

Co-funded by
the European Union

ESAFETY WOMEN



What makes a password strong and secure?

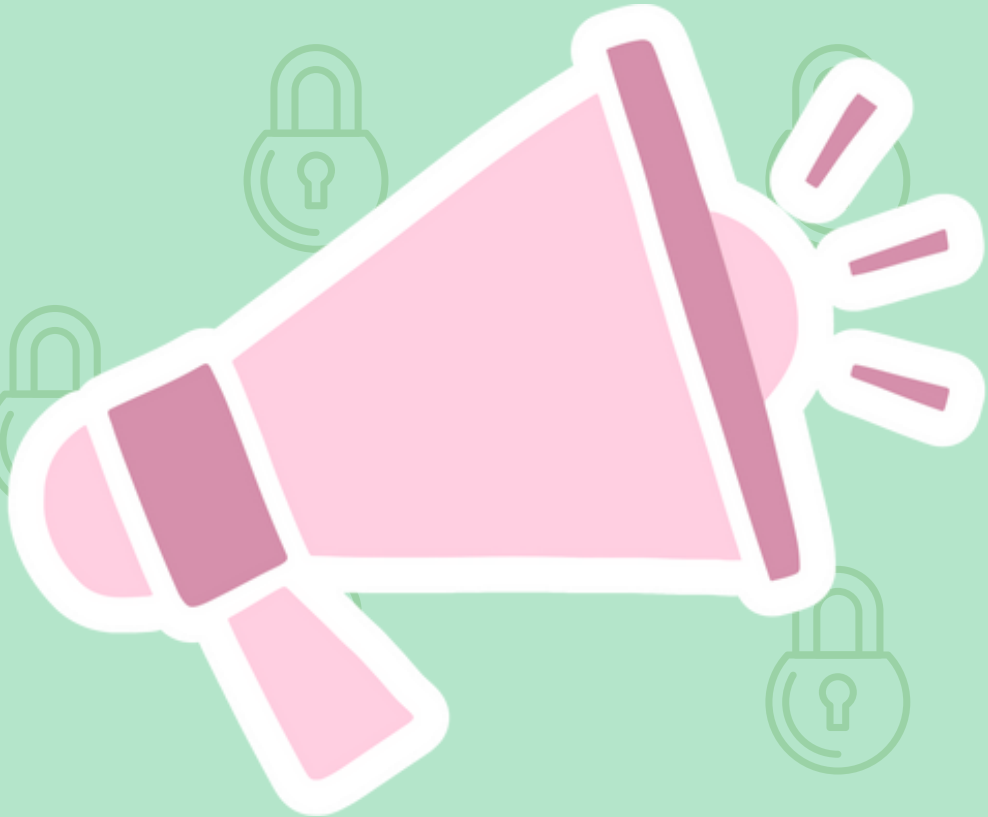


Co-funded by
the European Union

ESAFETY WOMEN

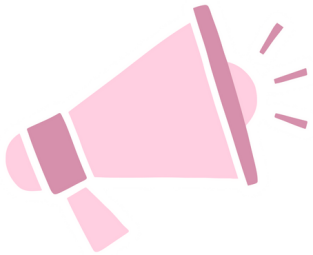


You receive an email from your “bank” asking you to verify your login details.



Co-funded by
the European Union

ESAFETY WOMEN



Do not click the link – check the sender’s address, report the email as phishing, and change your password.



Co-funded by
the European Union

ESAFETY WOMEN



Why is it risky to connect to public Wi-Fi without a VPN?

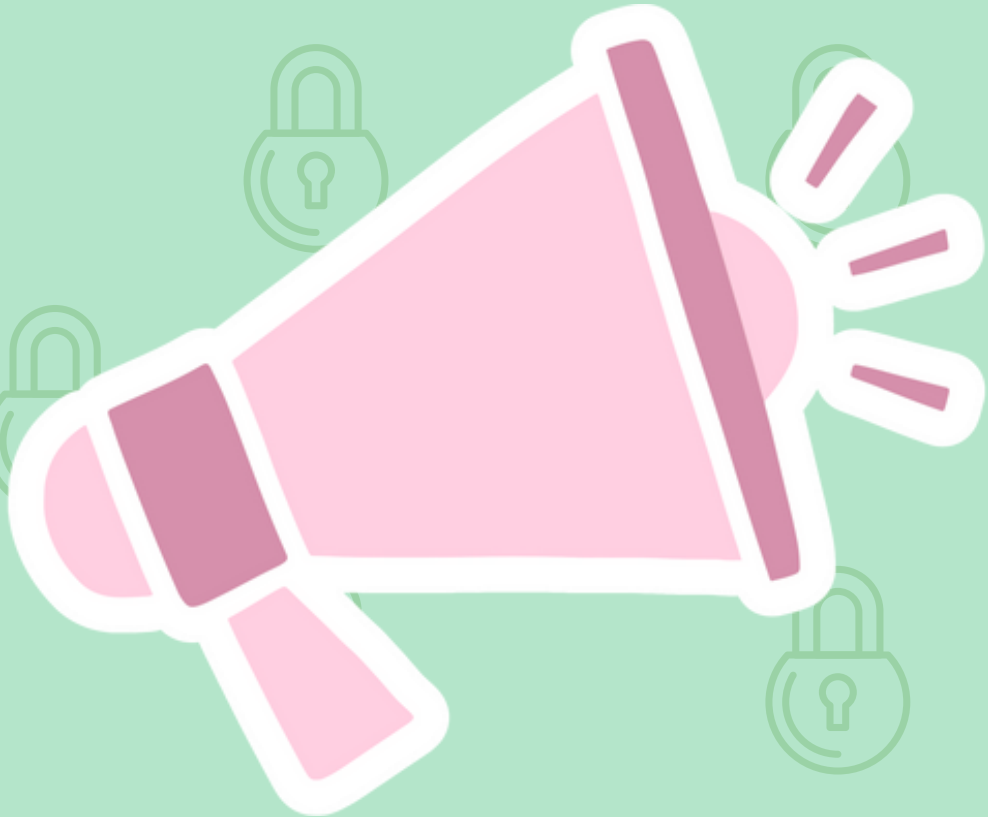


Co-funded by
the European Union

ESAFETY WOMEN

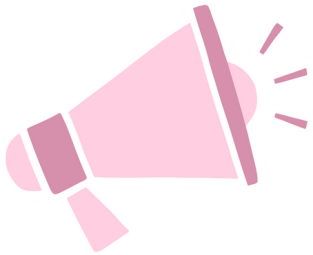


You’re at a café and connect to free Wi-Fi to check your messages.



