be used for other purposes.

### 2) TO USE ALWAYS THE PRIVACY OPTION

Another method of not disclosing your personal data is to use always, especially on social media, the [privacy](#) option which allows you to restrict the access to your profile.

### 3) USE STRONG PASSWORDS

Another possible option to keep your profile safe is to use long and strong [passwords](#), so that it's more complex to discover them.



### 4) MAKE SURE YOUR INTERNET IS SAFE

It's also very important to be sure that your internet is protected, so you need to use a [VPN](#) which is a network that protects your PC from virus.



### 5) ALWAYS DO SAFE BROWSING

Another possibility to avoid virus is to make always a [safe browsing](#) ensuring the reliability of the sites.

### 6) TO INSTALL AN ANTIVIRUS

It's also recommended to install always an [antivirus](#) which protects you in case of virtual aggressions.

### 7) NEVER SEND PHOTOS TO PEOPLE MEET ONLINE

It's really important not to send [photos](#) of yourself to people you meet online because you don't know who can hide behind.

### 8) DOWNLOAD APPLICATIONS FROM SECURE SITES

To avoid virus attacks, you must always download applications and files from a [secure site](#).

### 9) BEFORE YOU POST SOMETHING ON SOCIAL MEDIA, ASK YOURS PARENTS THE PERMISSION

When you have to post something on social networks you must always first ask your [parents'](#) permission, to avoid being the victim of violence.



### 10) EVERYTIME YOU POST SOMETHING ON SOCIAL MEDIA, BE CAREFULL WHICH WORDS YOU USE

A very important rule to respect others is to be carefull about the [words](#) you use in your posts because through them you could "hurt" others.