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Enriching lives, opening minds.

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EU as a solidarity's house for minors out of home  
Erasmus+ project n. 2023-2-IT03-KA220-YOU-  
000184370



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# Digital Skills Module 3

## Security

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HELLENIC  
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PROGETTO FAMIGLIA  
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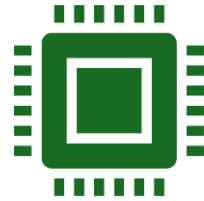
# In this module we will discuss:



## Protecting Privacy and Data

Understanding the importance of privacy protection

Understanding and managing digital footprint



## Privacy protection strategies

Safe online practices (phishing, scam, Grooming, privacy settings on social media)



## Impact of New Technologies on Well-being

Discussion on the potential risks and benefits of technology use

The impact of social media, constant connectivity, and screen time on mental health.

Strategies for maintaining digital well-being (balance with technology use, digital detox practices)

# Protecting Privacy and Data





# Why is protection of personal information important?

- 1. Privacy Protection:** Personal information (addresses, phone numbers, and social media accounts). If this information falls into the wrong hands, it can lead to a loss of privacy and potential misuse.
- 2. Preventing Identity Theft:** identity thieves can use your personal information to commit fraud, open accounts, or incur debt in your name.
- 3. Online Safety:** Sharing personal information online can make you vulnerable to cyberbullying, online predators, and scams.
- 4. Future Implications:** Information shared online can remain accessible for years. Embarrassing or inappropriate posts can affect future opportunities, such as college admissions or job prospects.

# But, I have nothing to hide...

Protecting your personal information is not about hiding but having the autonomy and freedom to make your own decisions.

AND:

You need to protect yourself from threats that don't exist yet

- You never know what combination of personal information and new technologies will lead to future threats. To prepare for these unknown assaults on your data, the only thing you can do is to make it less accessible.





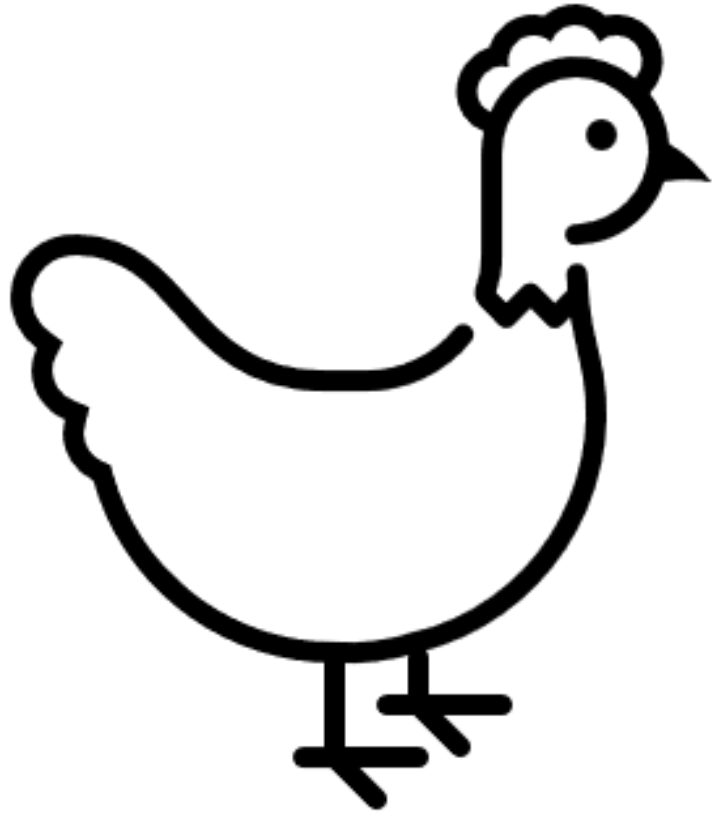
# What is your digital footprint?

- We leave footprints on the sand as we walk. In a similar way, we leave digital footprints as we are doing anything online.
- Watch the following video:

<https://www.youtube.com/watch?v=7bRZdUtmH8k>

## Why should you care?

- Because anything you search, browse, text, write, upload, click, like, etc is **PERMANENT** and can affect your life today and tomorrow.



# The privacy chicken

<https://www.nytimes.com/interactive/2020/01/21/opinion/privacy-chicken-game.html>

It's easy to win! Just give up your personal information. Or are you too chicken?