Co-funded by
the European Union

ESAFETY WOMEN



Use a VPN, avoid logging into personal accounts, and disconnect when finished.



Co-funded by
the European Union

ESAFETY WOMEN



What kind of personal information should you avoid sharing publicly on social media?

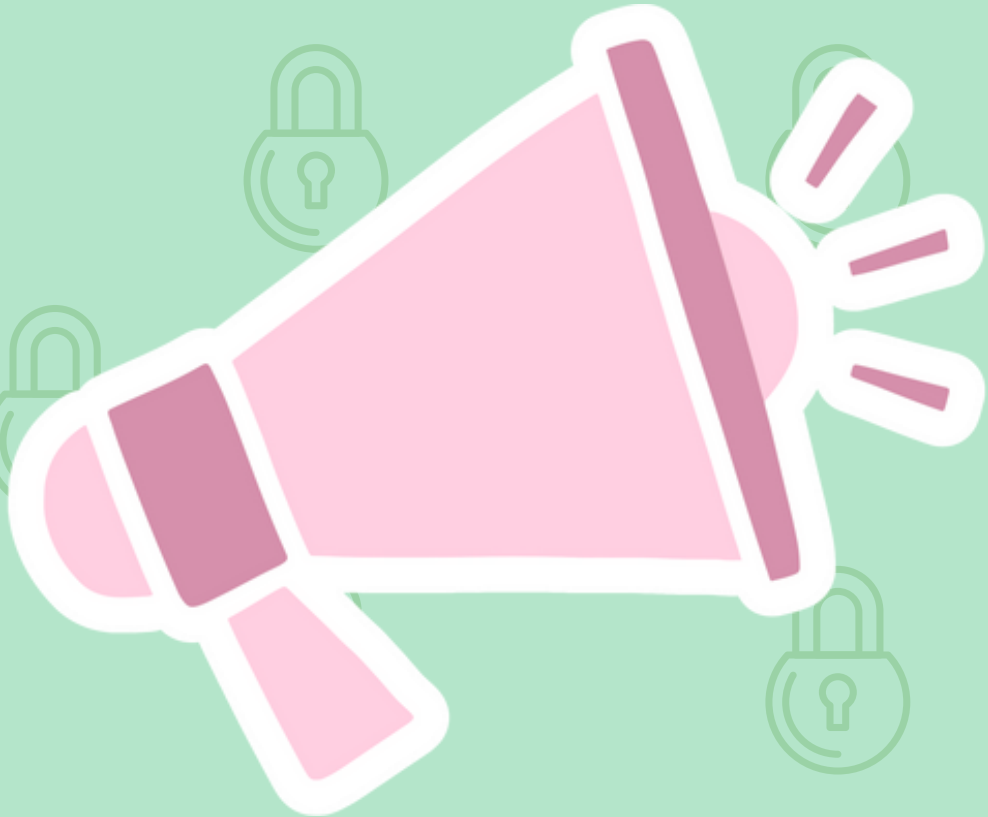


Co-funded by
the European Union

ESAFETY WOMEN

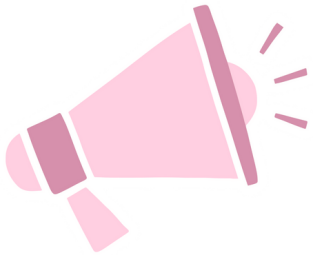


Someone leaves offensive comments under your post.



Co-funded by
the European Union

ESAFETY WOMEN



Block the user, report the comment, and take screenshots as evidence.



Co-funded by
the European Union

ESAFETY WOMEN



How can you tell if an online store is fake or unsafe?

