

- Ensure you keep your privacy top of mind and don't sign up to free giveaways or use a throw away email for these things.
- Keep an eye on your privacy settings, including geo-tagging on photos you take.
- Keep using a strong password and consider using a password manager.
- Ensure you keep your devices and accounts up to date with the latest software updates.
- Use the block features on your devices and social media to stop any unwanted messages.
- Check the security settings on any internet connected devices, your home internet connection including your wifi/router network security.
- As mentioned before, always think before you post.
- Always sign in and out of your accounts.
- Don't open or click on attachments sent to you via email or text.
- Watch out for emails and text messages that say you have tried to reset your password – do not respond to them unless it was you and NEVER share this content.
- Use an anti-virus or anti-malware tool and do a clean of your device ensuring there is nothing on it you don't know about. Make sure your software on your devices like your phone and computer are kept up to date.
- Giving out your details can be risky so consider using a PO Box or parcel locker instead of your residential address for deliveries.
- Register as a silent elector.
- Check your credit score and monitor for identity theft.

Gold Coast or Beenleigh region:

Free counselling, support, information and referral for women and their children who have or are experiencing domestic and family violence. Phone: (07) 5532 9000 (9am–4.30pm, Monday to Friday) · info@domesticviolence.com.au