# Privacy Protection Strategies

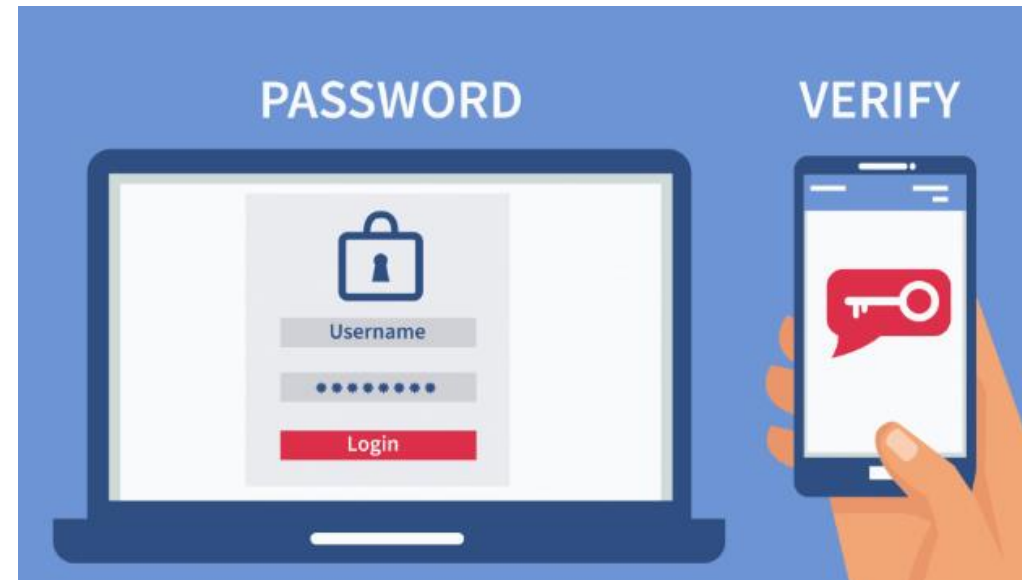
# Strong passwords and two-factor authentication

Use combinations of uppercase and lowercase letters, numbers, and symbols for complex, difficult-to-guess passwords. Try to set up passwords that are 8-12 characters long. Keep your passwords private.

**Compare:**

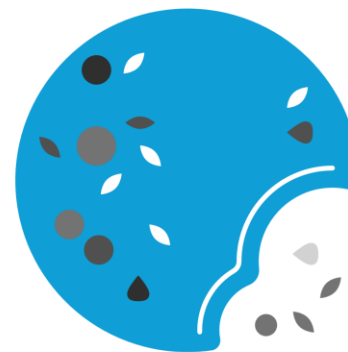
**john23102015** and **john2eF@!**

When a two-factor authentication option is given, take it. It adds another security layer to your accounts.





# Block tracking cookies



We and our partners process data to provide:

Store and/or access information on a device. Personalised advertising and content, advertising and content measurement, audience research and services development.

**IAB and Google Vendors**

**I Accept**

**Reject All**

[Manage Choices](#)

# Make your social media accounts private

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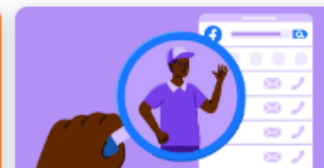
- Add only people you know as friends. Clean your friends' list often.
- Change your social media settings to "Friends Only" to reduce the number of people who can view your posts.
- Use privacy checkup
- On Facebook, turn on Timeline Review so that you can review and approve all content that you're tagged in before it appears on your timeline

## Privacy checkup

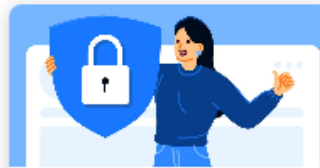
We'll guide you through some settings so you can make the right choices for your account. What topic do you want to start with?