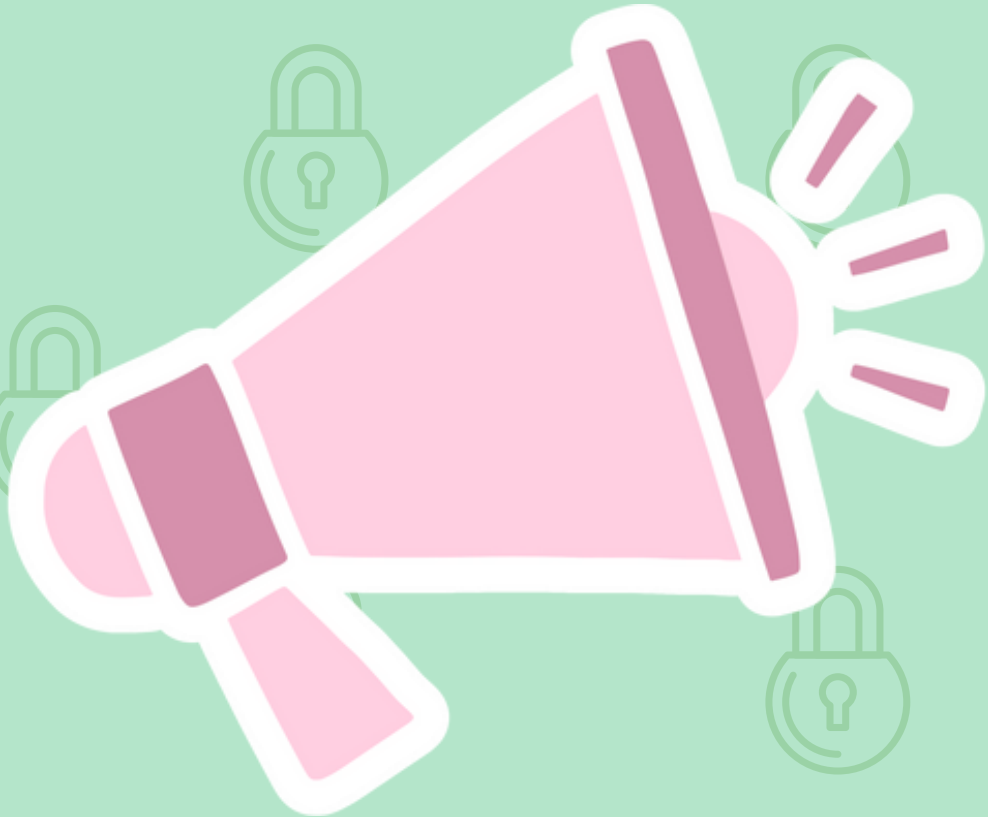


Co-funded by
the European Union

ESAFETY WOMEN

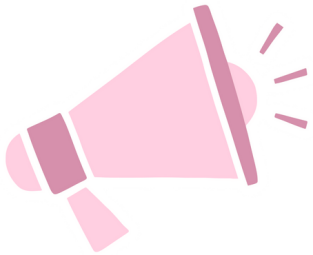


You get an email offering a “limited-time discount” from an unknown shop.



Co-funded by
the European Union

ESAFETY WOMEN



Check the URL for “https://”, look for contact details, and never share credit-card data on unfamiliar websites.



Co-funded by
the European Union

ESAFETY WOMEN



What are the warning signs that someone online might be catfishing you?

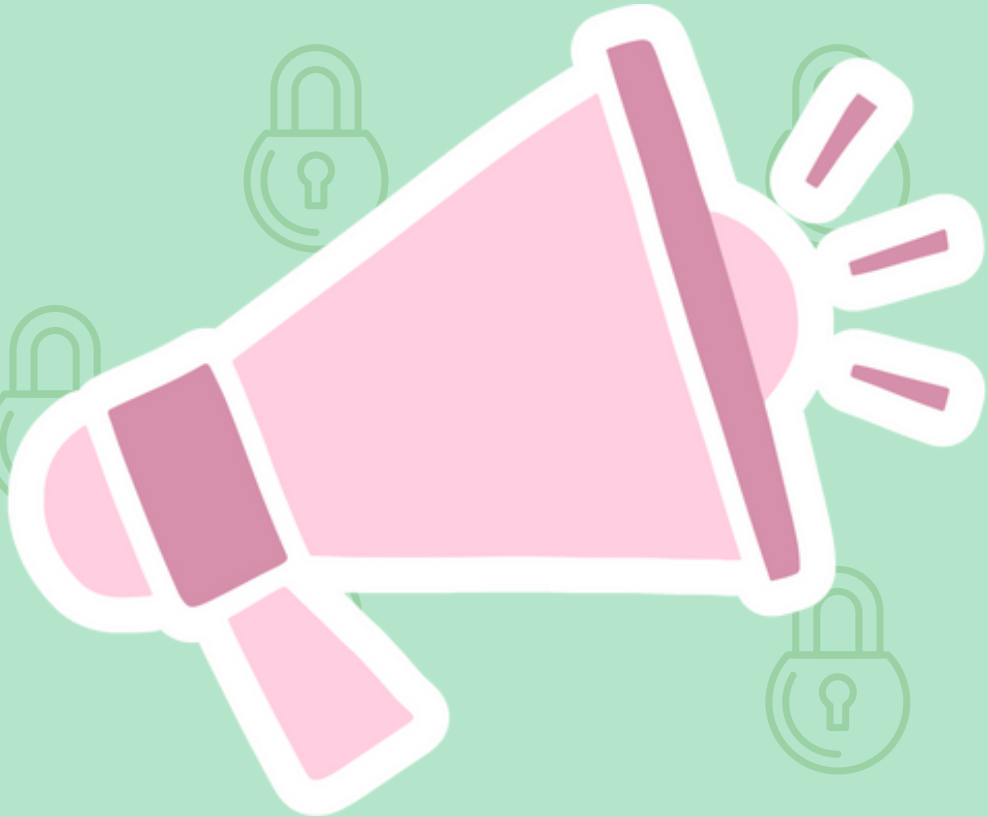


Co-funded by
the European Union

ESAFETY WOMEN

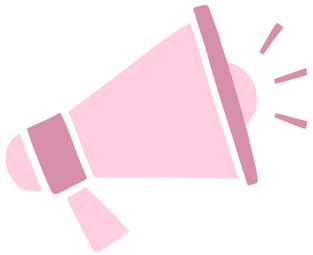


A person you met online keeps asking for private photos.



Co-funded by
the European Union

ESAFETY WOMEN



Refuse, stop contact, and confide in a trusted friend or support service.



Co-funded by
the European Union

ESAFETY WOMEN



What should you do if your personal information or photos are leaked online?

