



Are you in control of your online reputation?

Consider these tips:



Think before you post

What you post, like and share on social media can have real consequences. Posting pictures of yourself or tagging others in inappropriate situations can hinder careers and dreams. Ninety-three per cent of employers view a candidate's social profile before making a hiring decision.



Set strong passwords

A good password is at least eight characters long and includes numbers, letters and symbols. Passphrases are even stronger. Don't share passwords or use the same password for every app, and always remember to log out.



End cyberbullying

Forty-two per cent of Canadian youth have experienced cyberbullying and 60% have witnessed it in the last 4 weeks. Respect yourself and others in both your digital and physical world.



Don't be a bystander

How witnesses react to cyberbullying can make a big difference. You can comfort the target privately, report the behaviour to the service provider or seek help from a trusted adult. Make cyberbullying socially unacceptable.



Respect privacy

It's important to understand the consequences of taking and sharing intimate photos. Sharing intimate images of a person without their consent is a form of cyberbullying and is illegal.



Establish and respect personal boundaries when using technology

Respect personal boundaries online. It's okay to say "no". Don't do anything you feel uncomfortable doing. Remember that taking and sending intimate images is risky behaviour.



If it's too good to be true, it probably is

Be wary of flattery, compliments, support and promises of gifts, a better life, or a loving relationship from strangers online. It's a good rule of thumb to only connect with people you've met face to face. Report any suspicious online or in person behaviour, to a trusted adult.



Reduce identity theft

Don't share private information on social media, deactivate accounts and delete apps you no longer use. Young adults aged 18-24 are among the last to detect identity theft and their average loss is roughly 5x higher than other age groups.



Create a Google Alert

Monitor your online reputation by setting up a Google Alert for yourself at [google.com/alerts](https://www.google.com/alerts) so you are notified via email when your name appears online.



Manage permission and privacy settings

Some apps and social networking sites allow its developers to access your personal information like your contact list, location, or photos. Read and update permission and privacy settings to control how your information is used and who is able to see it.

Learn more about how you can stay in control of your online reputation.

Complete the TELUS Wise in control workshop at telus.com/WiseWorkshops and take the In control quiz at telus.com/WiseInControl