Who can see what you share  
● 2 years ago



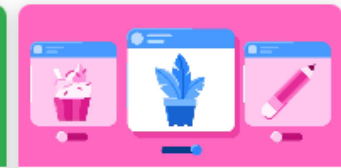
How people can find you on Facebook  
● More settings



How to keep your account secure  
● 2 years ago



Your data settings on Facebook  
● 2 years ago



Your ad preferences on Facebook  
● 2 years ago

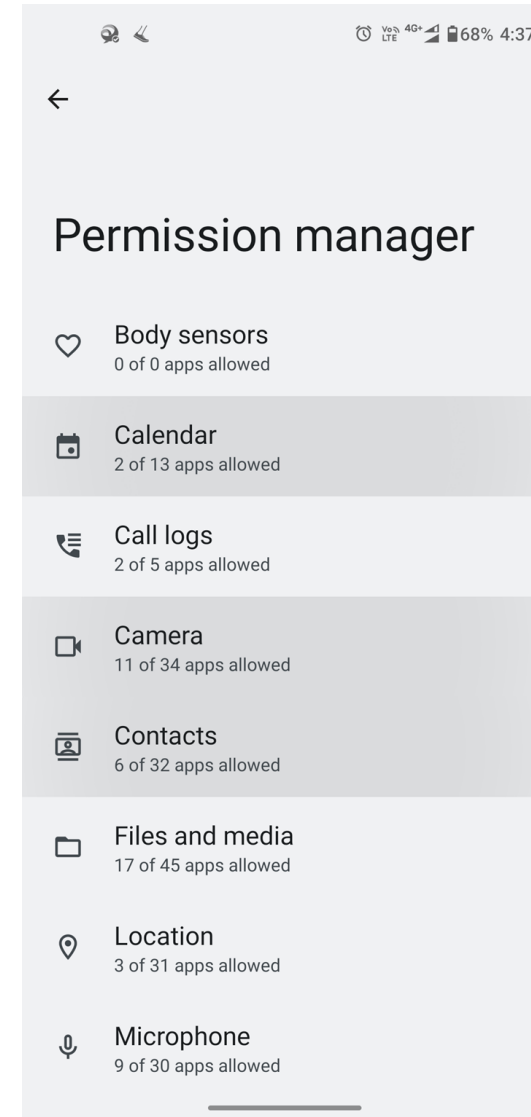
# Adjust your Privacy Settings and Permissions for apps

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Customizing settings on your devices and within popular applications, to have control over your data.

This is true for apps you download on your mobile phone and for apps that are available on social media, e.g. facebook.

Go to Settings, Privacy, Permission Manager, to see what kind of rights have your apps



# Safe browsing

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- You should avoid public Wi-Fi for sensitive tasks, to minimize exposure to potential malware.



# Watch out for phishing/smishing scams

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These are emails or sms that try to trick you into giving away your personal information. Avoid clicking on suspicious links or downloading attachments.

The following video provides some useful advice:

<https://www.youtube.com/watch?v=DA4ubFS11gE&list=PL-VLWao2gONvMXuGsFVDA6xXvVILHXZbz&index=7>

## Attention! Your PayPal account will close soon!

Dear Member,

We have faced some problems with your account Please update the account .If you do not update will be Closed.

To Update your account, just confirm your informations.(It only takes a minute.)

It's easy:

1. Click the link below to open a secure browser window.
2. Confirm that you're the owner of the account, and then follow the instructions.

[Relog in your account now](#)