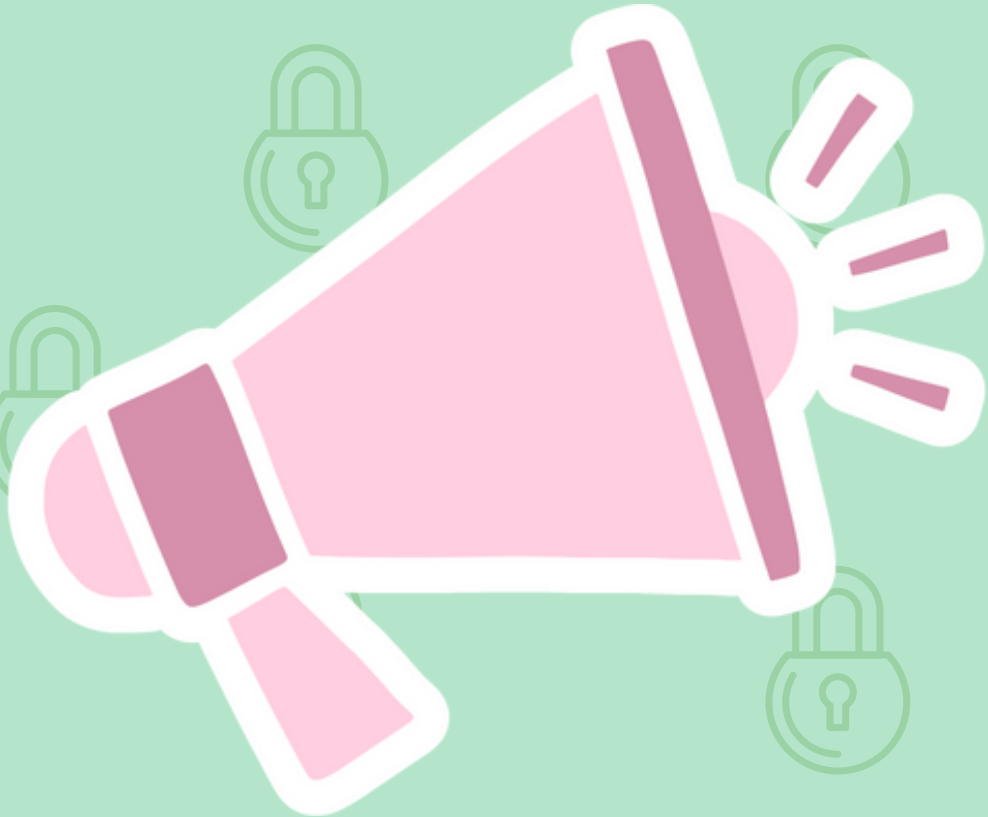


Co-funded by
the European Union

ESAFETY WOMEN

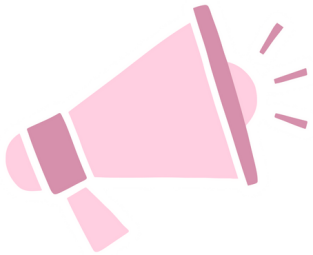


Someone threatens to share your private messages unless you comply with their demands.



Co-funded by
the European Union

ESAFETY WOMEN



Save all messages as evidence, contact the platform and the police, and don't respond to the blackmailer.



Co-funded by
the European Union

ESAFETY WOMEN



How can you support someone who’s being bullied online?

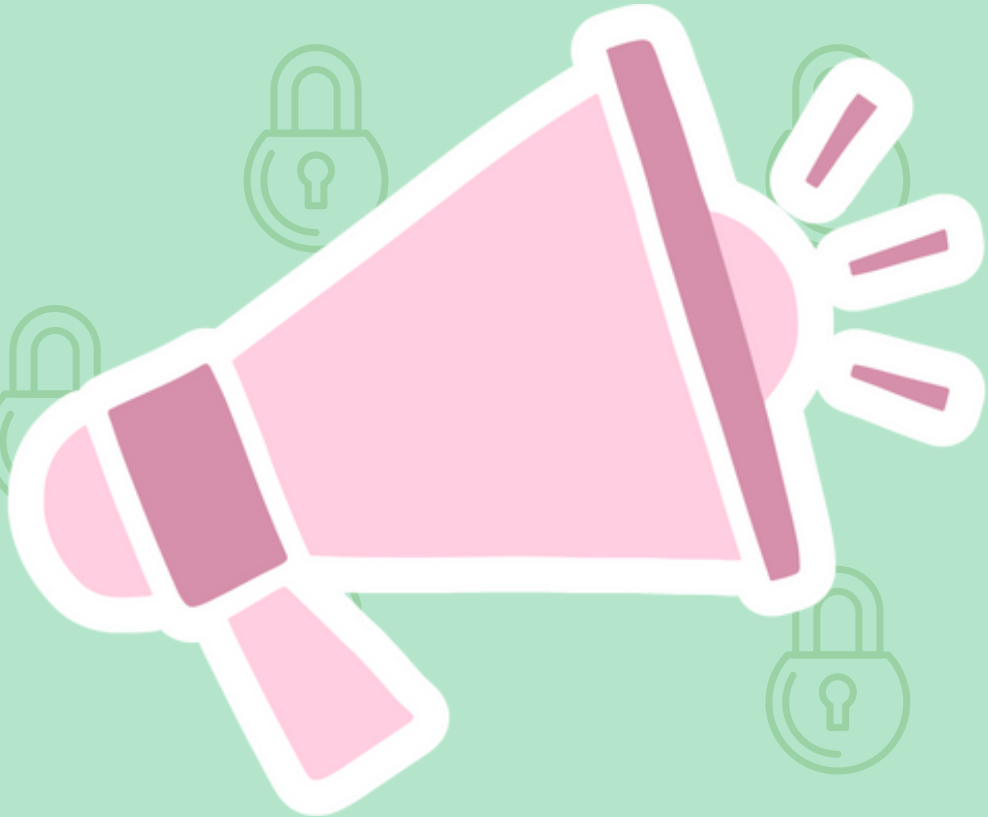


Co-funded by
the European Union

ESAFETY WOMEN

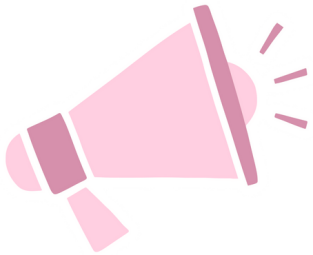


A group chat starts mocking someone’s appearance and tagging others.



Co-funded by
the European Union

ESAFETY WOMEN



Speak up, report the bullying, and offer emotional support to the person being targeted.



