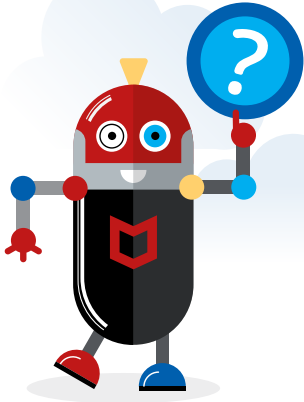


Safety 101: Back-to-School Security

Learning from home is the new reality for many families. Even if your kids are going back to the classroom, there's no doubt they're more online now than ever. Here are 6 tips from MBot to print out and discuss with your kids.

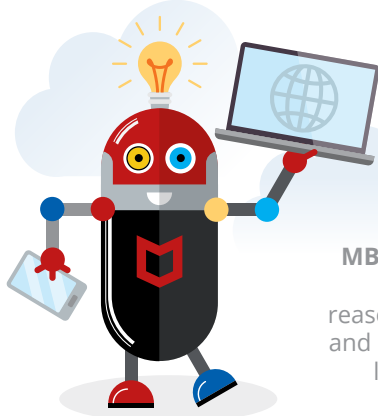
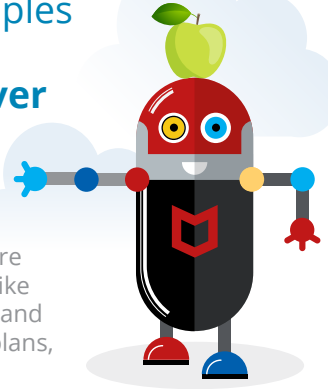


What does our family consider **inappropriate** online content?

MBot says: Discuss expectations and family values around acceptable content—both sharing it and receiving it.

What are examples of information you should **never share** with people online?

MBot says: Do not share personal information (like your address, birthday and phone number), daily plans, and your location.

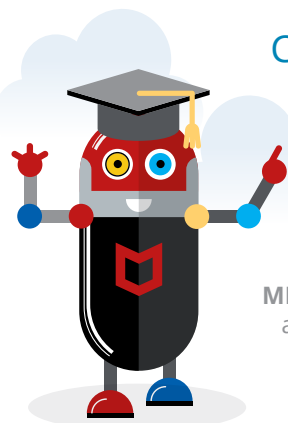
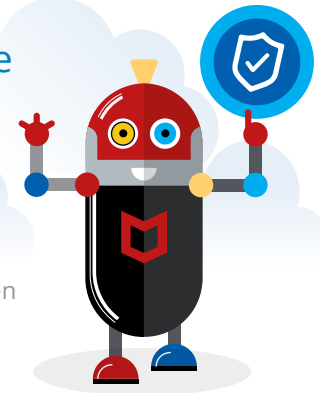


How should our family **balance** life and tech?

MBot says: Discuss how many hours a day is reasonable for device use and establish screen time limits to grow healthy tech habits.

Why should you **update** software and apps?

MBot says: Updates often include security fixes designed to protect you from cybercriminals.

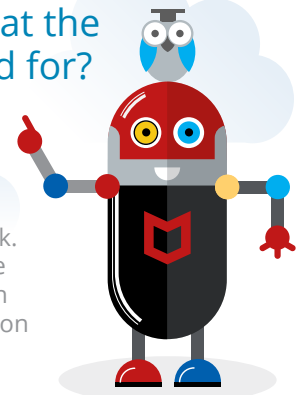


Can you name one way to make a **password strong**?

MBot says: Strong passwords are not easily guessable and contain a mix of capital and lowercase letters, numbers, and symbols.

Do you know what the letters **VPN** stand for?

MBot says: VPN stands for Virtual Private Network. This is an app you can use to hide your identity when you're on a Wi-Fi connection at a friend's house or at the library.



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