CALMD

BE PRUDENT WITH THE INTERNET

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THE INTERNET WORLD IS LIKE THE REAL WORD: THERE ARE OPPORTUNITIES AND DANGERS. BE MINDFULL!

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STAY TUNNED AND SAFE!

IREA Institutul Român de Educație a Adulților
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”THINK BEFORE YOU SHARE”

Consider the consequences of your online posts and shares.

Be mindful of the potential impact on your reputation and privacy.

Respect others' privacy and avoid spreading misinformation.

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”PROTECT YOUR DIGITAL IDENTITY”

Safeguard your personal information online.

Use strong, unique passwords and enable two-factor authentication.

Be cautious while sharing sensitive data.

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”BEWARE OF ONLINE SCAMS”

Be skeptical of unsolicited emails, messages, or offers.

Verify the authenticity of websites and transactions.

Educate yourself about common online scams and stay vigilant.

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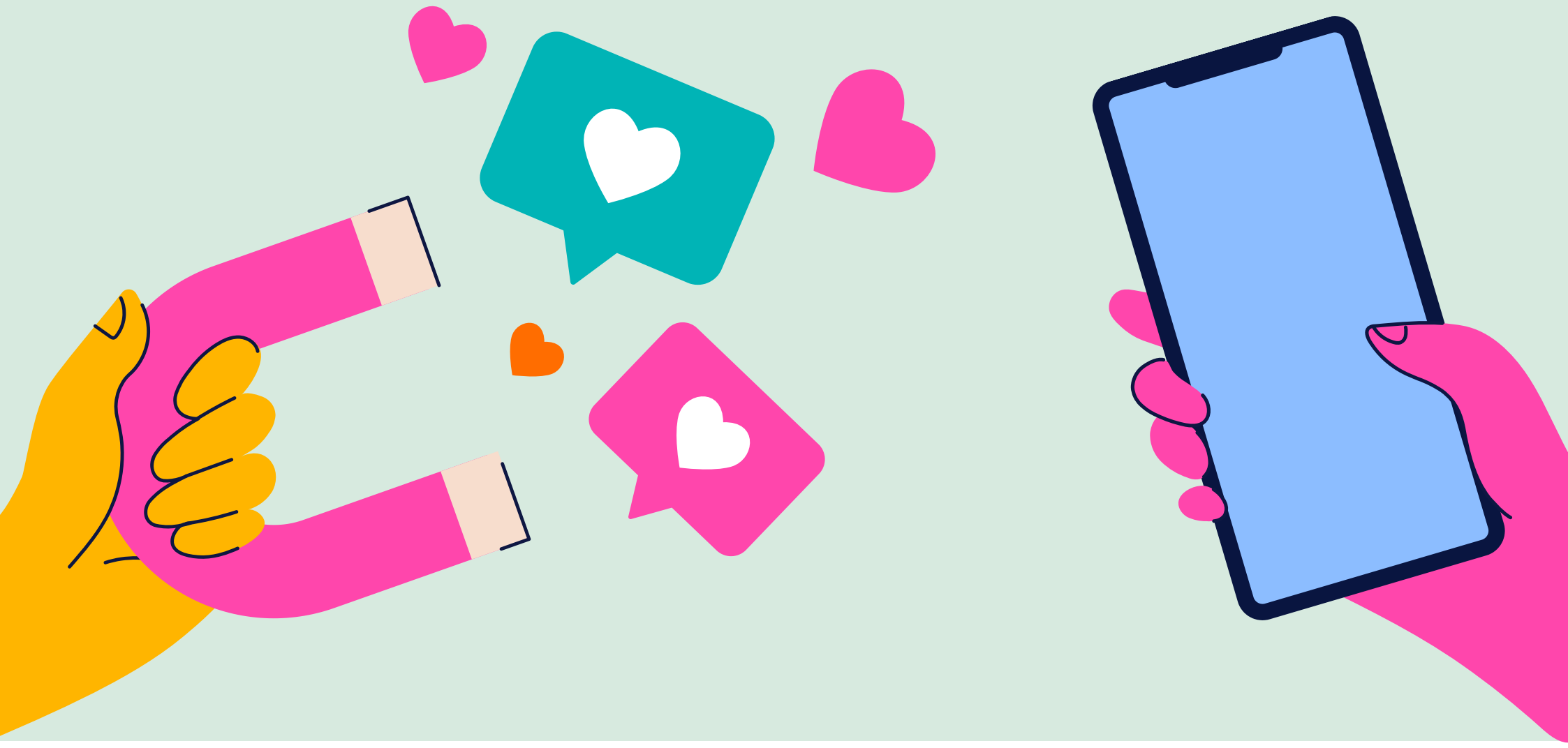
"PRIVACY SETTINGS MATTER"

Review and adjust the privacy settings on your social media accounts.

Limit the amount of personal information visible to others.

Regularly review and update your privacy settings as needed.



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"STAY CYBERBULLY-FREE"

Be kind and respectful online.

Report and block cyberbullies.

Support and stand up for those who are being targeted.

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”SECURE YOUR WI-FI”

Protect your home network with a strong password.

Enable encryption and change default router settings.

Regularly update your router's firmware for added security.

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”DIGITAL FOOTPRINT MATTERS”

Understand that everything you do online leaves a trace.

Be mindful of your digital footprint when applying for jobs or scholarships.

Build a positive online presence by sharing valuable and responsible content.

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