Co-funded by
the European Union

ESAFETY WOMEN



Why is it important to challenge hate speech when you see it online?

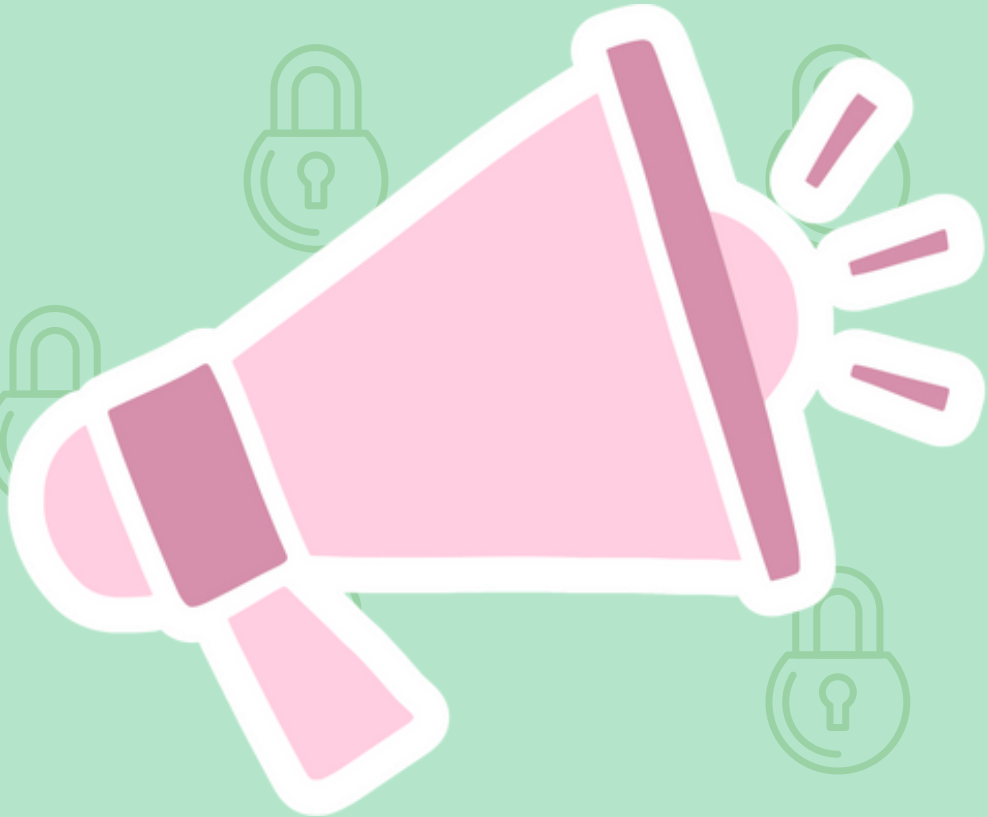


Co-funded by
the European Union

ESAFETY WOMEN

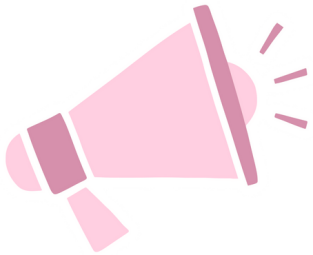


Someone posts racist or sexist remarks under a public post.



Co-funded by
the European Union

ESAFETY WOMEN



Report the comment, support the targeted group, and share positive or factual content in response.



Co-funded by
the European Union

ESAFETY WOMEN



How can you check what personal data about you is publicly visible online?

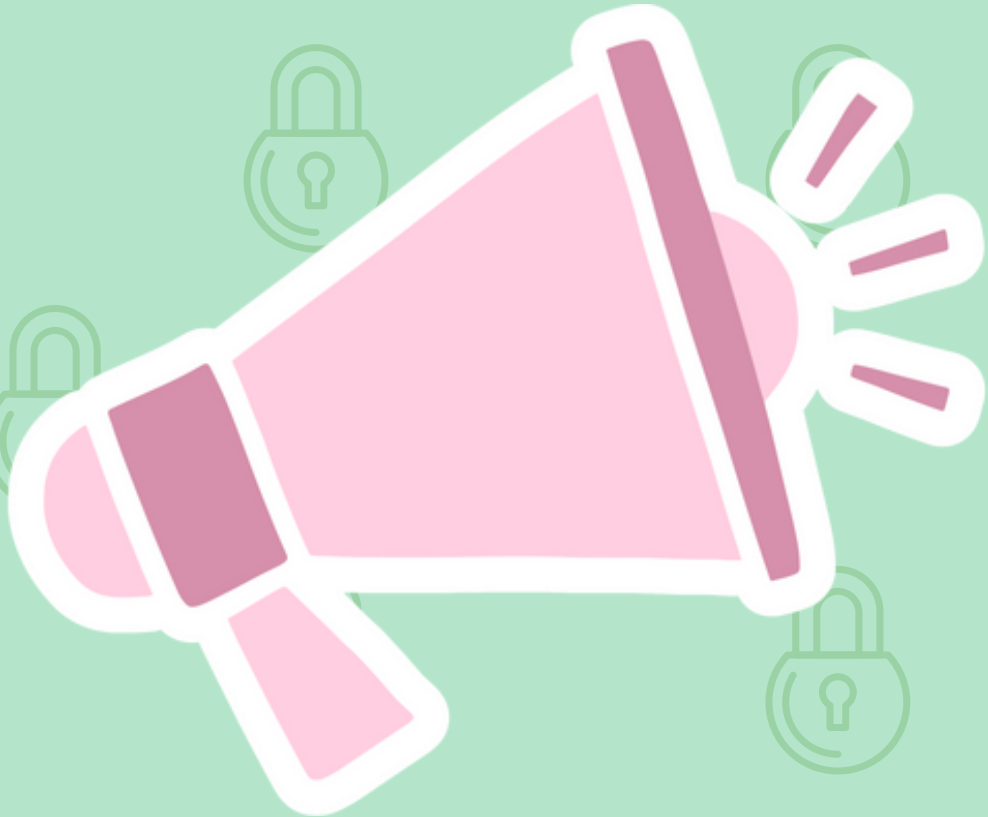


Co-funded by
the European Union

ESAFETY WOMEN

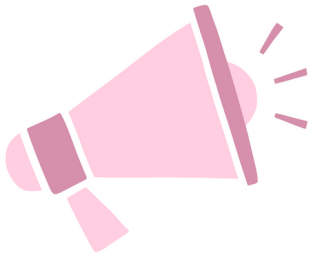


You Google yourself and find old photos you don’t want online anymore.



