

More resources

Maine has been in the forefront of “digital literacy”, which includes internet safety. A tremendous resource, free to Mainers, is the National Digital Equity Center. They have classes on Internet Safety and Identifying Fraud and Abuse, which include examples and what to do if you are victimized. NDEC offers many other courses on-line at home, or at our library.

Their website is:
digitalequitycenter.org/classes

Go there and click on any class to get more information about the content. Contact the library (207 326 4560) to find out what is scheduled in Brooksville.

Note to avoid the chore of typing in the web addresses for the references listed in this brochure, go to Brookvillemaine.org, choose Town Government, Boards & Committees, Broadband (internet) committee. The brochure is there with links.

The internet is a game-changing revolution in the history of human civilization. It brings unparalleled opportunity for education, entertainment, and social interaction. But it also can be exploited by bad actors who seek to do harm. Here are some steps you can take to avoid harm, while you are benefitting from the good things that the internet can bring into your life.

What are the threats?
How can I protect myself and my family?
It's a big subject, but maybe some of the information in this brochure will help.

BE SAFE ONLINE



Is my child safe?

Children and teens are particularly vulnerable to internet scams and predators. Parents, caregivers and educators must step up to protect them.

Some things you can do.

Adjust privacy settings and use parental controls for online games, apps, social media sites, and electronic devices.

Tell children to avoid sharing personal information (eg name and address), photos, and videos online in public forums or with people they do not know in real life.

Talk to your kids! Teach them how to spot “red flags” and encourage them to communicate with you.

Talk to your kids’ teachers; find out if the school is on top of this issue and what is being taught about it.

Is your money safe?

Older people are more likely to be the target of scammers and fraudsters, but anyone can be attacked, hacked, and have their money (and their identity) stolen.

Some things you can do.

Never open an email or an attachment to an email unless you are absolutely sure it’s from a trusted source.

Keep your computer’s virus software up to date; create strong passwords and change them frequently.

Report all suspicious emails to the company or friend/acquaintance who supposedly sent them.

Never do online banking or share any personal information while using an insecure web browser.

Is your brain safe?

Too many hours in front of a screen can cause health issues with eyes, hands and brains. And, many forms of manipulation are being used online by advertisers to get us to buy more and more stuff, and by political groups who try to undermine our faith in democracy by passing along inaccurate information. Both are detrimental to our health and well-being.

Some things you can do.

Keep track of your screen time and don’t let the internet control your life.

Read up on how the internet is being used to create divisions within society

Be aware of new techniques such as “deep fakes” which are almost indistinguishable from real images and news.

Stay informed on “Artificial Intelligence”, its development and deployment.

Resources

Google “Age Appropriate Design Code”

<https://www.justice.gov/coronavirus/keeping-children--safe-online>

<https://shemarookids.wordpress.com/2016/11/08/internet-safety-tips/>

<https://kidshealth.org/en/teens/internet-safety.html>

Google “How to keep your money safe online”

<https://money.usnews.com/money/personal-finance/articles/2015/05/05/12-ways-to-keep-your-money-safe-online>

<https://www.businessinsider.com/personal-finance/ways-to-keep-your-money-safe-online-according-to-a-banker>

<https://www.aarp.org/money/scams-fraud/info-2017/how-to-protect-against-computer-viruses.html>

Google “Artificial intelligence, deep fakes”

<https://www.brookings.edu/research/how-to-combat-fake-news-and-disinformation/>

<https://www.rand.org/research/projects/truth-decay/fighting-disinformation/search.html>

<https://www.lwvme.org/digitaldemocracy>
Click on “past webinars”