

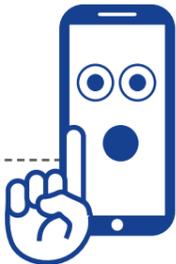
# LOGGING OFF

Tips for healthy and responsible use of IT



## Don't let your phone control your life!

→ Notice the difference between use, abuse and addiction.



→ Limit the time you spend online.



→ Not everything is 'online', enjoy your "offline" life.



If you feel that you cannot live without being online, ask for help!

## Avoid dangerous situations!

→ DO NOT trust unknown people.

→ Report cyberbullying.



→ Do not take compromising private photos or videos of yourself.



→ Protect your privacy using security methods.

→ Beware of the traps on the Internet.

→ Do NOT share important information and protect your digital identity.



THINK BEFORE CLICKING!



Fundación  
**MAPFRE**