Co-funded by
the European Union

ESAFETY WOMEN



Request removal from the website (Right to Be Forgotten) and review your privacy settings regularly.



Co-funded by
the European Union

ESAFETY WOMEN



How can you verify whether an online news story is true or misleading?

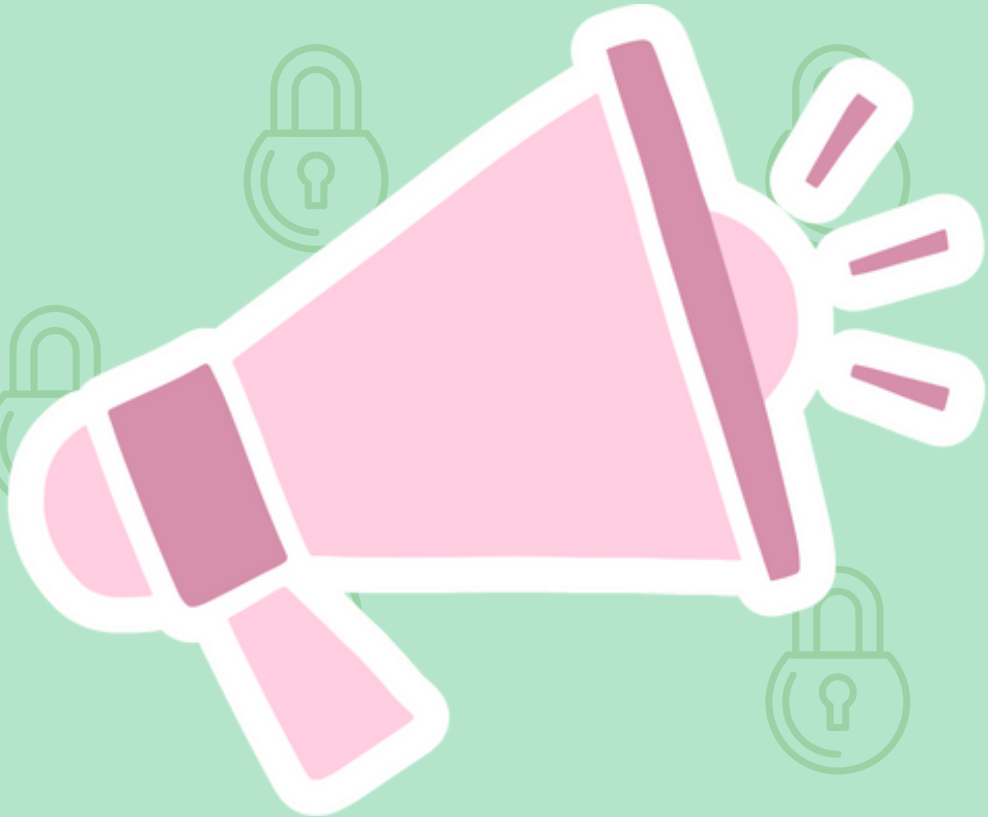


Co-funded by
the European Union

ESAFETY WOMEN

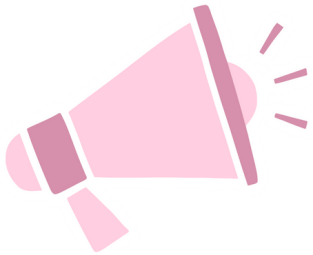


You see a shocking headline on social media about a celebrity or vaccine.



Co-funded by
the European Union

ESAFETY WOMEN



Cross-check with reliable sources, use fact-checking websites, and avoid sharing until verified.



Co-funded by
the European Union

ESAFETY WOMEN



What are the risks of sharing personal or intimate photos with someone you've never met?

