

**“I've come up with a set of rules that describe our reactions to technologies:**

**1. Anything that is in the world when you're born is normal and ordinary and is just a natural part of the way the world works.**

**2. Anything that's invented between when you're fifteen and thirty-five is new and exciting and revolutionary and you can probably get a career in it.**

**3. Anything invented after you're thirty-five is against the natural order of things.” – Douglas Adams**



### *Some tips regarding security when using your cell phone or tablet*

- Have your name and an emergency contact number on your lock screen – in-case the phone gets lost or you are in an emergency situation and cannot speak for yourself.
- Keep it locked. Make sure that you have a secret PIN (personal identification number), a password, fingerprint setting or other security measures in place so that only you can access your phone. Make sure your family knows your cell phone PIN number.
- Keep your mobile phone updated. Check your phone manufacturer's website for instructions on downloading security updates.
- Make use of anti-virus software.
- Sign out of your banking app when finished. Don't save your banking app ID on your device. Sign out of other apps too.

- Verify any apps you might want to download by checking the developer's history. Just because it's in the playstore does not mean it's safe.
- Let your bank know if your phone or tablet is lost or stolen if you use your mobile device for banking.
- Download and set up a "find my phone" app:
- Use strong and unique passwords. Use a formula that you can easily remember. Don't keep a list of passwords with your device.
- Make sure your passwords are long enough.
- Use privacy settings.
- Beware of scams.
- Be careful before you click. Clicking on links sent by sms or messaging apps can take you to hoax sites.
- Never type your personal details into anything you are not sure of.
- Secure your Internet router. And don't use public Wi-Fi.
- Switch off bluetooth unless you are actually using it.
- Be aware of your surroundings when using your phone in public.
- Don't be the virus by passing on pass-it-on messages. These websites are useful for checking out hoax messages: <https://www.snopes.com/> Or at least google one of the key-phrases before passing it on.
- Reach out for help – ask your teenager!