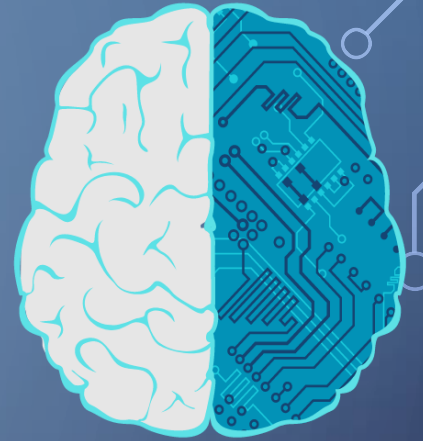# CATHERINE KNIBBS

- TEDx Speaker

- Cybertrauma and Online Harms Advisor and Consultant

- International Trainer/Author/Researcher/Clinician

- Child/Adult Trauma Psychotherapist UKCP, MSc

- Functional Health Practitioner (BANT)

- PhD candidate: University of Salford

- Director for Catherine Knibbs, Privacy4 and Online Safety UK

TOP TIPS FOR ONLINE SAFETY

- Be careful not to share personal information that criminals can exploit

- Think before you post and consider what can be screengrabbed

- Check privacy settings to ensure only you can access your digital systems

- Buy antivirus software, don't use free services

- Use multi-factor authentication where possible

- Password protect your devices

RISKS
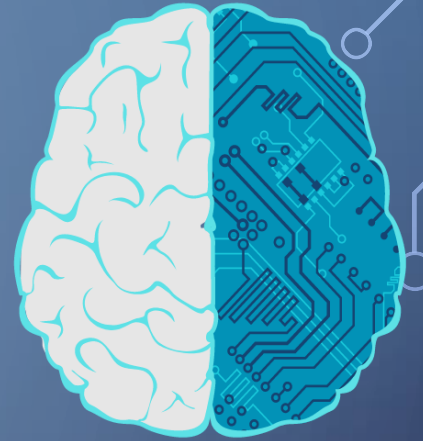
- Easy-to-guess Passwords or Pins

- Wi-Fi outside of your home may not be secure (public and hotspots)

- Genuine emails versus ones with 'dodgy' links

- Scam sites may be difficult to spot. Slow down and check, check check!

- Emotional content may result in quick decisions that are risky or fake

SYSTEMS TO PROTECT

- Internet Service provider- is your router protected?

- Your social media apps

- Your phone/tablet

- Your computer

- Your files

- Cloud uploads (eg iCloud, dropbox, gdrive)