Staying safe online

Prevent social media and email hacking

When you consider all of the personal and financial information you have on your email and social media, it is no surprise that your accounts become a real lure for cyber criminals to hack into so that they can steal your identity or exploit you in some way. Make sure you make your accounts as secure as possible, so you don't become a victim of hacking.

Follow these top tips:

1. Use a separate, strong password for your email account. It contains a wealth of information about you and is like the 'key to your front door' for cyber criminals.
2. Create different strong passwords for your all of your online accounts. The best way to make your password difficult to hack is by using three random words consisting of special characters and numbers.
3. Turn on two-factor authentication (2FA). Two-factor authentication provides a second layer of security, helping prevent hackers from getting access to you accounts.
4. Update your devices regularly, this helps prevent hacking by filtering out any weaknesses.
5. Back up your data, this means you will always have a recent version of any information saved. This will help you recover any lost or stolen data much more quickly.