# Beware of online grooming

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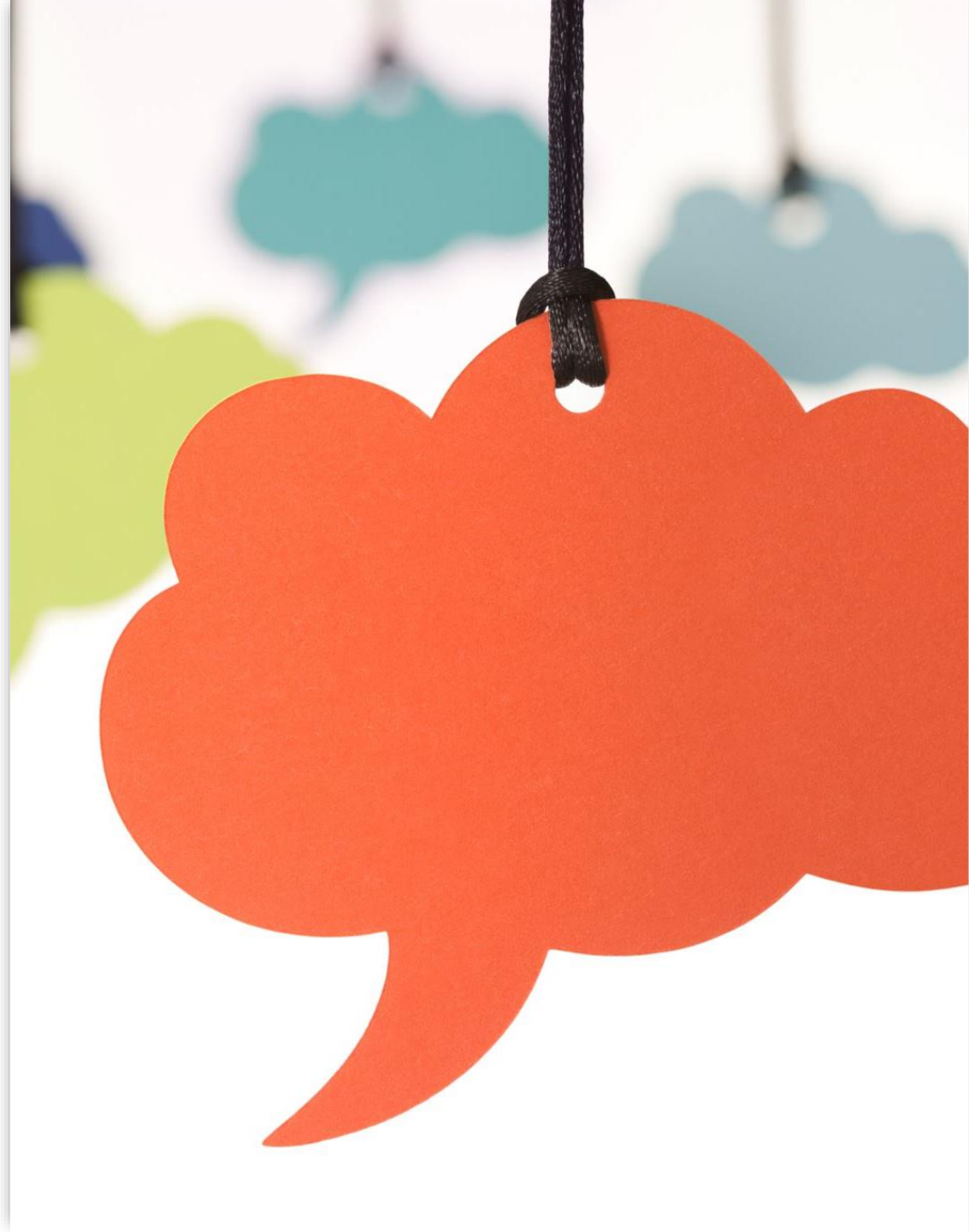
Online grooming is where someone befriends a child online and builds up their trust with the intention of exploiting them and causing them harm.

- <https://www.youtube.com/watch?v=TZ6bvYydog4>
- <https://www.youtube.com/watch?v=kCX8f4j6wmc>



# Avoid sexting

- Sexting is **sending, receiving, or forwarding sexually explicit messages, photographs, or videos**, primarily between mobile phones.
- And, it is not a good idea. Let's see why:  
<https://youtu.be/r7GPPSwzeT0>