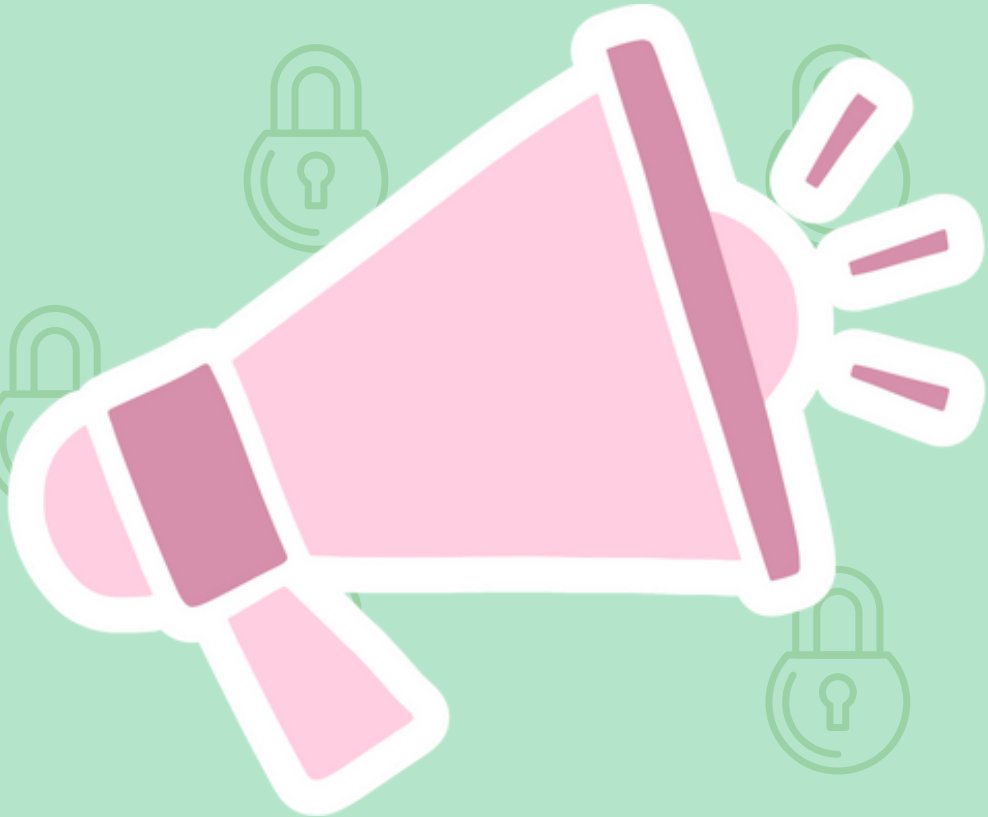


Co-funded by
the European Union

ESAFETY WOMEN

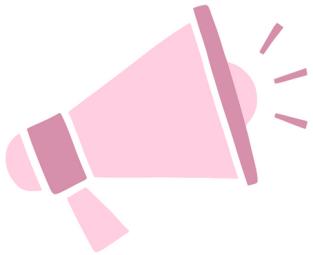


Your online friend says their account was hacked and asks you to send money.



Co-funded by
the European Union

ESAFETY WOMEN



Never send money or personal data – report the profile and stop communication.



Co-funded by
the European Union

ESAFETY WOMEN



How can you tell the difference between healthy debate and trolling?

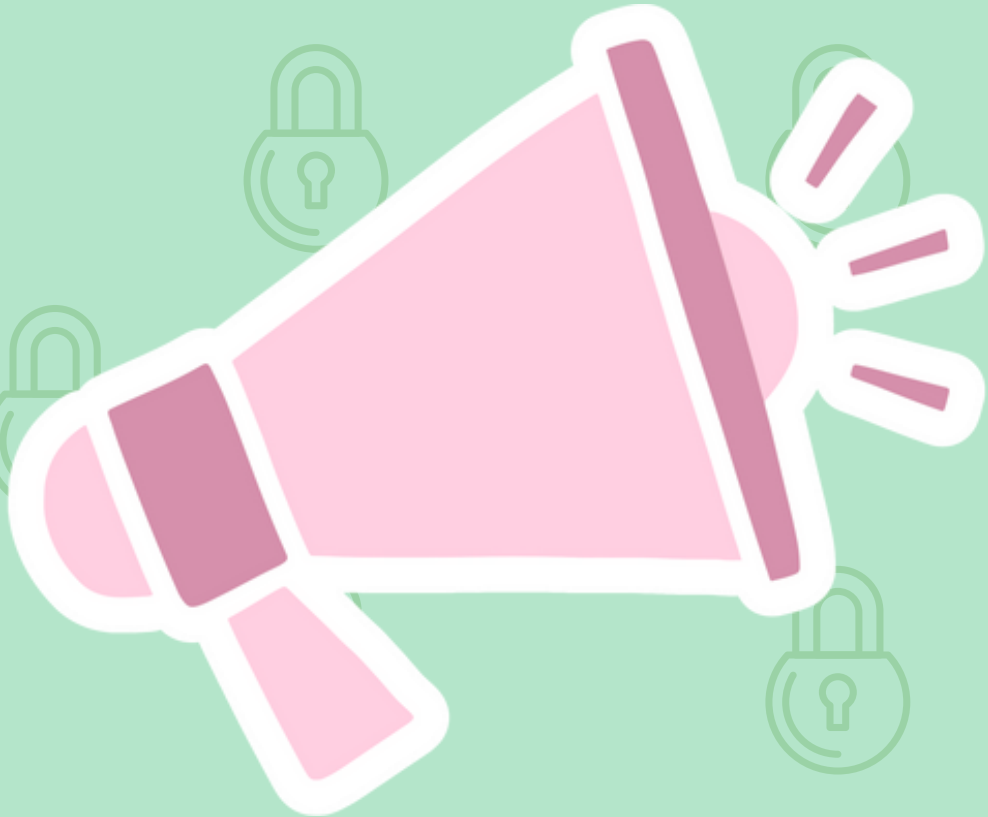


Co-funded by
the European Union

ESAFETY WOMEN

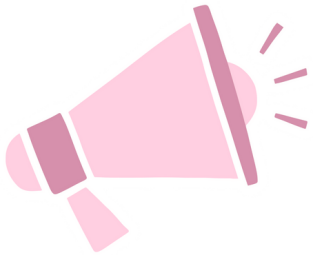


A stranger comments under your post just to provoke an argument.



Co-funded by
the European Union

ESAFETY WOMEN



Don’t engage – hide or disable comments and report the account if needed.



Co-funded by
the European Union

ESAFETY WOMEN



Why is consent essential before posting or forwarding someone else’s photo or video?

