Fact Sheet
Protecting your Personal Information

Personal information is anything that identifies you. This might include your first and last name, address, date of birth, workplace or financial details.

Why is it important to protect personal information?

It is important because it can be easy for someone to use it to pretend to be you. This is called identity theft.

Personal information can be revealed in images and videos as well as text.
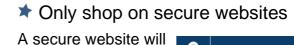
How can I protect my information?

✦ Privacy settings

Check the 'help guide' for the website or app you are using to change privacy settings.

✦ Location settings

Avoid sharing location information. Turn the GPS off on your device if you don't need to use it.

GPS

✦ Use a strong password

Use upper and lower case letters, numbers and keyboard symbols.

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★ Know how to spot a scam

Criminals may try to steal money or personal details using scams.

Visit **www.which.co.uk** to learn more about how to spot a scam.

✦ Only shop on secure websites

A secure website will have "https" or a padlock symbol at the start of the web address.

https://

Top Tips for protecting your personal information

• Read the terms and conditions carefully before agreeing to anything.

• Be careful not to click on links in suspicious emails – delete them straight away.

• Don't give out your email address or phone number unless you know how that information will be used. • Make sure you use a strong password.

• Remember – if it looks too good to be true, it probably is!