# Impact of New Technologies on Well- being

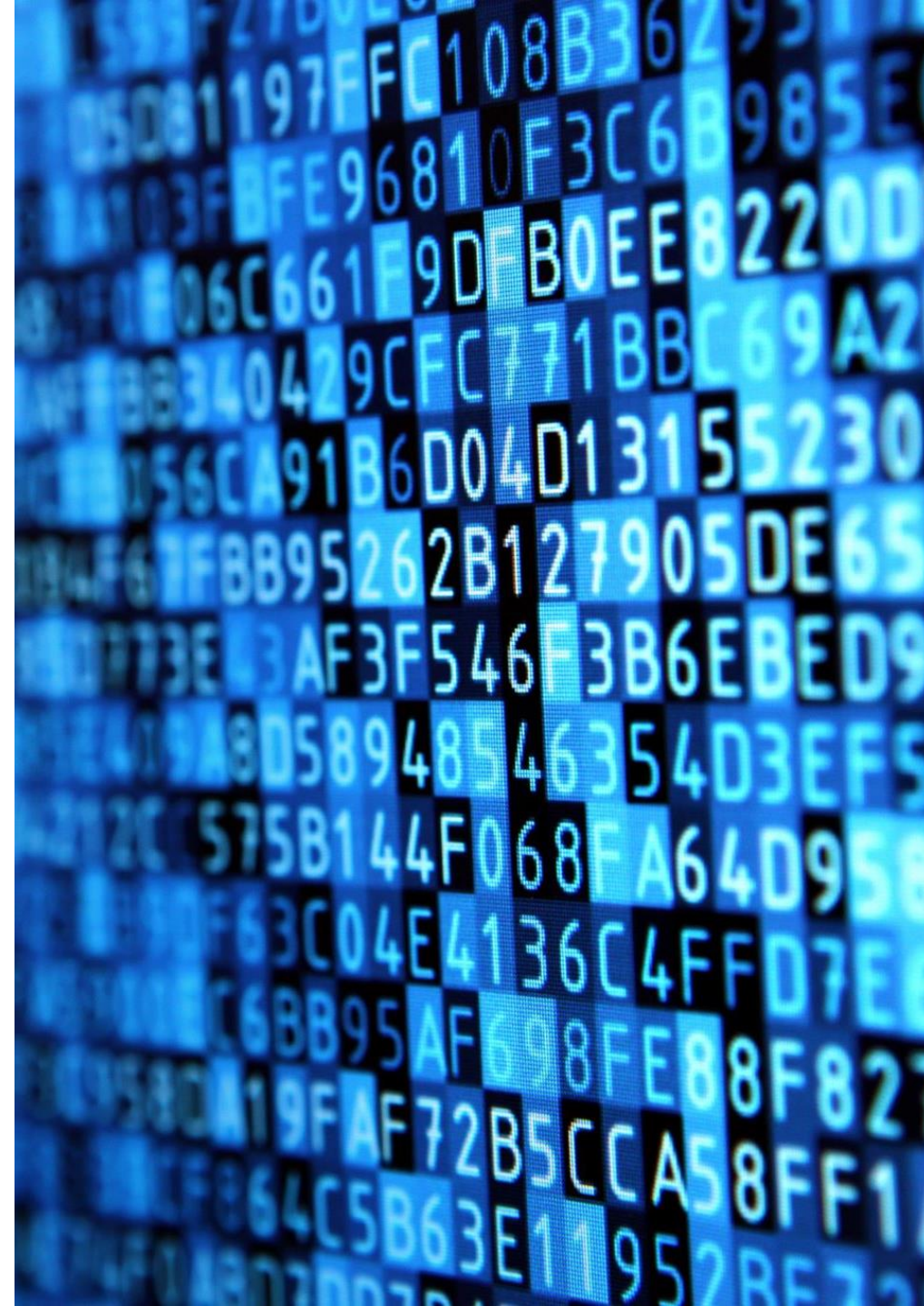
# How can overuse of technology affect our health?

- The constant connectivity (by smartphones and social media platforms) can lead to feelings of overwhelm, and burnout. Research suggests that excessive screen time and digital multitasking can disrupt sleep patterns and contribute to feelings of isolation.
- Excessive technology use can take away time from activities such as sleep, exercise, and socializing, which are all important for well-being



# Spot the signs of digital addiction and burndown

- Constant anxiety
- Irregular sleep patterns
- Low energy levels
- Signs of irritability and constant fatigue
- Avoiding face-to-face interactions



# Creating your digital detox plan



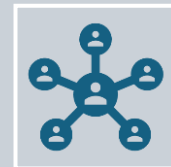
Balance your day so that there is enough time to sleep, eat, study, exercise, meet friends and go online



Consider how many social media you really need and keep just a couple of accounts



Set up a notification plan. Don't allow notifications for just about everything.



Try to meet with friends face-to-face. This is your real world. 1000 digital friends or followers does not make you popular or happy. 2 friends in real life can make you feel more connected.



# Things to keep in mind

- Information is money. Your information allow others to make money
- Don't victimize yourself by overexposing your life
- Nothing is free
- Not everyone online is who they say they are
- If something is too good to be true, then probably it is not
- Don't be long in your digital life and forget about the real one



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ARSIS - ASSOCIATION FOR THE SOCIAL SUPPORT OF YOUTH



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