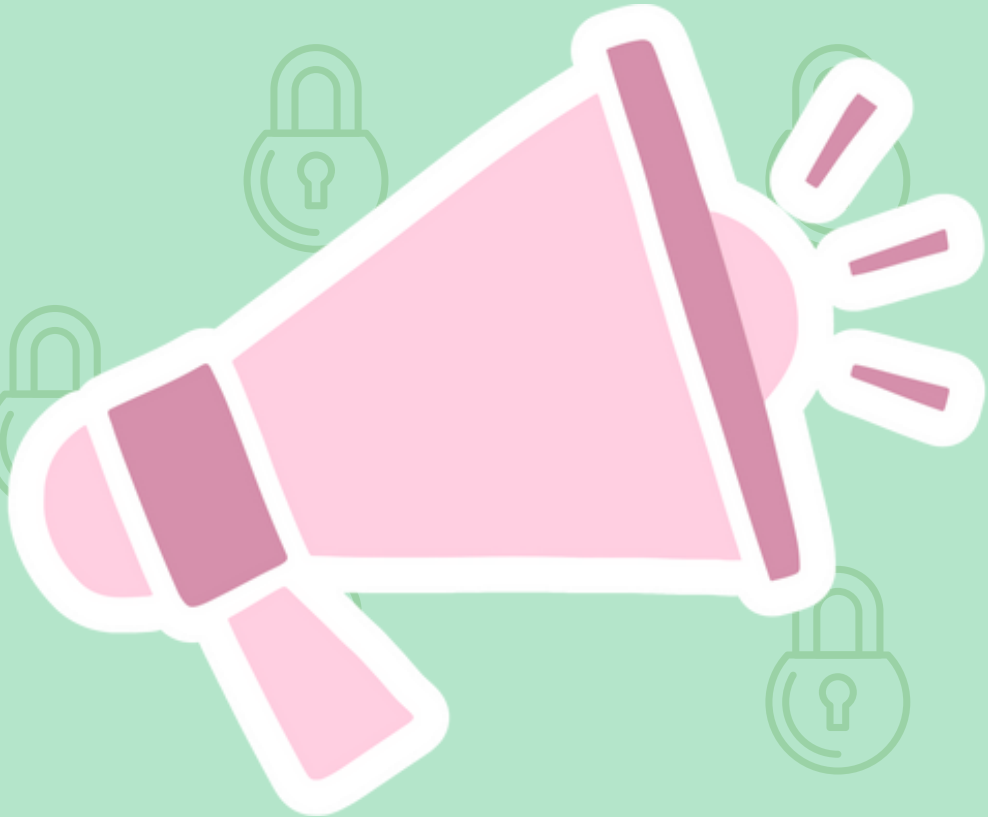


Co-funded by
the European Union

ESAFETY WOMEN

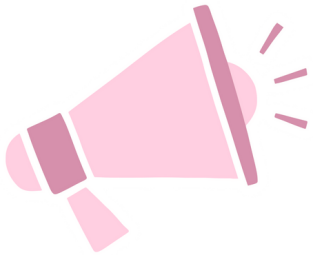


A friend uploads a group picture that includes you, without asking first.



Co-funded by
the European Union

ESAFETY WOMEN



Ask them to remove it and explain that everyone deserves control over their own image.



Co-funded by
the European Union

ESAFETY WOMEN



How can spending too much time online affect your mental well-being?

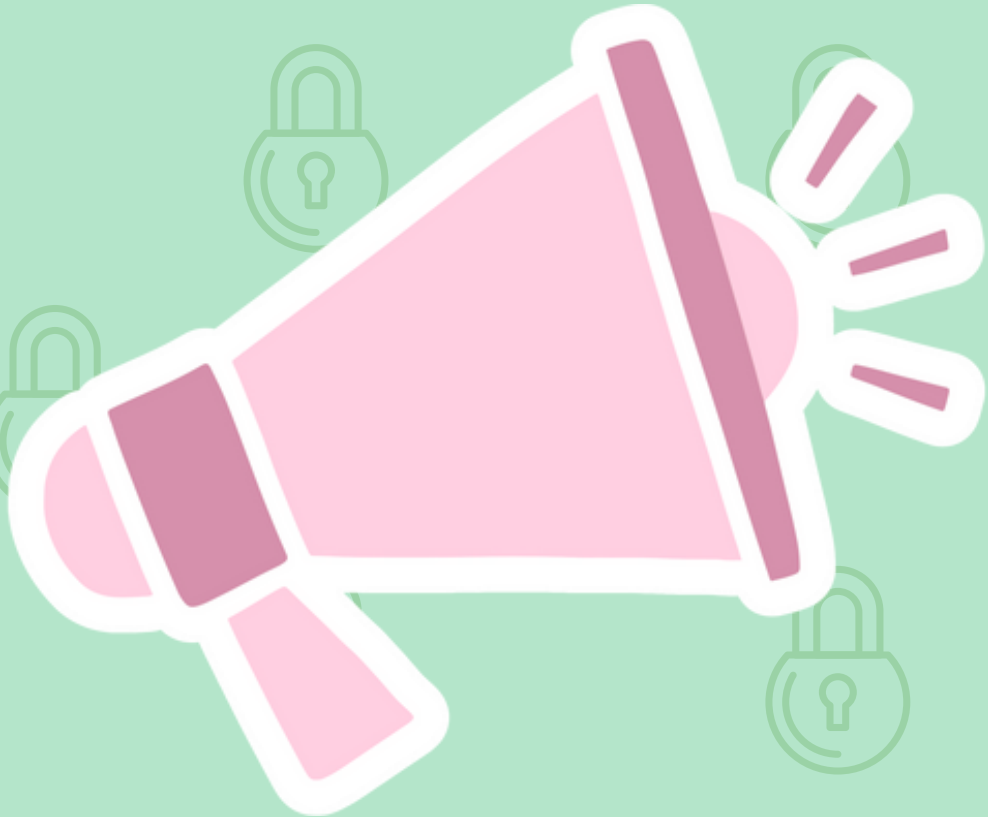


Co-funded by
the European Union

ESAFETY WOMEN

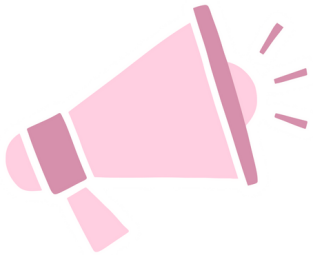


You feel anxious when you can’t check notifications for a few hours.



Co-funded by
the European Union

ESAFETY WOMEN



Set daily screen-time limits, plan offline activities, and schedule “digital detox” breaks.